

Which Way to Go?

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Life can be quite a rollercoaster. It is at times confusing, uncertain, misleading, chaotic, and painful. Conversely, it can be clarifying, engaging, simple, joyful, and deeply uplifting. It can be alternately overwhelming and an immeasurable gift.

What do we do with any of this? How do we determine what our next step is on our life journey?

There are many methods, resources, and avenues available to help guide us through our daily trek. Each, in its own way, can lead us to learning something new about ourselves, something that will empower us, turn a light on, or give us peace of mind.

One problem with many of these is that the reality of life will always intrude to bring us back to the rudiments of survival. We therefore search for someone or something else that will supply us with the balm of truth that will lead us to whatever it is we're seeking. Someone out there has got the answer to all our questions, but who to follow?

Spiritual guides and teachers have been around since time immemorial. They come in many guises, offering many formats, and all provide some nugget(s) of truth. Some have taken advantage of their position for personal agendas not exactly of the highest order. Others have remained relatively simple in their presentation and obscure to the greater masses, they desire only to be of service to Divine Spirit.

In whatever way a person determines who or what is a guide for them, the essential message to be sought involves understanding the events of one's life. Why are these things happening to me? Who's responsible? What's in it for me? Where do I go from here? Who can help me?

One sure way of getting answers to these fundamental questions is to find a spiritual guide or master. But where and how can you trust that individual?

The most direct way to find a spiritual master is to go within oneself and ask for help. A true spiritual master will offer guidance that doesn't do the work for the individual, they don't play the role of a superior being, and they are only interested in the spiritual growth of the individual. Their part is simple: to offer information that the individual can then explore for themselves to discover their own truth and return home to God.

Life being as challenging as it is, having a spiritual master as a guide can be gratifying on a deep soul level. We are no longer on our own, but have someone who can help point us in the right direction toward understanding. They can direct us to the doors that offer us the chance to step into larger rooms of consciousness. Masters are always by our side and we need

only ask for their assistance. Our part is simple: be a willing student, be patient, and learn from the lessons put before us. And one day, we each will have become the master, a beacon of light, a way shower.

