

## Inner Planes

This person asks:

Why am I so afraid of seeing or having a spiritual experience, especially when I spend so much time, energy and money for the purpose of having one?

...Yes, do be aware here, that all those throughout time who have sought a spiritual experience, the highest expression of self, those who have sought have almost always been their own worst enemy in realizing that thought. This is because that entering an unknown experience is the ultimate challenge of the human mind. The mind learns in this physical expression to deal with things that have been encountered before, so is learning and growth from infancy to adult the development of survival mechanisms by recognition of forces.

Then the mind of man, the mind of the physical body is forever fearful of spiritual experience because that material mind has never had and can't have that experience in reality. For the spiritual experience is an experience that is higher than mind and it is the giving up of the limitation of mind that allows the spiritual experience to be. It is as well true that so many who would have become great channels have been too shy of losing consciousness to enter the depth of allowing self to be a channel for spiritual thought and instruction. Simply be aware that this fear in the human is natural and will always be. The challenge is to give yourself enough reason to step out of the mind to allow the spiritual experience to happen.

Giving yourself sufficient reason is often done through pain and fear. You need not take that route, but decide rather that you would prefer to be an expression of Christ, expression of spirit, than to be the expression simply of flesh.

Choose, and having chosen, in a sense determined to give every moment of life to the possibility of better knowing the Christ, set about it. Begin your continuous communication, conversation with the Christ in your mind and consciousness. Start that experience, continue it for more than a few days and forget about having a particular spiritual experience as if it occurred in one particular moment like an explosion. What will happen is that you will grow into that experience, and there may very well be an explosion. It will come at the moment that your consciousness is ready for it already having known the Christ and walking with Him. The explosion then will seem less like an overwhelming force, less like a destructive fear of the animal mind which would avoid it.

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