



Relaxing Spiritual Tension

By Paul Haider© 2005

Do you wonder why you are alive?
Do you feel like what's the use? Do
you wonder what great plan you are
supposed to fulfill? Then you have
spiritual tension!

And spiritual tension can only be released in one way and that is to have a spiritual experience. As we grow our faith and beliefs into something bigger than ourselves, we are also guided to spiritual practices such as prayer and worship. We accumulate a system of beliefs that help us to deal with losing loved ones and even our own certain and impending death.

We can find spiritual experiences in the beauty of nature, or perhaps a dream. Other spiritual experiences come during times of prayer or contemplation of sacred writings. These experiences allow us to know the power of the spirit that exist both inside and outside our inner world.

Fasting, prayer and meditation can open us up to visions that can guide our lives. We become connected, feel supported, and our feelings of loneliness disappears because we find a reason for living and a task to accomplish. We might even decide to deal with certain problems that exist in the world. We finally start to understand the depth of our very being and we start to move forward and achieve our dreams!

People with spiritual beliefs are better equipped to cope with stressful events. They bounce back faster, they learn to look at lessons they have learned from difficult situations. Spiritual people are even more relaxed and have fewer problems with depression.

Studies show that people with deep spiritual convictions have lower blood pressure, fewer heart attacks, and even a lower rate of cancer. Their connection with the spiritual realm is linked to love and compassion for all living beings.

Psychologist Abraham Maslow talked about "Peak Experiences" and spiritual people have these moments of awareness and understanding that helps them understand life. Spiritual people give up that which is unimportant and key in on what makes a difference in the world. Sometimes this happens in subtle ways, but in the end it makes an amazing difference in the lives of everyone around them.

Spiritual development moves past the realm of the senses and towards the realm of knowing with the heart... letting go of thinking and the need to rationalize.

Those who walk a spiritual path know where they are headed and keep that focus throughout their life. You can see it in their eyes, there is a deep sense of understanding that everything is connected, that nothing is unimportant, and they have the ability to surrender to their Maker... thus allowing life to flow.

Perhaps it's your turn to find your spiritual path. It can be found in many different forms in many different ways. All you have to do is explore and find your heart's desire. Remember there may be many paths to Nirvana... but they all lead to the same place... peace of mind and bliss.