

FINDING YOUR SPIRITUAL STANCE

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As we celebrated the birthday of Rev. Dr. Martin Luther King, Jr. this week, I would imagine that many of us reflected on the stands that he took. He took bold, necessary, powerful stands that came from the essence of his being and changed the world. Whether or not we are called to take a stand in a public or political way, it is important to reflect on what we stand for in our spiritual lives. Just as important as what we stand for is the spiritual stance we choose. Our stance is the way we choose to show up in the world, or the attitude we take in a given situation.

Most of us have been through major challenges in our lives, and some of us are probably facing challenges right now. As we respond to the circumstances of our lives, we have a choice as to whether we want to take a stance of anger, resentment, fear, pain, and the many emotions that keep us stuck, or whether we want to take a stance focused on our spiritual understanding. The stance we choose determines the quality of our life.

Maria Nemeth, author of *The Energy of Money*, has her coaching clients ask themselves, "Who am I willing to be in order to produce an extraordinary result out of this interaction?" We can find our spiritual stance by asking ourselves, "Who am I willing to be in order to live an extraordinary life this year?" Consciously choosing the spiritual qualities that we want to live creates a spiritual stance that will shape an experience of life that is rich and fulfilling. Being willing to be open, compassionate, courageous, grateful, joyous, truthful, vulnerable, loving, and the many other divine qualities we can choose to be, is a powerful stance that carries us forward to our heart's desire.

However, it is important to be aware that one of the certainties of spiritual growth is that whenever we step into a new way of being or a new way of thinking, the old thoughts and behaviors will rear up to try to maintain control of our lives. There is an inner and sometimes outer reaction that occurs as we try to move forward to our dreams and to a higher consciousness. Just as a magnifying glass steadied on the sun's rays will focus a single point of light to ignite a blaze, so will our focus on our spiritual nature bring forth the light of understanding that will overcome the inner resistance. A higher thought always overcomes a lesser one.

I invite us as we start this new year, to take time for inner reflection on the question, "Who am I willing to be in order to live an extraordinary life this year?" If we are spiritually committed to living the answer we receive, than I am confident we live the life our heart desires this year.