

The Inspiration of Humanity

Contributed by Owen Waters

Law of Karma

The universe is designed to be reflective. Whatever you put out comes back to you. This is called the Law of Action and Reaction, the Law of Karma, or is simply referred to using the phrase, "What goes around comes around."

However, in spiritual work, there is a way to increase what comes around. What goes around can actually come back as more than you gave, and this involves a paradox.

In your spiritual practices, you can generate a deep feeling of peace and inspiration; one which brings a wonderful sense of spiritual upliftment. For example, in your meditations, you may become inspired with a vision of a future world filled with peace and freedom for all.

You may see, in your mind's eye, a future world where everyone on the planet is safe, and where you can travel to anywhere on the planet with ease. In this future, you see that everyone is consciously aware of their heart's connection to the hearts of each and every other human being on the planet. In this supportive environment, everyone has complete freedom to express their unique creativity as their contribution to a loving society.

As you breathe deeply of the clean, fresh air in that vision of the future, you feel your connection to the Mother Earth and to the life-giving Sun which shines ceaselessly upon our world. Then, you send your love and gratitude to the Earth and the Sun, and wait in quiet anticipation as those great, conscious beings send their love and inspiration to you in return.

While in that state of deep inspiration, it occurs to you that most of humanity desperately needs this type of upliftment; that most souls on this planet today are starving in a self-created, spiritual wilderness. This brings you to the realization that you have the opportunity to be of service to humanity through an act of self-sacrifice; through an act of giving up that which you have in order to help others who would not otherwise be helped.

While in this state, the sense of unconditional love that you have for humanity virtually begs you to help those who are not yet equipped to do this for themselves. If you now give that state, that energy, that feeling of inspiration away to the group consciousness of humanity, then you have created a vacuum within yourself.

By the law of action and reaction, that vacuum must be filled. However, an act of self-sacrifice in service to others has a side-effect: It raises the frequency of your consciousness higher than it was before. So, when the vacuum becomes filled with inspiration and upliftment from the universe, it is filled with an even higher frequency of consciousness than before.

Because of that, you will have become more inspired and more uplifted than ever before. By the act of sacrificing that which you had, you will actually gain more than you had before. Such is the paradox of love in action.

It is also the basis of the ancient path of Karma Yoga - the pathway to God through action and service.

By giving spiritual energy to mankind, you tread a pathway of spiritual action. This powerful pathway of giving what you have, in order to inspire others, is one that leads you to continually higher states of inspiration along your own spiritual path.

This article was written by Owen Waters, author of "The Shift".

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