



Lesson 33:

Spiritual Principles for Thriving

By contemplating spiritual law, our awareness is clarified. We begin to wake up and discover how to live in harmony with divine order – how to cooperate with the infinite. We understand we cannot fully prosper without that – we see how thriving stems from authentic being, which is grounded in the source.

We live in a divinely ordered universe. All manifestation flows from the one omnipresent, omnipotent, omniscient Source. Supportive and pervasive order is inherent to the divine Source. Everything that exists, exists within this order. Nothing, and no one, is independent of the whole. It is natural for us to be supported by the source of our being, and it is also possible to learn to cooperate with that support and maximize our experience of prosperous living.

Yoga teachings provide insight for thriving through our direct relationship with the Source. These insights are available in the form of philosophical teachings about the nature of Reality and Its manifestation, as well as specific guidelines for spiritually conscious living we can put into practice in particular situations. In this lesson, we'll explore how we can utilize spiritual principle as a tool for thriving, and how it provides exactly what we need to cooperate with the Infinite. Through engaging in conscious practice of spiritual principle, we realize three life-enhancing benefits. First, awareness of spiritual principle and engagement in its practices keeps us mindfully aware of the Source of our life. Second, it clarifies our awareness, helping us remove heretofore inner obstacles to thriving. Third, it opens the flow of grace and power in our lives by creating receptivity to it.



Remembering the Source and Staying Consciously Connected

Contemplating spiritual principle and exploring the underlying relationship between our thoughts, speech, actions, and what we are experiencing, requires an ongoing orientation to the Source of our being. As we work with spiritual principle, we are continually interacting with this Source and its manifesting field. It requires us to work in mind and consciousness, to be aware beyond our ordinary default mode, which is to be primarily outwardly active—to think, speak, and engage in actions. You probably know the mode that says: “Don’t just sit there, do something!” So often we just spring into trying to figure things out or take some action. As an antidote to this mode, I often think of the admonition from the mystic poet Rumi who said: *Work in the invisible world at least as hard as you do in the visible.* When we are conscious that nothing comes without the supportive grace of God, then we consider whatever we do in light of our relationship with the Infinite. Is our intention clear? Have we considered the higher purpose of what we are doing? Are we ready—meaning are we spiritually centered and open to inner guidance? Or, are we simply in a hurry or mindlessly going through the motions? There is a world of difference that begins with our approach.

Start with awareness of God as your life. Make a conscious beginning, offering what you do for higher purpose. Know you are continually being guided and supported by the omnipresent One.

Getting Clear

In next week’s lesson, we will look more specifically at how to work with the spiritual principles of yoga’s restraints and observances. For now, let’s simply bring our attention to the overall premise of doing inner work. Contemplating our situation, discerning what our thoughts and underlying beliefs are, and asking for higher guidance are all ways that help us bring our mind into attunement and alignment with the prospering, supportive divine presence.



There are times when we make a conscious beginning, and things flow with grace and ease, free from any obstruction. Other times, it can feel difficult to make any progress at all. It's one step forward and two back! It is always useful to spend a few moments in prayer and contemplation before engaging in action, and it is a great remedy for re-aligning ourselves with Life's supportive tendency whenever we feel far from it. What do we do at such a time? We stop. We stop and turn within. We let our thoughts settle. We pray, and we ask for guidance. *What do I need to do? What is getting in the way here? Or simply: Show me the way!*

Noticing when it seems you are not "in the flow" and stopping for a moment for prayer and contemplation can make a profound difference. Sometimes the clarity that comes and the resulting sense of being back in the graceful flow of things does not come immediately, and sometimes it does. Sometimes all it takes is the necessary adjustment of consciousness that is revealed to you.

Here's an example of how it can work. I was planning a trip as part of my teaching outreach, and the details were not coming together in a timely manner. I kept sending emails and inquiring. When the dates for my presentation were finally established, it was late in the planning process. I noticed my doubts about it all coming together gracefully. With my doubt-filled mind, I set about looking for available flights. You might have guessed that sure enough, there were no reasonable flights to be found. More doubts arose. I couldn't decide if I should go or not. It was time to pray. An interesting thing happened. When I sat to meditate, clear my mind of its crashing waves of doubt, and ask for guidance, what came to me was the insight: *You belong there.* With that inner assurance, there was a palpable sense of the rightness of this journey. It was not about timing or logistics; it was simply a clear knowing. I decided I would go. When I went back to search for flights (with that clear intentionality) the perfect flight was there—a good time, choice seating, and available for purchase with my airline miles. My mind was clear, my heart was anchored in the awareness of God's presence, and the path ahead was open to me. It came together in divine order.



Becoming Receptive to Divine Support

When we decide to work with spiritual principle, to engage in inner work, the very nature of that decision opens us to divine support. The underlying premise is that support is there; otherwise, why would we do it? We do the inner work so we can bring our mind into harmonious accord with higher truth. What is the truth? Life, the Source, is *inherently* supportive.

One of the most life-changing points of view we can discover is the realization that the greater good we seek is already seeking us. Think about this deeply. What are you hoping to bring into your experience? A loving relationship? Greater financial abundance to support the useful work you are inspired to do? Vibrant health? Whatever it is, can you accept that the origin of that idea and its fulfillment proceeds from wholeness Itself? The good that you seek is already seeking you! Let's close this lesson with some inspiring words attributed sometimes to Rumi, other times to Shams-i-Tabrizi:

When I run after what I think I want, my days are a furnace of distress and anxiety; If I sit in my own place of patience, what I need flows to me, and without any pain. From this I understand that what I want also wants me, is looking for me and attracting me. There is a great secret in this for anyone who can grasp it.

To support your practice, refer to:

The Jewel of Abundance, p 151-155

