

## *Parallel Learning Technology*

### **Life Gives Us Choices!**

There are two perspectives we can live from as we travel through life:

- Are we human beings having a spiritual experience?

OR

- Are we spiritual beings having a human experience?

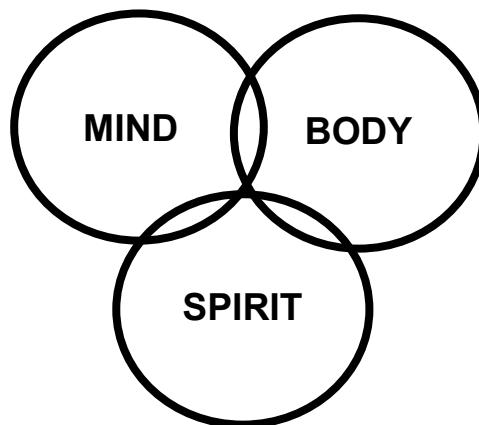
The first perspective assumes that our humanness is primary and that we simply experience spiritual events within this human experience.

However, the second perspective acknowledges that our 'spiritual-ness' is primary and as mind, body, and spirit beings, we are not only part of Creation, but also connected to ITS Creator.

Let's assume that we live by the first premise.

We then accept that we are made up of three dimensions that form an integrated system that works together—each dimension teaching and learning from the others.

- Mind—the power to reason and understand
- Body—the power to have physical balance
- Spirit—the power to know our life purpose



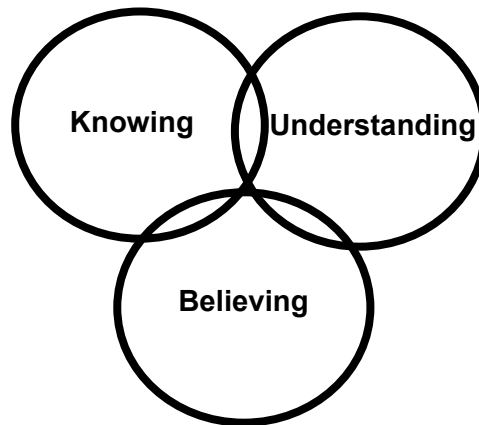
We also accept that we were not created by chance or through some cosmic accident. On the contrary, we were created with a reason for BEING. We have a purpose. We have a direct connection to and from our Creator.

- Our MIND possesses our abilities to reason, understand, and decide who we are.
- The BODY becomes the vehicle within which we implement our life's purpose.
- Our SPIRIT embodies our purpose and contains a 'road map' that connects us to our SOURCE.

We can simplify all these concepts by thinking of this system of mind, body, and spirit as the 'structure' of spirituality.

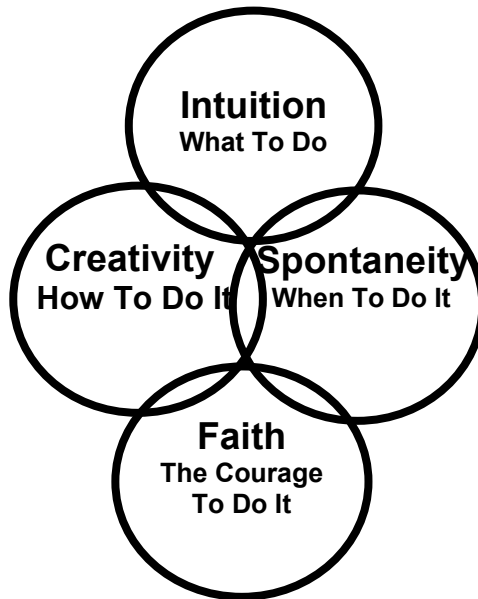
This raises the question, "How do we become aware of our spirituality?"

As human beings we experience life through the three levels of awareness.



- We KNOW things to be true without having to understand them.
- We UNDERSTAND things through the utilization of reason.
- We BELIEVE things to be true because of past experiences.

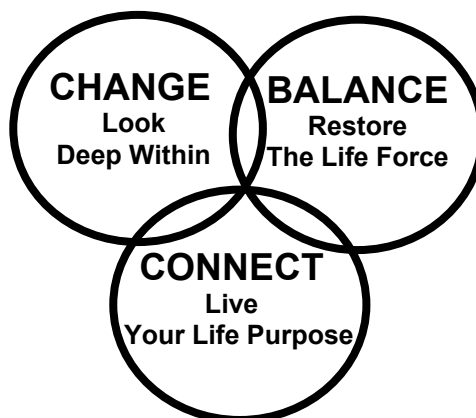
When all three of these levels of awareness are active and in harmony with each other, spirituality becomes very practical. We begin to live from the four pillars of spirituality:



- Intuition—tells you what to do
- Creativity—tells you how to do it
- Spontaneity—tells you when to do it
- Faith—tells you we can do it

Intuition, Creativity, Spontaneity, and Faith give us four 'legs to stand on' as we experience life. From these pillars, we discover how to simplify and implement spirituality—we figure out how to be spiritual beings while having this human experience. We discover our purpose and passion.

Now it becomes our 'job' to implement this entity we are—mind, body, and spirit. We accomplish this by living life as a process of change, balance, and connectedness.



Although we may believe we are spiritual beings having a human experience; on many days we may feel anything but CONNECTED!

On the human side of this spiritual equation, our lives boil down to four simple realities:

- How we see the world (our perception)
- How we see yourself (our attitude)
- How we reason about ourselves and the world (our thinking)
- How we relate to others (our behavior)

We come into this world as a whole and intact spiritual beings with an innate ability to change, balance, and connect to “That Something” inside us, and its Source.

We began our human experience within environments that either supported this natural spirituality or began to eclipse it. Our perceptions, attitudes, thinking, and behaviors—began to adapt either **towards** or **away from** this natural ability to change, balance, and stay connected.

It is our job (and privilege) to create a life process that is always changing and balancing our perceptions, attitudes, thinking, and behaviors and aligning these with our life’s passion and purpose.

**(Excerpts: Practical Spirituality, Introduction and Chapter 2)**