

# Spiritual Empowerment (extract)



Extract by Glyn Edwards, from the book 'Spirit Gems', by Glyn Edwards and Santoshan (Stephen Wollaston)

***Know that you are an individualised expression of the eternal Spirit and that it permeates all life in the universe.***

If we accept there is a part of us that never dies, then we need to integrate this knowledge into our lives, investigate its implications and establish greater awareness of its reality in our unfoldment. As we open up to our eternal Self (the spirit that we are, which is an individual expression of the supreme Spirit) and to the Spirit that permeates all, various changes will begin to take place. We will become more aware of the invisible world of the spirit and its influence and of various responsibilities that are essential for following spiritual paths. We will then find ourselves responding to the Divine and the spirit with more receptivity.

In the beginning it may not be clear that changes are starting to happen. But with patience and openness we begin to see where our previous patterns of thought end and another realm of understanding and activity is starting to unfold and guide us.

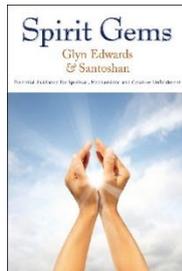
Be quiet for a few minutes and reflect upon the spirit within. Recognize that you are not separate from the supreme Spirit but an intricate part of it. You are a spiritual being with infinite positive potential.

***Realise your mind has the power to bring you closer to the Divine and to finding truth in all things.***

Our minds have the power to bring about a deeper understanding of what the Divine is in relation to us and how it functions as us. It is by refining our perceptions and opening our minds that the authentic spirit Self's presence becomes more noticeable and life takes on greater meaning. As we awaken to its influence, we open to our own innate wisdom and gain insight into the reality of the Spirit. We start to see the world and

our place in it from a more positive and altruistic perspective and awaken to the true 'I' consciousness within. This happens because of an increased awareness of our psychic sensitivity. We discover things such as Nature, beauty and everyday activity beginning to have a more profound effect upon us and find all life and experience drawing us to a deeper level of understanding. Through this we discover the Divine in all as well as the good in all and our view and experience of everyday life shifts to a more harmonious perspective. All life and experience become the substance for growth and reflection and a part of spiritual unfoldment. We gradually awaken and take responsibility for what is happening within and around our lives, and make changes that bring us closer to a spiritual way of life and living.

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*'Spirit Gems: Essential Guidance for Spiritual, Mediumistic and Creative Unfoldment', covers essentials for discovering how to live more freely, deeply, peacefully, facing our fears and finding harmony with all. Available in paperback from the Mind-Body-Spirit Online: [www.mindbodyspiritonline.co.uk](http://www.mindbodyspiritonline.co.uk)*



**Glyn Edwards** worked as a medium for over forty years and was regarded one of the finest mediums and teachers of spiritual and mediumistic science in the UK. **Santoshan (Stephen Wollaston)** studied world religions at King's College London, and has authored, co-authored and edited over twelve books on numerous topics such as Yoga, spiritual unfoldment, and Earth-centred wisdom.