

## Spiritual Growth

Paul Solomon Reading 1025. California, November 29, 1979

Question 1: According to the Bija, what is my important job in the universe no one else can do? Who am I that my soul has created, as a result of all life experiences since soul individuation?

In observing my record, you will give an overview of how this soul has responded to challenges and opportunities from initial material experience to the present, comparing this with what might have been. In what way can I make optimum use of time, opportunity and energy in this particular lifetime, viewed as an eternal being rather than success measurement of a single lifetime?

A-1. Now it is somewhat necessary in giving such a report of a soul to call your attention to the experience that is a soul progress, for you would judge it in your time rather by a religious measurement, as if the measurement of spirituality or religion were the measurement of a soul.

But it is important that you begin to realize that spiritual growth is more literally holistic growth; that is, true spirituality in the meaningful sense of soul evolution, is the appropriate response to the challenges of life, not by the measure of how spiritual you are in responding, but by the measure of the appropriateness of the response and of the facility of the response. That is, how well you use all talents and abilities, how well you respond to stimuli, whether physical, material, mental, emotional, spiritual relationships, all levels, you see.

There is a studied attempt in this particular lifetime to become very spiritual in the religious sense, in great measure overlooking what the challenges of life actually are, and in the process of attempting to become overly religious, ignoring the challenges and creating new ones. So that you create for yourself your own curriculum, as it were, rather than allowing the school of life to dictate the challenges that would come and present themselves before you.

Now, we would describe the soul, in terms of soul evolution, as a rather young soul, young in the sense that the mind, intellectually, has not, through the succession of returns, been taken up deliberately and focused sharply until it is an acute instrument. Nor has the responsibility for emotion become particularly a study for mastery, although much more progress than some souls in using that facility in this time. Nor has there been sufficient attention to the physical body as an instrument, respecting it and developing it as a perfect expression of God.

Now what we are saying is there have been many returns to earth. Most of these have been spent rather in the pursuits of the inclination of the culture or society in which you returned. There has been a gathering of talent here and there. That you were attracted to has made an impression upon you, so that specific talents that you came to develop and use in this time were acquired through observation of the temple chanters in the past, and because there was a stirring in you in response to the vibration of that voice, or that song, that great desire drew to you abilities. Could be used in this time.

Now do attempt to understand here that we are suggesting, both to you and to all souls, that you see the many facets of being of the mind, or the body, of the emotions, of the talents, the abilities, and

such, and realized that all of these, rather than being categorized, and some rejected as not being important, and others elevated to super importance, are the foolishness of man's religion. Rather, mastery involves total responsibility for the sharpening of each instrument. And when there is the condemnation of thought and intelligence in favor of some elusive quality of inspiration, there is the promotion of imbalance.

Do not despise the mind: develop it, use it. Develop the ability to think, for your thought is the expression of the intelligence given, that you have responsibility for, and is a tool, not to be despised, to be developed, to be used. Apply that to all areas of the self.

Now, you've come in this time with particular abilities, and they are somewhat unusual abilities, particularly the voice. The voice is not ordinary. Has striking qualities that should be indication enough to you that you have a responsibility for such a tool. Rather than sentimentally attaching yourself to a spiritual teacher, take responsibility for the abilities that you have. It is not time to attach yourself to a spiritual teacher. Get yourself to one who will respect and train the ability of your voice. Train it and use it. Take responsibility for it. It is rather shameful that those who would pray for such an instrument have it not, and you who have it, put it on a shelf, somewhat.

Not that there is not appreciation in you, but it has not been elevated to the position of your gift, the gift from you to the world as it has been the gift of God to you. For there was a time when in being inspired with the sound of those who chanted, the deepest longing of your heart, the prayer that you asked for, was that quality of voice. Now you've been given it. Recognize the response to the prayer of the past and now that you're given it, would you set it aside and look for some other trinket to entertain yourself? How often studying with a spiritual teacher, a religious teacher is just that; something to keep the self busy and to make the self feel important, to make an investment of the time. For what? What is the end? What will you do with the training?

As it is with the voice, with your ability, you might well stand and inspire as deeply as you were inspired in that time, awakening something, and what do you awaken in mankind with such a voice? When it is given to divine purpose, when you are channeling spirit through your voice, can you understand that that joy that is awakened in the heart of another has the capacity to heal that one; to remake the physical body, to remake the attitude that produced disease in the physical body? Your voice can heal! Your voice can uplift, can inspire, can channel the Christ Himself, through the voice to the heart of those who would hear, if it become a sacred instrument, dedicated and used for spiritual purpose. But not an instrument that is developed through amateurish use of it here and there, with no training.

Train it! Take responsibility for the sharpened, proper, polished use of that you have. That is the way to use a lifetime. Studying spiritual things because they are labeled spiritual is not soul growth. Soul growth is the use of the tools that you're given, sharpening them, applying them in meaningful ways. That that awakened in a soul inspired by the sound of music is very God. When you awaken beauty, when you awaken creativity, when you awaken the ability to recognize and experience beauty, you've awakened the quality in mankind that has separated him from the animals and that quality is God in man.

It is God in man that you can inspire to live in man. Can you understand the import of such a mission?

Then elevate that talent to its proper position. Make it sacred. Put it on the altar. Give the voice to God. Put on the altar all of the distractions that would prevent your giving your life to the development of that as a sacred instrument and focus yourself single-mindedly on that one point. Make your body a resonant instrument for your voice. Let it live for that. Let your voice be the voice of God, so that as you breathe His breath into your lungs it be delivered again in the vibration of attunement. So that the very sound itself carry the presence of the Spirit into the consciousness of those who listen. Make it a spiritual experience, a sacred experience.

Now, when given single-mindedly in this sense, will attune self to the Source of Inspiration, the Source of music, the Source of life, and it is in this way that you'll find God best expressing through you. And in perfecting the body, bring it into the exercise of dance daily, not a little bit here and there. Spend hours daily in the movement of the body through the positions of dance and the development of the lungs and the voice for singing. Set aside other pursuits, of social and such, for the most part, and let this be your reason for living, and in that you'll find beginning of the correction of the things that you ask about.

Now, let's look at the body, as you ask. First, for the hormone balance, these things: much manipulation, massage of the spine, here. If we get the proper rotation of the pelvis and the tilt of the coccyx, the lumbar, appropriately, we will re-stimulate the production of hormone balance in the body. And, would do well to use a percussive vibrator, such as the G5 instrument on the low back, the lumbar, and upper sacral, especially to increase circulation and stimulation in and about these areas. Trephine tissues, hormonal trephines can as well be taken for correcting the balance, from Standard Laboratories, and with sufficient exercise and the correction of the hormonal balance, will bring weight control as well. It is not a matter of diet. It is a matter of hormone balance.

This will require the respecting of self as a female. That is, understand that your consciousness does to the body. Stimulate your expression of the feminine. Wear things that express the feminine side of your nature, without regard to such concerns of social pressures and stereotypes, this and that, for the hormone balance in the body is more directly associated with the creativity of consciousness than any other function of the body, and will obey it well.

Now, as to the eyes, these will respond to eye exercises, and we would combine the Bates and Tibetan methods, the Bates eye exercises and the Tibetan eye charts, simply for the purpose of getting sufficient exercise of the focusing muscles of the eyes to quicken the focusing and sharpness of sight. As to the teeth, we are getting here over-acid conditions in the skin, the mouth, the system and such, and would be assisted by the alkalinity of a wash. Use Amosan Powders in water to rinse the mouth daily and a desensitizing agent for brushing, such as Sensodine, using a very soft bristle brush for the purpose of reaching into and massaging the gums, the teeth, and the areas in and about, you see, massaging well, rather than the harsher irritation of the hard bristles.

Would do well that the diet be somewhat alkaline as well.

Now these are the primary concerns that we see in the physical at the moment. Then the direction here would be: concern yourself with the sharpening of the mind, mentally, intellectually, taking responsibility for thinking clearly, quickly, sharply. Get away somewhat from esoterics, from spiritual cliches, from such as tend to muddle the thinking. Avoid the limitation of others you consider to be spiritual in favor of the developing that you are. Their expression is their expression, and it may do well for them, but you have come with specific talent and purpose and abilities.

Take responsibility for sharpening the physical body through the exercise and the care, the appropriate diet, but not depending on diet for weight control. Rather, assisting the hormone balance in massage adjustment, proper adjustment of the spine and the limbs, and through the dance, and most of all develop your breathing and your voice, and make your voice available as an instrument for inspiration of those in this day and time.

You have a ministry and that is the core of it. Be about it.

We are through.

© 2008 The Paul Solomon Foundation