

Signs of Spiritual Growth

Rev. Victoria Loveland-Coen, May 28th, 2023

We are in the process of Conscious Evolution and being of service to an emerging paradigm. As such it's a good idea to occasionally take a pause and reflect on how far you've come in your spiritual growth ...and to celebrate that! And to see where you are now in your journey of awakening. These "signs of spiritual growth" may provide a guide for that reflection.

- You are becoming aware that everything necessary to grow into the highest expression of yourself is already contained within you. There's nothing missing. But like the acorn, to express your potential, you must nourish the soil of your consciousness with regular spiritual practice.
- You are more interested in giving than in receiving. *"How can I give today? How can I be of service to the new emerging paradigm?"*
- You are more focused on what *is* working in your life rather than what *isn't*, or what is missing. And you celebrate your successes, and that of others.
- You are more grateful for things others don't even notice, and allow gratitude to well up in you upleveling your vibration thereby attracting more to be grateful for.
- You are more forgiving of yourself and others. You recognize making mistakes is how we learn and grow. You offer the gift of forgiveness and in doing so, you become a healing presence.
- You are more comfortable living in the mystery. You know you are being called to become fully actualized, and trust that some wonderful possibility is emerging in your life. You also know that when challenges arise, you have powerful tools (like the 12 Powers) that you can activate.
- You pay more attention to your self-care and value quiet times, seeing them as opportunities to nurture your growing consciousness. You use your power of spiritual discernment and make the changes your inner wisdom is calling you to make...*even when it's uncomfortable*...trusting you are supported by Spirit and your spiritual community.
- You notice you're less reactive. You take a moment to breathe, connect with your highest Self and know that, rather than wanting to "be right," you want to experience peace. Your response then comes from love, and a desire to find a solution.
- When surrounded by "ain't it awfullers" you help them see a different possibility, a more empowering perspective. Perhaps you share what works for you, or ask them to affirm with you, *"All things are working together for my good."*
- Finally, when you notice you are not being as spiritually mature as you'd like, you give yourself a break, and love yourself. This is a life-long process. And then you seek support (spiritual counseling, etc.) and move forward.