
UNDERSTANDING THE JOURNEY

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The Luminosity Within Solitude

WRITTEN BY SHEILA WOOD



In a recent article by Dr. Niranjana Seshadri on “Understanding the Four Dimensions of Life” (not to be confused with the physicist’s tangled workbook of torrid explanation) he aptly explains where we go when we meditate and why we need to go there. He talks about our ‘inner realm’- the dimension that we need to explore for clarity.

In his explanation of mind ‘busyness’ we relate to thoughts, ideas, and experiences that we have previously had as our minds have a way of returning to old thoughts and behaviors. We embrace or discard them, and either find joy or sorrow within them.

But even if we can eliminate our participation in thought processes, they will continue to affect us without our direct solicitation. If we can manage to interrupt that space where limited awareness resides, we can become conscious of separateness between us and the mind. One way to achieve this is by letting the old float and drift without forming any connections.

This is why meditation is important.

If we begin to observe the mind from a distance, it presents a new landscape and adds freshness to the mind, leaving us to reside in the present. This reminds me of Dr Joe Dispenza’s approach to ‘the now’. Without old information dominating our mind space, **we may become aware of new insights that appear to come from nowhere.**

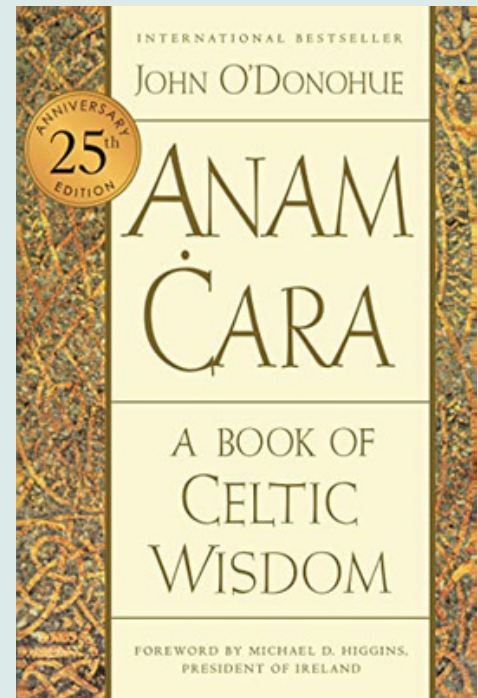


This is the space that Dr. John O'Donohue resides in as he writes his book *Anam Cara*. *Anam Cara* in Gaelic means 'soul friend.' Although this book evoked in me many suggested areas of self-study, I am particularly enamored with Chapter 3 entitled *Solitude is Luminous*. Both silence and solitude become necessary when developing a real sense of your own spiritual individuality. In Ireland the direct connection of our spirits to the earth and its many landscapes emerges as a central theme of spirituality. The 'chorus of the ocean and the silence of the stone' provides the contrast and uniqueness to be discovered in each one of us as an individual. The landscapes' wild yet serene complexities reflect the nature of Celtic consciousness.

The Celtic mindset is not one of single linearity or certainty; it resides in the mystery of the circle and spiral (newsletter # 21, 01/16/23) and the circle does not reduce the unexplored to one preference but opens vistas of possibility. And as light brings out the many harbored and not all at once displayed crevices in rock surfaces, so does the gentle, non-aggressive Light illuminate the partially shadowed but emerging recognition of the soul. This action is circular because it is never-ending.

He talks about the dream of one's reality and how it was prepared years before arriving here. When we touch this dream, our sense of destiny finds a rhythm, the secret key to balance and belonging here, derived through ancient energy connections. Solitude, when assisted by these ancient connections, brings us into close proximity to our internal landscape. When we slowly and methodically see our own natures revealed, they are in the context of a silent form of consciousness.





To the Celts, a contrasting treasure is spontaneity, the great spiritual gift that can emerge from the realizations found in solitude and silence. Spontaneity breeches the conflict between ego and soul by trusting that which is beyond self. It does not shy away from mysteries which, in turn, encourage the emergence of such Spirit derived gifts as synchronicities.

I recently expressed to a friend that we could talk on and on about our many soul-related experiences but that I ‘did not know how’. At the time I was not sure why I said that. Now armed with a different perspective – I get it. Directly from John O’Donohue – “One of the tasks of true friendship is to listen compassionately and creatively to the hidden silences. Often secrets are not revealed in words, they lie concealed in the silence between the words or in the depths of what is unsayable between two people.The depth and substance of a friendship mirrors itself in the quality and shelter of the silence between two people.”

I enjoyed Dr. O'Donohue's comments on the source of hunger of the soul in modern times. He says that because we are pushed toward self-sufficiency daily and live with a complete lack of privacy, the soul has been denied and forced to eke out its existence on the margins. In addition, I was intrigued by this comment "the neon consciousness (intensity) of modern psychology and spirituality will always leave us in soul poverty." I can see why he was against modern development as I have been to Ireland and can vouch for the pristine landscapes that support and echo spiritual growth.

This book was written 25 years ago but the timeless wisdom within it will resonate for years to come. As mentioned in one of the reviews, it is a book to 'read and reread forever'. Countless spiritual concepts and approaches are examined with fresh perspective, connections to the earth, and communications with ancient energies. It will keep me busy and hopefully out of trouble for a good while.



Send me your questions

BY SHEILA WOOD

I am interested in what is on your mind as you progress through spiritual learning curves. Your questions will also help others to learn about different aspects of metaphysics.

This page will reflect your input and curious mind. Hopefully, it will be a continuous dialogue and serve to develop concepts as inputs are collected.



As we all know, often answers to questions birth more questions.

So in a word - this is the "Don't Be Shy" page.

Will the Akashi records give you your future? I know it's to say what you're supposed to accomplish here in life but will it also give you like a preview? Nancy Stay tuned....some answers/comments next time

"Make sure that you project from your heart and listen to others. It is the best way to grow."



Still want to know about animals. I don't think they reincarnate into a different life like humans. I know that much. Or feel I do. But can they reincarnate into another pet for the human? Nancy

Until very recently I was not entirely certain whether or not a pet could reincarnate into a different pet for the same human. I was recently at a metaphysical event in Roanoke Va and did pet readings. One of these pets was an older female dog that belonged to loving parents and during the course of the read it came to light that the dog had the same soul as the female owner's dog during her childhood. Although I am not surprised by much, I had not seen this before and it was instructive to me.

Although there is no way to prove it, I believe that animal incarnations are much the same as human incarnations. The reasoning behind multiple lives may be a bit different but my experience has been that animals do remember their owners when they come through with love from the other side. They may not have a lot to say but their presence is felt and they will often be with another loved one or other pets that have passed.

Questions remain about animal souls reincarnating into other species or the movement of human souls into different species. Often beliefs around this are embedded into religious thought in ancient depictions or manuscripts. The Buddhists in fact believe that human and animal souls can switch species when incarnating.

In finding lost pets, the energy that I follow is the love connection between pet and owner. It serves as a locating device and is hopefully a help in bringing the two back together. The same love comes through when I am reading a person and his or her pet that has passed comes through. The love is the undeniable connection within the reading.