

Pieces of the Puzzle, Volume 4 – Spirituality and Faith

Chapter 1 – The Making of a Spiritual Seeker

A spiritual seeker is a seeker of the truths to self and to life.

The making of a spiritual seeker begins long before our physical birth. With a divine plan set in motion, we enter into this world as human beings in an exploration of self and life. The quest before us is to mature spiritually, to grow ever closer into our true perfection. It is a deeply personal one, filled with challenges and possibilities, those opportunities for personal development and self-enlightenment.

While our interpretations of what it means to be spiritual may differ slightly among us, we define the word “spiritual” as relating to sacred matters, consisting of, or affecting the spirit. When we use the word “seeker,” we know it to mean *one who seeks*, and in this light, a seeker of sacred matters or a seeker of things affecting the spirit. A spiritual seeker is one who wishes to know the spirit, essence, or true nature of his or her being, which may or may not include religious values or supernatural phenomena. A spiritual seeker is a seeker of the truths to self and to life.

By understanding the true nature of life and ourselves, we can begin to see the many possibilities to both. We can begin to recognize the unseen world around us, and a higher power and presence in our lives. We can begin to see the same essence within all of us, and the ability to be co-creators of our world. We can begin to see our fullest potential, our inherent gifts, and infinite creativity. We can begin to appreciate the gift of life itself, no matter its challenges. For it is when we know the true nature of our being that life becomes an adventure for the soul.

This *knowing* comes to all in divine time and differently for each. For me, this knowing has come about from a slow and subtle process of both miraculous and mundane experiences. While there were a few mystifying moments during my childhood, the recognition of *spiritual things* did not come about until much later. It was not until I was in my twenties that a revealing psychic message would bring about my curiosity of the supernatural. Questions about psychic phenomena, sixth sense or keen intuition, and spirit communication led to an exploration of both the seen and unseen worlds around us. How did strangers know of deceased loved ones, personal matters, and times not yet occurred? The wonder of it all was cause enough to ponder who I was, why I was here, and how I wished to live my life.

With a young family, I concentrated on nurturing our daughter, loving my husband, building my career, and keeping those all-important ties with family members. Our lives progressed, and in divine time, I began to notice all the synchronicities in my life. Were coincidental events somehow keys to unlocking life’s mysteries or just happenstances? With a growing desire to understand the phenomena surrounding me, I sought after the most obvious, mystics, mediums, and spiritualists.

In 1997, I had heard of someone who was growing in popularity with radio audiences, a young man by the name of John Edward, who would soon become an internationally renowned psychic medium. Within minutes of hearing him, I knew that we would one day speak. Not long after, I found myself simply listening while he described my life and family members here and in spirit, details of a house we were building, as if already finished, and my desire to seek a new career and more purposeful life. “What work could I do that would bring me true happiness,” I asked? He told me that he saw me better off in more of a sales type position or something with people, as I was very much “a people person” in lieu of sitting at a desk all day. True, nearly all my past jobs were in sales or in front of the public.

The next position that I *coincidentally* acquired was as a sales manager within a safety and health organization, even though the company's advertisement did not disclose any sales requirements. I was in and out of the office for several years networking and selling, and in the process, meeting people and doing things I never imagined. From hob-nobbing luncheons to public safety campaigns, *people* continued to be my major in life, with a minor in safety and health. It became a stepping-stone to yet another safety and health position.

From networking came an unexpected job offer with a company that would allow me to help employers with their safety and health employee training. It was all about people first and I enjoyed the one-on-one contact. Along the way, I learned how to write safety and health programs for employers, teach classes, and train workers. On-the-job training was helping to prepare me for the next phase of my life. Something else was happening too. While working with others, I found moments when we could share some of our daily lives, some of our concerns, and a few of our philosophies on life. In sharing, we learned of our similarities, our hopes, and our dreams. In a personal connection, the distance between strangers became shorter. While not everyone was receptive, I realized *I* was becoming more open and sensitive to the needs and desires of others. An important change was occurring in me. It was a process of learning how to listen and care for others. It was a process of learning how to connect.

We are all spiritually linked to one another, all pieces of the puzzle that is a bigger picture or greater *oneness*. I realized this truth one morning while on a coffee break at the office. A co-worker came into the break room and we started to small talk. "How are you?" "Fine," she replied. The typical pleasantries people say without the expectation of anything more. I was about to leave the room when *something* caused me to stop and ask, "Is everything okay?" Grateful for the concern, she began sharing that which was pressing most heavily upon her heart. She had been having a hard time concentrating on her work, but soon felt a great release by simply talking with someone. Later that day, my husband asked if I had an opportunity to help anyone. He had a strong feeling that morning that I should pay closer attention to someone and actually took a moment to pause and pray, "Trinda, please pay closer attention to another." As nearly as we could recall, both the conversation and his prayer occurred at the same time. The miraculous things that can come about in life from just the genuine concern for others still surprises and delights me. That is what the power of love can do through prayer. Whenever we are a tool for the power and presence of a loving Spirit to be active in our lives anything is possible.

On another occasion, a co-worker was expressing a few of her personal problems. She was having trouble with her son, difficulty at losing weight, and finding her work relationships extremely stressful. She was reaching out and I responded with words of comfort and encouragement. After a few minutes, I could see that nothing I was saying was affecting her. I truly wished I could help. It was then, when I stopped trying to speak *at* her that I heard myself speak words not of my own. It was then, in a caring connection that *Spirit spoke* and I listened. "*You have a grandmother who has just passed.*" Startled by the unexpected statement, she stood frozen. I see her hugging you. She must love you a great deal. "*Do you know you are loved?*" Tears began to flow, as no one since had told her that. It was an experience unlike any before. The words expressed that day were not mine. Somehow, Spirit used the vessel of me to deliver a message, which would best be of help to her. It was a message of *unconditional love*.

Until we begin to recognize the unseen world and invite the presence and power of a Spirit to be active in our lives, we may never see all the demonstrations of unconditional love. "*Do you know you are loved,*" the message that transcends time and space is a healer of broken hearts and invisible wounds. We must remember to address caring and healing on multiple levels, physically, mentally, emotionally, and spiritually. For it is only when we address *all* the aspects of one's being that their fullest potential can be reached.

This realization was never as evident as during those experiences of which I write in *Volume 2 – Our Reality*. As thoughts manifested into reality, the question of sanity was of foremost consideration. Was it of my doing? Did circumstances or material objects appear from thought alone? How did my thoughts and visions become tangible material? Was I creating my abundance of health, wealth, and happiness? Questioning the process, I searched for the truth to creating a reality of choice, one of abundance, meaning, and true happiness. What power was it that could express thought and idea into the appearance of form and matter?

When I envisioned my perfection, better health gradually developed. The pain of arthritic fingers disappeared, and I went from taking six pain tablets daily, to four, then two, and eventually none. My morning groans ceased and I began to feel better. I awoken now in a much better mood. When I started monitoring my input, the desire for spiritual writings, cinema, and music became more prevalent in my life. When I trusted in my financial security, job offers came, approval of credit given, and surprise gifts appeared. Even when the economy fluctuated, our lifestyle remained secure. When I considered the well-being of others, others did the same for me. The desire to reach out and help other spiritual seekers drew us together. Soon, I was sharing my experiences and understandings of them within community groups, expos, and places of worship. It was all such an amazing orchestration of mind and matter, and of man and Spirit.

The manifestation of all the good in my life came about from my connection to Spirit. Fixed on knowing Spirit, I learned of my true self. Realizing the same essence within me did away with the separation between us. My experiences here since have never been the same. From physically doing what was necessary for the body, getting more rest, eating right, and exercising more, I experienced improvement in my over all health. *I was respecting the body or temple of the spirit within.* From mentally discerning my thoughts and visions, I saw the best of life's possibilities before me. *I was choosing well.* From recognizing my fullest potential, my inherent gifts and creativity developed. *I was creating my reality.* From realizing my divine connection to Spirit and man, I grew closer to both. *I was spiritually maturing.* Once I trusted and surrendered to a divine plan, my life became more wondrous than I ever could have imagined. *I was living my destiny.*

Life will not always be easy or pain free, after all, we are living on this earth as human beings. We have come here to spiritually perfect, to explore self and life in an emotional, physical body, but I believe it *can* be better. *We* can be better. There is within each of us the potential to be stronger, wiser, happier, and more loving. We need only seek the true nature of our being to realize our divine connection. We need only seek the power and presence within to realize that as individual manifestations, we are co-creators of our reality. We need only seek the answers to questions that trouble us so, in order to learn the meaning and purpose to our life.

Be a seeker of truths, even if it takes a lifetime. Seek out who you really are, why you are here, and how you wish to live your life. Seek out those opportunities for personal development and self-enlightenment. Seek out those chances to grow ever closer to both Spirit and humankind, to spiritually, mature. Filled with challenges and possibilities, persevere on your spiritual path, as your quest is a worthwhile one. For along the way, you may discover that of an unseen world, the presence and power of Spirit, your fullest potential, the ability to be a co-creator in our world, and the gift of life itself. For it is when we know the truths to self and to life that this experience becomes an adventure for the soul.