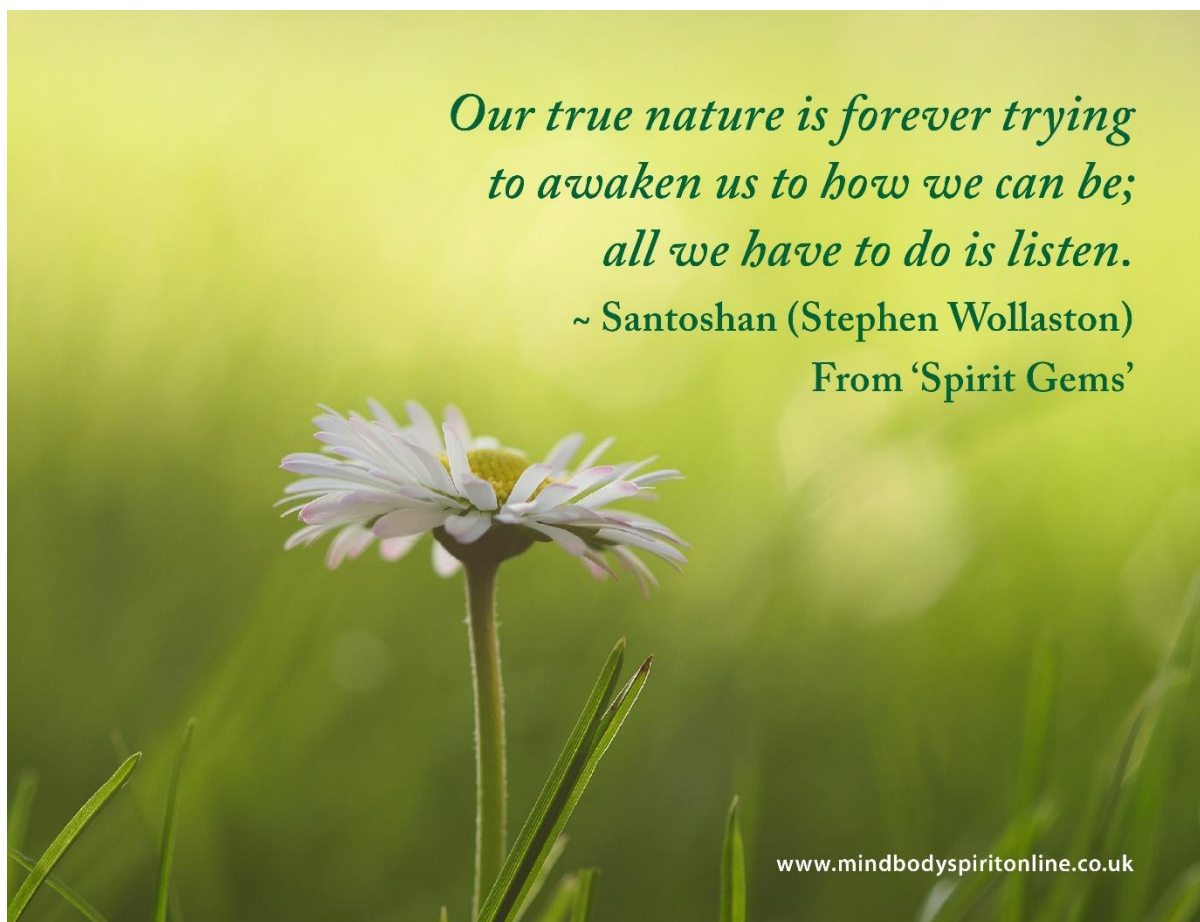


Openness (extract)



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

Have respect for all spiritual traditions —any belief, practice or philosophy that helps humankind to become more open, caring and compassionate.

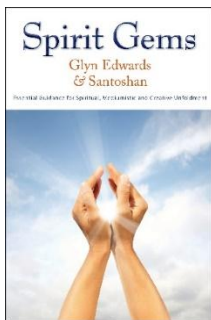
Any belief, practice or philosophy that encourages and embraces openness, equality and unity deserves respect. If we are prepared to look for good and the variety of ways that our true spirit Self manifests and expresses itself, we will overcome barriers between us and others. This will lead us to discover more spiritual truths and harmony with humanity and the natural world around us. Most tried and tested spiritual traditions have great value and show ways in which we can be more deeply in touch with and manifest our true nature. There are many paths that have been used to awaken individuals to their true Selves and free them from limiting conditions, such as the path of selfless work and service for others, the path of insight and knowledge and the path of devotion to the Divine in all. It is debatable whether these can be practised in total isolation from one another. For we cannot love God unless we have a certain amount of knowledge of God's ways. Similarly, we cannot perform good deeds unless we have a certain amount of compassion and love for others. A holistic approach involves healthily integrating all levels of body, feelings, mind and spirit.

Investigate and welcome all lines of thought that will inspire and help you to grow and develop.

We should not limit ourselves only to one view, but realise that growth is brought about by acquiring receptivity to new knowledge and experience whereby we look into the mysteries of life and the secrets of nature and begin to live and understand the deeper implications of a spiritual life.

Knowledge that we possess today might be right for where we are now. But we need to guard against holding on to views that may eventually stop us from developing further and seeing life from wider perspectives. The sign of a healthy and mature mind is to be able to accept a variety of opposing views and possibilities. Truth often unfolds and changes us gradually – we would probably not be ready to accept its deepest implications otherwise. If we are open to investigating life and new ideas and discovering what truths can be found within them, our development will unfold naturally and lead us onto higher ground. But we must be careful of chasing knowledge that only stimulates our intellect and realise that truth does not confine itself to concepts. This does not mean there is not a level of truth to be found within them. Life is the finest teacher and can help us to find the greatest wisdom within.

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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



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. **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.