



# SIX SPIRITUAL IDEALS



## *That Can Hinder Us From Engaging more Fully in the World*

As a *Wholeness Advocate*, my work is to ensure that no aspect of human life is left in the shadows of our unconsciousness. The more we are aware about ourselves, the less we are driven by habit, and the more we can live **an awake and aware life**. When our spiritual aspirations give us reasons to pull into safety and comfort, then they are working against our growth. These are 6 spiritual ideals that may be hindering us from stepping into the giant shoes of our own potential.

WE CANNOT CREATE A FAIRER  
WORLD BY SILENCING OUR VOICE. WE  
CANNOT CULTIVATE PEACE THROUGH  
PASSIVE ACTIONS (MEDITATION, PRAYER,  
CHANTING) ALONE. OUR WISDOM MEANS  
NOTHING AND CHANGES NOTHING IF IT IS NOT  
SHARED.

*~Keri Mangis*

# 6 IDEALS That Hinder Us From Engaging



## HUMILITY

Fear of our own power can masquerade as humility. There is nothing humble about stepping away from our power and gifts, it's merely an abandonment of them. We need to trust that we are here to be vocal and active. ***There is not a single one of us who came to this earth to passively watch a world get swallowed by pain.***

How we use our voice and talents varies from person to person, but if we use "humility" to back away from visibility, then I suggest we've misunderstood the teaching. Trust that your voice needs to be heard—You never know how, when, or to what degree your words and actions might benefit someone else. It's not for us to know. Therein lies the true practice of humility.

There is a difference between a wise patience that knows what it's doing, and a patience that is really an abdication of our power. Patience can be a virtue in some situations, such as waiting for bread to rise or for onions to caramelize.

But if we want massive cultural change, we need to focus on creation, not patience. Rather than waiting for others to do the work, or for the moral arc of the universe to bend toward justice all on its own, we must create change from the ground up. Get creative, but whatever you do, make sure that patience is your ally in activism, not an accomplice in complacency.



## PATIENCE

During the prime of my spiritual search, I got hooked on the teaching of abundance. It was exciting to create vision boards, chant to Lakshmi, and imagine the abundance of the universe raining down on me. Today, though, I've woken up from this dream of abundance, and am simply content with enough—enough love, enough food, enough opportunity, enough time.



## ABUNDANCE

As Brené Brown said: ***"We believe (incorrectly) that the opposite of scarcity is abundance. This is the very trap we set for ourselves. By believing that 'more' will solve our feelings of inadequacy, we continue to enslave ourselves working ever harder against an unrealistic ideal so that we will achieve 'more'—further deepening our 'never enough' mental construct."***

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The *Bhagavad Gita* demonstrates "Letting Go" where Krishna teaches a young warrior the following:

- Show up and do the work you were meant to do in the world.
- Let go of your attachment to the results.
- Return to number one.



Letting go is not a teaching about turning away, ignoring bad behavior, or withdrawing into safety when things get hard or ugly. Instead, the teaching is designed to help us handle the inevitable disappointment when, after acting, we don't see the desired fruit.

Letting go can too often be used as an excuse; Sometimes, we need to hang on a little longer. But we won't know what to do until we put discernment into practice alongside letting go.



I would argue that the concept of enlightenment as a goal of spiritual practice has done more harm than good. Most of us are not intended to, nor will, achieve enlightenment in this lifetime.

What we are here to do is walk a path far more challenging than enlightenment, one that gets us grounded in our bodies and deepens our connection to one another and this earth. That is the path of embodiment.

While I'm sure there are human beings on this earth who are called to meditate in the forest to attain enlightenment, I promise, if you're reading this, you're not one of them. You're called to be a changemaker. Trust yourself, my friend, open your heart, and lead on.

The larger point of healing isn't to be healed—it is to become whole.

A healed person might navigate their own lives with greater ease and peace, but a whole person can feel, yield, explore, and adventure into new places, with new people. A healed person might know how to avoid situations where they might get hurt again, but a whole person knows that anything that might break can be made stronger yet again.



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## FURTHER RESOURCES

FOR EXPLORATION & PERSONAL GROWTH

### BLOG POSTS

[How to be the Light as the World Grows  
Increasingly Dark](#)



[Don't Let this go: A Yoga for Modern Times](#)

[F\\*ck the Light: It's Time for us to Walk and Lead in Darkness](#)

### BOOK

[Embodying Soul: A Return to Wholeness](#)

### PODCAST

[Resisting the Pull and Power of the Status Quo](#)

[The Power of Ignoring Every Belief You've Ever Believed](#)

### FACEBOOK GROUP

[For thoughtful discussions, come visit  
the Embodying Soul Facebook Group](#)