

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 metaphysical spirituality resonated in my heart and it just made logical sense. I did not need extra scientific data to confirm that it existed; something inside of me just knew these old truths and they were aroused again within me.

Our planet is in an "Awakening" period, as more and more people are awakening to their spirituality, love, and compassion. 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

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

Self-discovery and inner healing are the key components for us to work with in our lives. Various past life mental and emotional imbalanced patterns leave with the soul's energy when the body dies. Then when reborn those imbalanced patterns play out again in our present life. As an example: We may bring into this life jealousy, poverty consciousness, anger, fears, and self esteem patterns that were prevalent in some of our past lives. These patterns when played out in this life just keep us trapped in old outdated soul habits. Have they affected your experiences in this life?

Our wounded patterns can also keep us from opening our hearts for more love for others and ourselves. Additionally, they can hinder us from creating healthy, romantic relationships. Stopping these imbalanced patterns may require various inner healing techniques and then these patterns can be healed, balanced, and dissolved from your energy field never to follow your soul into subsequent lifetimes.

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 through this internal growth process. We ultimately are to get better in each lifetime. When our physical body dies it is then reborn again at another time, and possibly in another city or a 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. Our souls created a purpose for this life, universal divine order weaves itself throughout our lives, and our souls are eternal.

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 within ourselves and to discover 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 an intelligence, which we are to discover.

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 strong and capable you are? As we make choices in our lives 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, utilize all of our potentials, and to be a better version of our selves each year.

Reincarnation and Past Lives

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. If you have an affinity for some of the above ancient cultures, more than likely you lived there in a prior life.

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. Over the last 20 years I have received insights into my past lives. They have been very significant for me. They certainly have helped me to understand more of where my fears came from. I will share an example: For a very long time, I used to have trouble falling asleep at night. Recently, I have received insights into this. Guess what? In a number of past lives I had been killed while sleeping in my bed. When we understand where some of our habits and patterns originated from we then have the power to eliminate them forever.

Understanding some of my history then helped me to work on reprogramming various fears that I had and to step out of them. I think we are all here to face our fears as we traverse this spiritual path and we really are stronger inside than we realize. During this Spiritual Renaissance period the veil between the spiritual world and our world is thinner. Consequently, many of you may have dreams or visions about your past lives. I would suggest reflecting on them to receive pertinent information about yourself.

Our lives are so much more than just working, eating, sleeping, spending money, and having sex. Prior to incarnating our souls made an agreement in the spiritual realm around what our souls wanted to address in this lifetime. Nothing is set in stone, but there is a soul purpose to all of our lives. Astrology is very helpful in this area as it reveals a large amount of information about your purpose, your 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, to be loving and compassionate, and to be in integrity with ourselves in every situation. When we make choices that do not harm another, we then stop creating karmic situations with people to be resolved in this life or subsequent lives. Each choice that we make in our lives carries a consequence, either a positive resolution or has a negative outcome. Our lives are a reflection of every choice that we make.

With a metaphysical spiritual perspective there really 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, maybe abusive experiences, and accidents. But with the broader metaphysical spiritual perspective we realize that everything is happening for a reason. We are to learn something about ourselves from every incident.

All challenging experiences are here to help us balance something with others, or within ourselves, and everything is in divine order. If someone has done you wrong, maybe you did something similar to them in a past life? So, now you are feeling how they felt; balancing everything between the two of you. This is called the Universal Law of Cause and Effect.

We are all learning how to trust the process of life including those unexpected events. With Divine Order running through our lives there is a reason certain challenging event occur. Our job is to then look at ourselves, our behavior, and reflect on the situation. How can we react better if it happens again? How can we be less stressed, anxious, or fearful with these unexpected events? What did we learn from that situation? When these challenging events occur, they can be called, “our spiritual tests”. This is when it would be beneficial to give yourself time to reflect on the experience. Insights can then be received and personal growth can occur.

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 fields, minds, chakras, and aura. We keep waking up to more awareness about ourselves year after year. The metaphysical spiritual journey is asking us to heal unresolved emotions, balance outdated patterns, identify and eliminate old outdated past life 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. The metaphysical spiritual path is asking us to take the time to be involved with our inner world, heal, increase our consciousness, and to be the best that we can be in this life!

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