



## **The spiritual is the lived experience of the Divine**

**God, Salvation, Paradise, the Promised Land, Heavenly Jerusalem, Nirvana, the Satori, the Holy Land of Islam, Tao, Self-Awareness, Cosmic Awareness, Christly Consciousness, Divine Consciousness, Vacuity, Awakening, Illumination, the Absolute, the Ultimate Reality, What Is without Name or Shape, Non-Duality, That, the Divine Self.**

These expressions seem to have different meanings, but do they have something in common?

In the field of words, they seem so different and to have each an own signification. But are words Truth?

For such a long time men have torn themselves to pieces because of Truth, for they stick to the letter of the spirit instead of understanding the spirit of the letter. Human beings consider words, books, speeches, believes as Truth.

Spirituality teaches Truth trough the lived experience of the Divine, the ultimate Reality, our universal and eternal Identity beyond our human, religious, cultural, ethnic, national and social identities.

The Spiritual is **the lived experience of the ultimate Reality of the universe and our-selves**, which allows us to discover **our true spiritual Identity** that is eternally **Love, Happiness, Peace and perfect Freedom**.

## **The spiritual experience**

Spiritual experience is not a question of belief and does not result from reading a book or listening to a fine speech.

It occurs when we are ready to let go of everything, of the identification with our body, our desires, believes, our own life.

At that moment we are completely covered in energy, an energy of a power, a peace, a tenderness and infinite love, which penetrates the deepest parts of our-selves.

From that moment we surrender completely to this wonderful energy and rely totally in it. And from that moment the energy guides us and we become free of all worries and apprehensions. A deep peace sweeps over us, there is no past, no future, we are living in the eternal Present, in the here and now. We are in a state of Bliss, Happiness, Peace and perfect Freedom.

**Excerpt from the book "Spiritual Identity beyond our identities":**

→ *"The world as I had been perceiving it until now disappeared completely. Then suddenly I entered a sublime Light, and a new state of consciousness where everything was perfect Light, perfect Unity, perfect Life. Human shapes, nature, the trees, the plants, the animals, the stones were in truth Light. Their appearances were still there, but they were not living through their own selves. They were a manifestation of Life, of the eternal and universal Light, which motivates all things. Now everything was bathing in a Light, a Life, a Harmony and a Unity, all of them perfect. And I gradually realized that myself, as a physical body, a human being, I had become a manifestation, an expression of this Life and this boundless Light..."*

## The ego

The **Buddha** says: "**Attachment is the cause of all suffering**".

On a wall in the ashram of the wise **Sri Ramana Maharshi**, at the foot of the holy mountain of Arunchala in Southern India, it is written: "**The ego is the source of all suffering**".

From a very young age our ego, our human personality, has to develop to survive in this world where we are to live from our birth to our death. The child grows and develops its ego, asserting more and more its personality, its difference from others.

When we have reached adulthood, our ego becomes stronger. We want to be the tallest, handsomest, the strongest, bravest, richest and the happiest one: a star admired and acknowledged by all.

Our desire to be acknowledged, to gain power, wealth and satisfaction is boundless. We crave for more and more. We take care of our looks, we need the most beautiful clothes, car, house, and more and more money and power.

In the course of our life, we identify more and more with our body, with the appearance we have invented to shine in the world and to survive through life. We create an image, as perfect as is possible, of what we want to be and identify more and more with this image.

The more we identify with this picture of our-selves, with our body, our human personality, the more we move away from our true Identity, from our spiritual identity, the divine Self.

And the more we move away from Love, Happiness, Peace and Freedom, which is what we are deep down in our-selves, beyond our human personality and our body.

We are desperately searching for this **Love and Happiness, this Peace and perfect Freedom** in thousands of things, in the other person.

## Love, Happiness, Peace, Freedom

Whoever we are, or think we are, what are we looking for amongst thousands of things in this world, and in the other person? Love, Happiness, Peace and perfect Freedom, eternal and indestructible.

But these aren't things we can possess and therefore lose. They are the aspects of our true spiritual being, immortal and eternal.

So why aren't we happy, peaceful and free? Because we identify with this body, the human person, the body of which we think it is the Self, our true identity.

But this appearance, this image of what we think we are never satisfies us completely. There is always something missing to make us completely satisfied, happy, peaceful and free. The more we are attached to this image of our-selves, the more we identify with our body, the more we move away from our real nature, our true happiness.

And then one day what we call death knocks at our door and invites us to totally give up this image we created, this small person we cherished so much, this body we always thought to be our self. This illusory self will disappear into the unfathomable depths of the unknown. It seems terrifying, so unfair.

But Love, Happiness, Peace and perfect, indestructible Freedom are not a question of Having but of Being. Being is simply what we all are deep down. It is our spiritual nature, the divine Self, the ultimate Reality of the universe and of our-selves.

When we are again living the spiritual Experience, the divine Self, we become what we were looking for blindly during many human lives, through many thousand identities, and thousands of different things. We are again Love, Happiness, Peace and perfect Freedom, indestructible and eternal. This is what we have always been and still are and will eternally be.