

The 10 Least Sexy Spiritual Truths

A Guide to Helping You See Where You are Spiritually Full of Shit

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We live in a time where there is mass confusion in the world of spirituality. Many people use spirituality as a way to feel significant, important or special. They also use it as a reason to not take ownership for themselves and escape from the ordinary reality of being a human, because they don't like their experience.

There are spiritual popularity contests. Who has the most followers? Who's the most spiritually aware? Who does the best embodiment practices? Who's running the best programs? Who has created the next best spiritual community? Who is the least bound by a physical location? These seem to be the measures of what it means to be spiritual.

There has been a movement in spirituality that has gone beyond the traditional ideas it. We are past the days of spirituality being solely associated with meditation, yoga, gurus, ashrams, or a simple nondenominational category. Spirituality is now a world of healing, subtle energetics, channelling, star seeds, retreats, coaching, living off the land, living in communities, being an entrepreneur, going to burning man, wearing clothes made from hemp, eating the best foods, being the most wildly expressed, and doing as many psychedelics as possible.

These are all great things. There is nothing inherently wrong or bad about them. They are all valid choices. Rather it's noticing our judgment, arrogance and the identity we gather from doing these things. Who is the one gaining significance by engaging in these ways? How badly do you judge people who eat McDonalds, declare a religion, and do no inner work with themselves? You may claim to be spiritual yet you only participate with things where you get to be seen, acknowledged, or made right.

It's an interesting paradox to appear to be so spirituality connected to God/Goddess and yet simultaneously so disconnected from the human experience. Spirituality, as it is now, seems to be the new superiority. That which makes us separate from others rather than at one with others. How do we stop ourselves in our tracks, and become radically inclusive rather than spiritually arrogant? When do we stop focusing on the personal gain and significance we get from consuming spirituality, and actually embody the true spiritual qualities of unconditional being, generosity, and encouraging everyone's free will.

We need to take the spiritual filters off. We need to see what is, rather than what we have unconditioned and reconditioned ourselves to believe about what it means to be spiritual. The bigger truth is that we are ALL spiritual no matter what. No matter our food choices, work choices, thought choices, behavior choices, perspectives, beliefs, etc. We are all spirits. Spirits that have focalized our awareness into a human body in order to have the experience called being human.

On the following pages you will discover the 10 Least Sexy Spiritual Truths. They will help you see through the spiritual filters you've taken on. I say least sexy because they are the ones that have nothing to do with being popular, special, more healed, or more important. You are already special, healed and important, and you don't need the veil of spirituality to stand between you and yourself anymore. You can stop using spirituality as a prop and just be yourself, already spiritual and already whole, just as you are.

The 10 Least Sexy Spiritual Truths

1. You are the Source of Your Experience

Now on the surface level this may seem sexy. You are the source of your experience. Wow, I mean that does sound a little sexy, but what does that really mean? This is where it might get a little less sexy for you. It means that you are 100% responsible for how you experience your experience. This means that when you wake up in funk, or something isn't working how you want it to be working, or someone isn't behaving how you want them to be behaving, it is up to you to feel and see the situation exactly as you prefer to experience it. It is not up to the situation to tell you how you feel. If the situation changes or doesn't change, it doesn't affect

how you feel about it because you are the source of it, not an effect to it.



This level of full responsibility means that you are no longer a victim to anything. Now you may think to yourself that you have already cleared up all of your victim mentality, but if you are not in charge of how you feel, act or respond to any one thing in your life, then you have some work to do here. Somewhere you are getting hijacked by the victim gremlin that is telling you that somehow, in some way, you are powerless to your own feeling state. Those hijacking are great opportunities for you to see yourself and reclaim your power, but often we try to palliate those triggers rather than utilize them.

Being the source of your experience also means that sometimes things will be hard work. You likely will need to take action in

ways, that perhaps you feel that you don't want to do. You might expect that because you set an intention and you are spiritual, that things will just naturally manifest to and for you, without any devotional or committal effort. While that might occur, it also might not. At this level of physical density, there is work, there is service, there is giving yourself so completely to something even if there are no returns. Just because it is what is aligned for you. No expectation of outcome. The outcome is you taking action in alignment with your resonance. It's following your joy and doing whatever needs to be done in alignment with it. It is also being responsive, in integrity, following through with your agreements, and being consciously communicative if and when you need to renegotiate agreements.

When you are rested as the source of your experience nothing can shake you, not even for a second. You are undisturbed by even your own thoughts and feelings about things. There is nothing that you don't realize yourself as the source of. You recognize your experience of creation is 100% created by you. You experience the freedom of your already freeness.

2. The Ordinary is Just as Magical as the Extraordinary

Ok, ok, those of you that are magically oriented might really not like this. Maybe you've had some experiences or moments that just seemed extraordinary and you feel like they pale in comparison to things like showering, exercising, working or going to the bathroom. The thing is that true spirituality has nothing to do with the stuff, objects, trinkets, crystals, scenarios, situations or experiences at all. Magic is not in the stuff, but rather you bring the perspective of magic to all of the stuff that exists. There is nothing inside of things. They are empty. You are what is full. You are the permission giver to experience magic in whatever it is that you do.

You, we, the collective of humanity has had it backwards all along. We infuse life with the abundance of our awareness, energy and perspectives, life doesn't infuse us with anything. It is just a neutral, blank slate for us to make meaning out of.

This also means that nothing is more sacred than anything else. All of the alters, ceremonies, rituals, dances, connections, insights, relationships, projects, vortices, land areas and creations are equally sacred. It doesn't mean that you don't have greater resonances for the activities, relationships, locations and modes of expression you prefer, it just means that you don't view one thing, place or experience as more special than another. To do so creates separation, where there is in fact none. You then create a world experience for yourself where some things must be avoided, such as things that are "less than" or not as sacred, for your perceived "more than" things and experiences.

Again it is natural and encouraged that you have preferences, it's simply minding how you interact with all things from a place of equality rather than polarity. In this way you see how magic infuses everything from the most mundane to the most extraordinary. When your perspective of what is changes, then your experience of what is changes. That's the magic. Wax on, wax off my friends.



3. Your Sensations & Emotions Only Mean What You Make Them Mean

I know this is going to get some of you. We have placed a tremendous amount of energy on the importance of our sensations and emotions. To be connected to our sensations and emotions seems to be one of the big identifiers that makes us spiritual. If we are too in our head or our thoughts, we view that as being disconnected from our bodies, and somehow that makes us less of a spiritual being. It seems ludicrous to even write that out, yet this is the position that is taken in some spiritual communities. At least the many I've been a part of and perhaps some I've even helped create, yikes.

We have industries that are based solely on making meaning out of sensations and emotions. We've created labels upon labels for these experiences. We value labels because they provide some kind of reassurance for our minds. If we feel that we know "what" something is then it gives us the sense that we can do something about it, or at least rest our minds if we feel that there is nothing we can do. The thing is that it often doesn't dawn on us that we can make whatever meaning up that we want to, about whatever sensations and emotions we experience. Perhaps some might see this as negligent because they don't recognize themselves as the source of their experiences, but with greater rest into number 1 above, you realize that making a meaning that works for you is the most responsible thing you could ever do. It enables you to take the best, most aligned actions for yourself, and will determine how and what you learn from your experience.

The power that we are, each of us, to create stories and meanings about life, often scares us. When we are confronted with the power that we are, we defer it outwards onto others, thinking somehow they know more than we do because we feel so powerless and clueless inside about



what we are. When we see people that are rested in their power it can also feel intimidating to us as a reflection of the intimidation we feel of our own power. We haven't been taught to truly listen and know that we do have the answers, so we react in fear to the unexpected, unknown or undesirable sensations and emotions that we feel. We get some kind of safety in the idea that it's not all up to us to know, and that someone else knows. However when someone else's knowledge fails us, meaning we don't get the outcome we desire, we often blame them, and don't see our acceptance of the meaning they told us as our empowered choice.

Yes, others know things that we don't, just like we know things that others don't. We can adopt what they know if it makes sense to us and if their story resonates with us. We however also have the free will to choose

another story if the ones we find out there don't work for us. It is not ignorant, arrogant, or stupid to do so, it's simple choosing what is true for you.

Undeniably, there is relief in knowing, that it's not all up to you, how everything turns out in this life. Atoms, molecules and all of the stardust in the cosmos will organize into whatever configurations and patterns are the most optimal for that moment in time. That is beyond the responsibility of your human mind. It is only up to you to decide how you want to see and feel your sensations and emotions. You can use them as indicators that inform you whether or not you are choosing an aligned action or thought. You can see them as teachers of lessons you want to learn. You can utilize them as catalysts to make desired changes in your life. Be clear that there are no good or bad sensations or emotions. There are just emotions and sensations. Decide what they mean for you and you will experience that definition as your reality.

4. Being an Influencer Does Not Mean That You Are Being More of Service

There is a lot of hype in the world of social media. It seems like one big popularity contest. Whoever has the most followers wins. It appears as if those people are the ones making the most profound impact. Spiritual hype or spiritual truth? It's easy to fall prey to the numbers and believe that these people are really up to big things and that whatever they are doing or promoting is the best thing out there. There is no denying that there is impact, but is that impact better than the impact that is made with a single person working in their brick and mortar therapy business in their home town on Main Street?

There is a spiritual teaching that says, to impact one person is to impact all persons, because we are one being. You can decide for yourself if you resonate with that or not. Either way, for us to use a social media following, large email lists, or any other measure of reaching the masses, to indicate greater importance of impact is to be deluded by the fame of numbers and to not realize the interconnected nature of all that is. Is the number 4 inherently better or worse than the number 40, 400, 4000, or 40000. All we do is add zeros and those zeros somehow indicate more significance. Who knew that zeros had so much power?



This all also begs the question of what it means to be of service. The way I've come to understand service is that, which in you being in the natural expression of you, gives and radiates to another aspect of creation.

Through the natural giving of yourself, you reciprocally receive back from the universe that which you give it. It doesn't have anything to do with having the best ideas, the most conscious projects or evolved programs, the greatest spiritual experiences, or some new life changing device, but rather that you be yourself, to whatever degree of expression you have given yourself permission to express. It is being the love that you are and utilizing whatever forms most easily allow you to share that love.

Maybe it's not about numbers, but about the humble expression of yourself in service to one and all. You be the determiner.

5. Nothing is Better Later or Somewhere Else

Oh how tempting to follow the chase. The chase to somewhere else. That place of promise, of victory, of enlightenment and complete satiation, and satisfaction. Seems like it is close, just right around the bend. In fact I think you are almost there, you can nearly see and feel it.

This line of thinking and feeling always keeps us just outside of where we are. We feel the incompleteness of our present state, but feel hopeful that we will soon feel complete. Hope is the capture of empowerment. To be hopeful is to not recognize the power we have to be in the now present moment of already complete.

Better later or elsewhere is enticing to us because it allows us to escape the dread of our current state. We project the possibility of better-ness onto a space and time that doesn't



actually exist except for as a thought in our mind. That projection allows us to be ok with our state of now discontent while we plot our escape to our private sanctuary away from all the so called ordinary humans and into our spiritual cocoon. While this has the potential to spark us to shift our state of being into alignment with ourselves, often it is utilized as a way for us to avoid the self-responsibility to what we are currently experiencing. Better later or somewhere else postpones our opportunity for enlightenment in this very moment, into another seeming moment, where things will be better.

Outside of momentary glimpses when you perceive things are aligned as you desire them to be, therefore feeling as though "you've arrived", you never arrive anywhere. That's because there isn't anywhere to arrive. We've all bought into a big fat illusion

that we can get somewhere. I understand that it seems that way. The scenery changes. The body appears to move from place to place. However despite this appearance you can't actually be anywhere other than here. And now here. And now here. And this is true in infinity, which is just an infinite now.

When you chase a thing, place or experience, you are deluded by your own belief that you can't decide at any moment what things are now and that you must get to different in order to feel different. This is never the case. You can always, and do always decide now. It is true that you will experience different sensations and feelings, that things will seem to come and go, that you will prefer certain experiences over other experiences, but to relate to them as better or worse is to keep yourself polarized in the cycle of chasing, which is suffering.

Recognize that now is best, and here is best, and that there is nothing else, and you will experience eternal best-ness. Nothing will ever need to change in order for you feel better.

6. You Will Never Be Healed Because You've Never Been Unhealed

I know, I know, how could it be true that you've never been unhealed? After all you've spent time, money and resources to heal, and you've healed, you know you have. There are things that you've kept separate and disconnected that you no longer do. Congratulations, that's truly amazing, and no small feat to integrate parts that you once held outside of you. The thing is that nothing can actually be separate. There are a multitude of infinite expressions of the

one spirit and if you track all of those expressions back to the source, there is only one there that remains. This is oneness, which if you consider yourself a spiritual person you've probably heard of a time or two.

As human beings we can give ourselves the experience of separation, but we can't actually be separate. This is why I say that you've never been unhealed, but have only given yourself the experience of such. You might say that "healing" is simply a remembrance that you've never been disconnected from self, god/goddess or spirit. People however often think that healing is fixing something that is wrong with them. That there must be some type of process, technique or tool to fix one's self. My dears there is nothing to fix about you. That might be the biggest fallacy we are fed and have consumed over and over again, generation after generation.



You might also say that unhealed is simply confusion about our nature. When we are confused, don't see, or have never somehow known our nature, we operate in a perspective of mind called disconnection. Healing, you might say, is un-confusing ourselves, by illuminating or having our nature reflected to us, so that we can see it. As we see our nature more and more it becomes harder and harder to deny our completeness, divinity and wholeness.

You are a holon. Each present moment fully complete even in your confusion or seeming distortion. A holon is always whole in every moment and simultaneously part of a larger whole. There is absolutely nothing wrong with you and never will be. Confusion and the story of disconnection cannot touch the you that you are. Drop the story that you need to heal and accept that you are. Realize there will still be growth in the relative ways. That you will continue to include more and more of your whole self inside of your perspective of who you think you are.

7. Having Peak Experiences Doesn't Make You Special

Who doesn't love a good peak experience? I don't know anyone who doesn't. Peak experiences are wonderful reference points and reframes to what it is that we think the nature of reality is/isn't and who it is we think we are/aren't. Thank goodness for peak experiences because they give us glimpses of ourselves that otherwise may very well be hard to see. They help us radically peel back the veil of our minds insistences, defenses and belief systems so that we can see the clear nature of our being.

Peak experiences come in a variety of forms. They can occur through medicine work or ingestion of a psychedelic substance. They can come through energy work, deep meditation, lucid dreaming, fasting, pilgrimages into nature, or the pointing of a guide or facilitator, that allows you to open up a portal into yourself. The purpose of the peak experience is to provide



a doorway into a perspective beyond where you ordinarily hang out. The thing about peak experiences is just that, they are experiences. They point to a state of being, which if practiced, can be lived, but if left to just an experience, will simply be a feel good moment without impact on your lived state of being.

Due to the fact that we like quick solutions to our seeming problems and that there appears to be a mad rush to ascend from wherever it is we currently are at, consuming peak experiences is the answer to the quest. It seems that the story on the spiritual street is that everything is constantly accelerating and we are always about to hit some new vibrational point of existential bliss where perhaps we get wings, fly out of our bodies and leave the planet. That all sounds lovely, however there may be some

simpler principles to integrate first that are more relevant to being human, like say being kind to ourselves and nonjudgmental of others.

Having peak experiences doesn't make you special, set apart or more evolved. If anything it makes you more self-responsible in the ways you show up in your life. If you don't understand that expanding your sense of self is about being more self-accountable then you are missing the mark. Peak experiences are there to help you grow up, open up and be more of an adult in the ways that you express yourself and relate to life.

8. Transformation is a Natural Byproduct of Acceptance

As spiritual folk, we love going to work on ourselves. The harder we work, the more spiritual we get, right? The sheer amount of retreats, coaching, workshops, trainings, energy work, body work, healthy eating, mindfulness, meditation, processing, authentic relating and yoga that we do is testament to our commitment to change. How much more can we show up and make it happen? While the transformative disposition has way more energy than the hopeful one that just hopes, it still comes from a perspective of lack. It is desperately trying to get somewhere, and as we already addressed, there is nowhere to get. Over time this attempting to get somewhere drains us as we spin about and wonder if we, or the world, will really ever change.

This begs the question as to how change happens if we don't make it happen from a place of lack? Well, by acceptance of course. Wait, what? How does just accepting something make it change? Isn't acceptance contradictory to change? Actually no, it's not. In fact we can't make anything happen or allow it to happen naturally, until we accept what is. Why is this you wonder? Because in the acceptance of what is, we are faced with the stark reality of what is. There is no more avoiding, no more kind of looking at something, no more looping in a story about something. Just the facts looking us straight in the face.

Through acceptance, one of two things occurs. One we simply stop the fight with our reality and realize that the source of our suffering or distress is due to the fact that we are in resistance to what is, and in actuality what is, isn't really as bad as we thought it was. We accept it, whatever it is, and go on with our lives.

Two, we stop the fight and we see that what is really is not our preference, and it's clear as day that the only way to make what is, more aligned with our preference, is to do ourselves and our life differently. We stop squirming around it, stop sugar coating, stop blaming or shaming. We get that there just is what is, and if we really want it to be different, we must be the one to change. Period.

Acceptance puts the games of postponement of what we want to feel or experience to an end. In getting with what is, transformation occurs naturally. This doesn't mean that it will be without work. If you decide you want to change whatever it is that you've now accepted about your reality, there will be work. It's work though that you know must occur. You are more coherent in your state of being and act in accordance with the change. You are no longer trying to convince yourself to do it, which supplies you with the energy for it, even if it takes a lot of energy.



9. You are Already as Spiritual as You will Ever Be

I know this might come as a disappointment to some of you. Many people who consider themselves to be on a spiritual path believe that they will get more spiritual as they go. The thing is that you are already spirit. This is your nature. You can't become more of what you are, you can only realize more of what you are. While this may seem like a play on words, there is a quite a distinction between becoming what you are and realizing yourself.

One of the popular things we like to talk about in spiritual circles is manifestation. In some way or another we are always working on manifesting what we want. We look at our life and say that we want this thing or that thing. Some popular desires are financial freedom, location freedom, community land projects, living in community, program creation, travel, and stable access to our highest self. We are constantly in the visionary process of becoming. This process is ceaseless, as at our core we are all creators. However when we confuse our spiritual activities and interests with our spiritual-ness, we believe that when we manifest these visions it makes us more spiritual. People will even view us as more spiritual, which only reinforces the delusion.

The guru is as spiritual as the math teacher, and the basketball coach as spiritual as the avid meditator. How can this be? Again it's because everyone is already spirit. The activities, titles, roles, interests and visions of one person versus another person have nothing at all to do with how spiritual they are. We are so used to creating categories for what we believe is in our



proverbial spiritual bucket and what is not in the spiritual bucket. By melting our categories together we create less perceived separation in the activities of our daily life and experience more coherency of spirituality throughout.

You might wonder then what the point is of doing any of the things you do, that you consider spiritual. The point is for you to do the things that you enjoy doing and that best express you. If there are things in your life that you do only because you think you will get something out of them such as self or other validation, recognition, or things you don't do because you fear self or other judgment, then you are living out of alignment, even if it seems like you are doing all of the "right" spiritual stuff.

The key is to allow yourself to see spirit in everything and everyone. There is nowhere that spirit is not. Spirit is what gives breath and life to all. Without spirit nothing would exist. To be spiritual is simply to recognize spirit as you, as what you be, regardless of the activities you do.

10. Everything that Has or Hasn't Happened to You has been Perfect

This one might be hard to digest. On the surface you may easily agree, but as you dive a bit deeper you will likely discover some things that have occurred in your experience of life that you view as completely imperfect. What do I mean by perfect and imperfect? I mean divinely orchestrated or divinely un-orchestrated. Can divinely un-orchestrated even be a thing? Well no it can't, which is the point of this 10th and last, least sexy spiritual truth. When things in our life look how we want them to, it is easy to see divine orchestration. When things don't look how we want them to look, it's easy to see imperfection. We wonder why things are happening as they are and seek for a way out of our confused perspective with shame or blame. We often insist that something is wrong with us, others, or life in general, in order for whatever is showing up to be showing up. This perspective of wrongness is in direct contradiction to the perfect order of the unfolding of creation.

The thing is that how we view something does nothing to change its essence. Essence is untouchable. It is complete, perfect and whole. You cannot influence your essence or anyone else's essence by how you view you or them. You can't take away from wholeness and leave it less than whole. Essence remains essence regardless of how it's viewed. What your view does do, is influence how you will experience whatever you are viewing. You can also influence another person's mind, thoughts, beliefs or body, but these are all expressions of essence and not essence itself.

Even our confused or limited perspectives are completely and utterly perfect. Every single one of them. There is nothing inherently wrong with limitation. If we are aware of it, we may not like the experience of it, but that doesn't make it imperfect. Now you might be thinking about all of the bad things that have happened to/through you or to/through others. What about all of

the horrible happenings in the world? How can they all be perfect to? As human beings we have this very small pinhole perspective from which we see through and make assessments from. There is much we don't understand and likely won't ever understand, at least while we are human. However even our lack of understanding does nothing to touch the divine orchestration of every macroscopic and microscopic movement that occurs, including all of those which we judge as good and bad.



This does not excuse, deny or make ok incoherent or confused behaviors, but also does not condemn them. It doesn't mean we tolerate behaviors that are out of alignment for what we desire, but rather that we firmly love them back into themselves with our yes's and our no's. This is a tall order, I know. It requires a lot of us, particularly the ownership of our worth and letting go of blame and shame.

Using our influence in ways that point our minds, thoughts, beliefs and bodies towards the perfection of essence, we can become increasingly coherent in our expression of ourselves and encourage others to do the same. We can take action and behave in ways that allow more of the love that we are to come through. We can learn how to be even greater vessels of our essence. These are pivotal components of the human experience for all of us, each learning from wherever we are, without judgment.

In Conclusion

My friends, thanks for reading! You are on your way to seeing through the spiritual stories and filters that you've created, so that you can rest more as the spiritual being that you are. In resting as yourself, the expression of you comes easily and naturally. There will still be edges that you traverse, but you welcome them as portals into an even fuller beingness of yourself. More and more that stream of essence that you are radiates in and through everything that you do. You cease arriving and instead claim arrival. From this place inside of yourself you allow the arising of your heart's desires and synchronicity to guide you in each moment.

You feel the power that you are fill you. Self-doubt rolls away. You are clear in who you are, why you are and you create from excitement. You live as the source of your experience in the conscious, wakeful recognition that how you experience your life is up to you. This does not feel like a burden, but rather the freedom you've always dreamt to feel. You know that however you are, you are perfect expression of spirit.

If you desire support in deepening into the knowingness of yourself, the reclamation of your power, or the lived experience of true spirituality I am here to support you. I offer myself through the vehicles of online, monthly Heart Circle Gatherings, and a six month group container called Awaken Your Heart. If you feel the call to live true then I am here to be of service to you. All my Love. Dr. Amanda Love

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