

Spiritual Focus

Family,

You are on my mind continually and I pray for each of you every day. For some time now I have been having regular and profound spiritual experiences. These types of experiences are not altogether uncommon with end-of-life transitions. However, I do not think this applies immediately to me, at least not just yet, as I am pain free, healthy, and remarkably happy. Grasping the essence of what and how happiness can become a continuous part of life was ultimately simple enough, but to get there, it required that I unlearn much of what I thought I knew about life. At this particular time, I am deeply grateful that I can state without reservation that I am indeed happy. So, please do not worry about me.

At nights, in dreams or in spirit, Maureen reminds me to share my spiritual thoughts with our children. Oddly, I have been somewhat embarrassed to discuss such things. But I have committed to do so. Let me be clear, I am not focused on organized religion per se, although religious participation is the best way forward for most souls to mature spiritually. Instead, it is earnest spirituality that consumes my thoughts.

More recently, the following words seem to activate my thoughts and emotions repeatedly. **Light, Love, Compassion, Forgiveness, Generosity, Service, and Radical Gratitude.** I wake up repeating them like a mantra of some sort. Each word triggers a myriad of thoughts and concepts for me. I recommend these concepts to you as a possible mechanism to initiate a program of focusing within. However, I think real spirituality begins when we embark upon a process of deep and continuous forgiveness. Spiritual development comes from looking within for improvement, not by blaming anything, any group, or anyone, for feelings of anxiety, stress, illness, anger, or confusion. Blaming is the ego's way of avoiding personal responsibility. I am convinced that forgiveness is a crucial element of Love. To avoid it, is to undermine the very essence of love. We must forgive everyone for everything, and then we must forgive ourselves.

It will come as no surprise that I have a powerful conviction that Jesus is the Christ. Further, that this personal conviction is considerably more than a desire to hope it's true, or that it's some form of squishy feel-good belief system. It is much more than simple belief. I have a powerful testimony that Jesus of Nazareth was and is, the promised Messiah. Notwithstanding there being so many remarkable and varied historical religious texts, and many wonderful Apostolic leaders, Gurus, Swamis, Prophets, Seers, Psychics, Mediums, and Revelators, throughout history and throughout the world, but it is to Jesus that we are privileged to bow in reference.

Much of my life I have spent reading and exploring the various denominations within Christianity, and Buddhism, Hinduism, Zoroastrianism, Islam, Judaism, ancient Egyptian religious concepts, Akkadian, Coptic, Mesopotamian and

Mesoamerican spiritual fundamentals and principles. Almost all of these provide wonderful insights and are intellectually gratifying. Personally, I tend to lean towards Hermetic principals and eastern meditative practices coupled with western prayer focus. In other words, my personal spiritual evolution is based upon looking within for greater light, love, peace, and happiness. And yes, I am a member of the Church of Jesus Christ of Latter-day Saints. I love and admire so many wonderful souls within the church, however, my personal spiritual practice does not require physical attendance. Especially considering services here are in Spanish

The nautical charter business still absorbs much of my days. Mostly I enjoy what I do, and the doing of it provides opportunities for socialization, and enjoyable conversation with others. When work is done, my heart and mind tend to migrate towards spirituality. Spiritual insight, inspiration and revelation have become wonderfully addictive. I walk this path alone. Yes, I love others. In fact, I find it easier to love more intensely now, than at any time in my life. Very soon I turn 80, and I believe that my focus now is exactly where it needs to be.
Love, dad