

# REAL LIFE SPIRITUAL COMMUNITY Growth-at-Home

## Today's Quotes

**“The thing about meditation is you become more and more you.” – David Lynch**

**“You have a treasure within you that is infinitely greater than anything the world can offer” – Eckhart Tolle**

**“The mind is definitely something that can be transformed, and meditation is a means to transform it” – Dalai Lama**

## Meditative Reading: A Reflective/Integrative Meditation

### **I Declare YES: Living in Service to My Luminous Life**

Today's Reflective/Integrative Meditation is focused on integrating our Spiritual Community's Life Studies/Teachings over the last few months. Often, we listen to great life studies, but can quickly forget or get off course by things happening in and around us. It is not enough to **hear** about who you really are. The spiritual work is to **live** who you really are more and more each day.

We spent the end of 2021 and the beginning of 2022 talking about the acronym Y.E.S. (Yielded, Enlivened, Synergized): Living in Service to Your Luminous Life. As we continue to embrace our luminous life, we must be intentional about a life rooted in Spiritual Practice and meditation is a key component of that life. Remember, if you are not impressed by who you are, you have yet to meet the LIFE that you are.

Let's get started with our meditation. Find a quiet place where you will not be disturbed for the next 10 minutes. **DON'T ALLOW YOUR MIND TO TEMPT YOU IN PUTTING OFF YOUR MEDITATION. FIND A PLACE NOW.** Once you have found a quiet place, I invite you to take a deep breath and release with a sigh. Take another deep breath and release. Take one final deep breath and release with a YES. Now place your attention on your heart center as you take in the following reminders about yourself.

I want to remind you that **you came with a big mission.**

You are synergized with Spirit to have the most significant impact. Your mission is the impact. Embedded within you is your never-seen-before-on-this-planet, mission. Your mission births dreams, dreams set intentions, intentions inform your assignments, and your assignments dictate your movement. You get to make "mission moves." So, never downplay, suppress or diminish your dreams. They are supposed to be BIG – they came from the Divine. Remember, your dreams came embedded with your Life's Mission. Your work is to make moves that fulfill your mission. Every finished assignment is a move you make towards your mission.

Engaging a life of spiritual Practices reveals and supports you in making the moves that fulfill your Life's mission. This is not a one-and-done. There are no shortcuts when it comes to a Life of Spiritual Practice designed to unveil the bigness of who you are. Spiritual Practice closes the gap between the inner witness of yourself and your consciousness and ultimately how you show up on the planet. Nurture and engage a life of Spiritual Practice: meditation, spiritual community, affirmative prayer, sacred service, spiritual study, movement/dance/music, compassion, and generosity.

You are in the world but not of the world. You are of another world. You are otherworldly. However, you are operating in this world, and that's where you live OUT your assignments. You see, the world is your forum. It is your playground. It is your place to manifest. You are not of this world; you operate from divine energy, a spiritual Life-giving Force.

I want to remind you to **Encounter YOU.**

Who are you encountering today? You have come to make known and set free the irreversible imprinted identity that is you. Your identity is worth your attention. Release doubts, fears, and limitations with grace and ease in service to becoming the spiritual receptors of the good news about you. You have within you the capacity to allow more. The world awaits your arrival!

There is NO ONE ELSE like you. You are ESSENTIAL! Prioritize the truth about you to get YOU done in the world. You are here to live your divine identity—the TRUE you. Shed false identities. Do you because no one else CAN do you. You are not a duplication. You are an origination. You are a unique portion of God here on earth to have impact. You came out of the Source of Life Itself. When you give priority to yourself, you expand. Who are you encountering today? Show up as you!

I want to remind you that **you are a brilliant and magnificent expression of God.**

No one else can ever be you. Your work is to continue to show up – to emanate the very presence of God that you are. Everything you do is in service to this truth. The divine is fully expressed through you, so show up and live in service to your luminous Life. Your Life is not your body; instead, your body is in service to your Life. Your Life is not your senses; rather, your senses are in service to your luminous Life. Therefore, your movements must contribute to your progress towards revealing your Life's mission. This is how you live in service to your luminous Life.

I want to remind you that **You are on a mission to save lives.**

When you live in service to your luminous life, you save lives. Even your pain becomes redirected and re-purposed to the mission of saving lives. Share it with others. They need what you have.

Let's remember some more truths about you.

**You can manifest all that you deserve.**

**You are worthy (so stop playing it small).**

**You are an excellent learner.**

**Your Life has impact (so let it come forth).**

**You are a brilliant manifestation of divine goodness.**

Take a deep cleansing breath and release with a YES. Take another deep cleaning breath and release with a YES. Namaste

### **Today's Affirmation**

It is no longer safe for me to live inside my comfort zone. My safety lies in living, living, living my luminous Life. I have the power to keep myself safe. I was not born to be alone. I came here to give and be a blessing to the world. I see evidence everywhere that Life is supporting me to manifest my dreams and I am here to set it free! I am partnered with Life! I declare YES to living in service to my luminous life! I recognize the brilliance in me. I recognize the shine in me. I recognize the excellence in me. Divine intelligence is in me. I recognize the magnificence in me and have come to set myself free. And I am in a Spiritual Community that supports my freedom. So. It. Is!

### **Seeds of Generosity**

“JOYFUL GIVERS,” GO ONLINE AND GIVE TODAY TO YOUR SPIRITUAL COMMUNITY! KEEP YOURSELF IN THE FLOW OF ABUNDANCE. Our giving signifies that we are not just consumers, but contributors to the mission of this life-transforming work. Visit the Real Life website and give today by clicking “GIVE ONLINE.” <https://www.reallifetodaychurch.org>