

The Basics of Metaphysical Spirituality

By Nansea Lee

The majority of us were raised to believe that if something was not verified by science, or if we did not experience something firsthand, that this could not be validated or believed.

The first step on the spiritual metaphysical path is awakening to the fact that our souls are eternal. The second step is acknowledging that our souls keep incarnating. Not everyone will accept this premise, and that is okay. But, Albert Einstein confirmed that energy cannot be destroyed and that it can only change the form that it takes. When I began learning about metaphysics I was in my twenties. Everything that I read and listened to about spiritual metaphysics resonated in my heart and it just made logical sense. I did not need extra data to confirm that it existed; something inside of me just knew these old truths.

Our planet is in an “Awakening” period, as more and more people are awakening to metaphysical spirituality. Meta-physics is defined as, “beyond the physical”. More and more of our hearts and minds are opening to ancient truths that have existed throughout time. This particular period of time on our planet is being referred to as a “*Spiritual Renaissance*”.

There are basic concepts that correspond with spirituality:

Our lives are governed by our “free will”; we have the freedom to choose what is in alignment with ourselves throughout our lives

We are souls that continue to incarnate

We remain on the karmic wheel until we have balanced all mental and emotional patterns that have been out of balance

As an example: if we had anger or jealousy patterns that were prevalent in our past lives, those imbalanced patterns stay with the soul’s energy when that body dies, and then reignite themselves in a subsequent lifetime to be healed, balanced, and eliminated from the soul’s energy field.

In our lives we are to discover, utilize all of our potentials, and create a connection to the deeper parts of ourselves

The premise of metaphysical spirituality is that we are to live, grow, learn, love, heal, develop more consciousness, and help our soul's to evolve throughout this process. When our physical body dies it is then reborn again at another time, and possibly in another city or different country. You may be a female now and the last two lifetimes you were a male. We have a number of consecutive lifetimes as a male and then we switch to have experiences in other lifetimes as a female. We have lived around the world throughout historical times being reborn over and over again to learn what is needed for our soul's growth and evolution. There is a purpose, universal order to our lives, and our souls are eternal.

If we had prior lives with low self-esteem, anger, abuse, or jealousy patterns we brought those issues back into this lifetime. We now have the opportunity to heal and eliminate all emotional patterns that no longer serve our highest good. When they are healed and balanced those imbalanced patterns are completely dissolved from our soul's energy field and they will no longer follow us into other lifetimes. We keep refining ourselves in every life. Some of you may be asking, "Why can't I remember my past lives and where did a specific behavior pattern originate?" There is the "***Veil of forgetfulness***" that all of us walk through when our souls reincarnate. That is the reason why past life information is hidden. We are all here to connect deeper with ourselves and to figure out things on our own.

So you may be asking, "what is the soul?" Here are a few definitions:

The soul is the essential part of our being and the living essence of the body.

Our soul holds our full potentials, innate unique talents, and intelligence.

The soul is the part of us that is connected to God and is immortal.

Gary Zukav, the author of "*The Seat of the Soul*" states, "*Your soul is the part of you that existed before you were born and that will continue to exist after your die.*"

The metaphysical spiritual path involves self-examination, discovery, healing, and self-development. With every experience in life we have

opportunities to learn something about ourselves. If a life situation is challenging, what did you learn? Maybe you learned to never make that choice again? Or, did that experience show you how capable you are? As we make choices in our life that are aligned with ourselves we deepen the relationship to ourselves. Our lives are a reflection of the choices that we make. The metaphysical spiritual path is asking us to be more in touch with ourselves, increase our awareness year after year, and to become the best version of ourselves in this life.

Reincarnation

The belief of reincarnation is not a new belief. It has woven itself throughout ancient cultures. The belief of reincarnation was passed on by the Australian Aboriginal tribes, Egyptians, it was a prevalent concept in ancient Greece, with African tribes, Native American Indians, Celts, Druids, Incas, it was revealed in ancient Chinese texts, in Hinduism, Buddhism, and written about in ancient Jewish texts.

In our past lives we have lived as Arabs, as a Jew, Buddhist, a Christian, lived in Asia, South America, Africa, and various other places on the planet. If we have an affinity for a particular country, more than likely we have had a very positive experience there in a past life.

When the body dies everything that we have learned and the talents that we have used in a lifetime leaves with the energy of our soul.

In this life we have opportunities to stop any negative mental or emotional pattern that has been following us throughout time. We have so many opportunities in this life to ***Be The Best That We Can Be!***

Our lives are so much more than just working, eating, sleeping, spending money, and making love. Prior to incarnating our souls made an agreement in the spiritual realm around what we wanted to address in this lifetime. Nothing is set in stone, but there is a purpose to all of our lives. Astrology is very helpful with this as it reveals a large amount of information about our purpose in this life, past life patterns, innate talents, and potentials. When we accomplish our soul's purpose, we help our souls to evolve.

Free Will

The metaphysical spiritual path is based on **free will**. We get to choose the best course of action in every situation. The spiritual path is asking us to never harm another and to be in integrity with ourselves. Each choice that we make in our lives carries a consequence, either a positive resolution or negative outcome. When we make choices that do not harm another, then we stop creating karmic situations with people to be resolved in this life or subsequent lives. Our lives are a reflection of every choice that we make.

With a metaphysical spiritual perspective there are no “**victims**” in life and everything happens for a reason. Everyone has contributed to creating his or her life and their current circumstances. Yes, there are those unfortunate, traumatic, frustrating, hurtful experiences that many of us have had. And yes, there are some unwelcomed illnesses and accidents. But with a metaphysical spiritual perspective we realize that everything is happening for a reason. All challenging experiences are here to help us to learn something about ourselves and everything is in divine order.

I believe, that we are all so fortunate to have been born at this time on the planet. We have more freedom in this life, especially in the United States, to heal and eliminate what needs to be diminished from our soul’s energy field, minds, chakras, and aura. The metaphysical spiritual journey is asking us to heal unresolved emotions, balance old outdated patterns, utilize our potentials, have compassion for others, and to be an expression of love every day of our lives.

Our souls are eternal and we have a purpose for being alive.
Make this your best life!

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