

INTRODUCTION

Do You Recognize Yourself?

We have a dual meaning in our use of the phrase Reflections of Spirit in the title of our book. Our intent with the use of the phrase, Reflections of Spirit, is to inspire you to embrace both of our meanings. With the first meaning of Reflections of Spirit, the focus of Part One, we ask you to use your imagination to observe Spirit, the eternal, creative energy of the universe whose essence is infinite love, seeing its **reflection** in a mirror, as you in your physical life see your physical reflection in a mirror. With your imagination, you would see the reflection of Spirit's aspects. Its energy would be separated to reflect eight aspects of itself in the mirror, like the prism breaks white light into a rainbow of magnificent colors. Spirit's reflection, in our imaginary mirror, would be viewed, or expressed, as eight aspects that all contribute to the universal creative energy of eternal, infinite Love. They are:

- Pure Love
- Compassion
- Loving-Kindness
- Detachment
- Appreciation
- Creativity
- Equanimity
- Wisdom

Pure Love: Is the energy of the very essence of love, it just is. It does not need anything to be experienced, it is without conditions. It is only found within oneself.

Compassion: Is the energy that sees & experiences the Creative Energy of the Universe & one's interconnection with all. In this, it sees no separation, only seeing life with the eyes of love. Compassion acts to positively support this energy of love in all that exists upon this Earth.

Loving-Kindness: Is the expression of the energy of infinite love. It is the internal desire to express love towards all other life forms on Earth, sending its loving energy to all. The ultimate act of Loving-Kindness is seeing the Spirit of Pure Love within all, the interconnection of all, & being a constant reflection of this to remind all of their true nature, assisting them in the raising of their vibration.

Detachment: The non-reactive, non-judgmental energy of interconnection that just is, without expectation.

Appreciation: Is the energy that feels a loving acceptance of all that is, able to see the beauty & benefit in all, without exception. The feeling is one of Gratitude for every aspect of life upon the Earth.

Creativity: It is the physical expression of the creative energy of the universe & is expressed in a multitude of forms. One usually feels called to their avenue of creativity.

Equanimity: Is the energy of knowing all is always as it was designed to be, an expression of Spirit. Its expression is a calmness that cannot be touched, in every moment, the expression of the Peace that Passes All Understanding.

Wisdom: It is the energy of the sum of all the knowledge & creative expression of the universe, past, present, & future.

When Spirit comes into a physical life on Earth, the essence of its energy remains all eight of these aspects. It cannot be separated from any one of these reflections. It may choose, when entering this life, as a gift it brings to share on Earth, to be the full expression of the eight reflections, or any combination of these. For example, one Spirit may choose to express the energy of Pure Love, Loving Kindness, & Compassion while another may choose Creativity, another Detachment, Equanimity, & Wisdom. By the energy Spirit chooses to radiate through its physical expression of life on this planet, it is contributing this to the energy of the Earth, but also serving as a reminder to all of their true nature within. If, after birth, a child was taught to recognize its Inner Voice & follow its guidance, it would ease into the life its Spirit chose; expressing the reflections of Spirit freely, following the guidance of the Spirit Within along its Life Journey. Through following the guidance from within, seeking the experiences Spirit desired in choosing this life, & sharing the energetic gifts & talents it brought to contribute to all, one would experience a Life Journey of its Bliss. That is not to say the person in this example would be without contrasting experiences & challenges, because that may be part of its plan for its growth through this life experience.

In Our Second Meaning of Reflections of Spirit, we consider the guidance we provided in our first book, & now this one, to be our reflections, or the thoughts of non-physical (Spirit), on how you may discover your true identity, tap into this eternal energy within you, & maintain this connection to your Spirit to guide a joy-filled Life Journey. We present this guidance, our reflections, in Parts Two through Four.

In Part Two we present our Six Shifts of Perception to Discover the Life of Your Heart's Desires, your Soul's Calling.

Our Six Shifts are:

Shift 1: Shift from judgement to loving appreciation.

Shift 2: Shift from victim to creator.

Shift 3: Shift from looking to others to meet your needs to meeting your own needs & desires.

Shift 4: Shift from external to internal focus for guiding your Life Journey.

Shift 5: Shift from a state of Doing to a state of Being.

Shift 6: Shift from believing you are the physical body to knowing you are a powerful, eternal Spirit.

In Part Three we present our Seven Guidelines to Enhancing Your Soul Connection to assist you in maintaining your connection throughout your day to receive the guidance of your essence within, when making choices. Our Seven Guidelines are:

1. Ground yourself daily in nature.
2. Become still & turn your focus within for a minimum of 15 minutes a day.
3. View life through the eyes of love, your Spirit, maintaining a heart centered view of the world as your Filter.
4. Set your intention to lead a Spirit inspired life.
5. Live in a state of gratitude, in other words, develop an attitude of gratitude.

6. Choose thoughts that enhance, not block, your soul connection.
7. Know the Red Flags that tell you that you are off course in regard to your Soul Connection.

In Part Four we discuss our Six Areas to Expand Your Awareness, To Embrace the Power of Your True Self.

The six areas are:

1. Expand your awareness of what is guiding your Life Decisions.
2. Expand your awareness of the Choices you make in each moment that set your life course.
3. Expand your awareness of your Thoughts & how they influence the way you feel, & your resulting emotions.
4. Expand your awareness of the Energy that is created & radiated through your thoughts, resulting feelings, emotions & their vibration & frequency.
5. Expand your awareness of your overall Attitude toward life, your Filter & how it designs your Life Journey.
6. Expand your awareness of your Connection with the Life Force Within you, your internal, eternal Spirit.

We close with our guidance: **Nothing in Life is Predetermined.**

Our entire book is like a beautiful, complex, woven tapestry. Its design may be simple, but its content is complex, having deep meaning for the core of your Being to experience & to the Life Journey you are designing. It is important to understand our message at many levels & it takes time to incorporate our loving guidance into your life, if that is of your choosing. As a result the elements of the different parts of this book may repeat to enhance our guidance. Repetition is the key to learning, so we have expressed some of our key guidance in different ways, so it will have time to be digested by that sense of Inner Knowing within you. As we said, it is like a complex tapestry with our guidance woven together & overlapping to improve the strength of our message. We also use the terms True Self, Spirit Within, Inner Being, your Spirit or Soul interchangeably since each refers to the eternal, life force within you. This is to assist you in understanding that when you hear the different terms used, all are referring to the same source of the infinite energy of life within you.