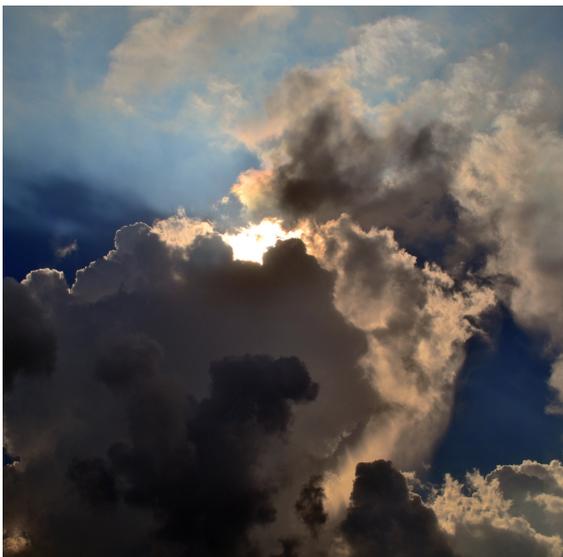


# The Secret to Finding A Higher Power

'Spirituality' and finding a 'higher power' are topics that spark passionate debate. One person's definition of a 'higher power' will be totally different to the next person's. We all have conflicting views, ideas and opinions on what a 'higher power' is and whether one even really exists. Whilst some people may dedicate their lives to religious teachings which surround spirituality, others may not follow a religion at all. But, being non-religious doesn't mean that you can't be spiritual or believe in *something more* than the reality we know.

Spiritual beliefs are often interlinked with religion as such concepts are learned and underpinned in religious teachings. These are embedded into a number of different cultures. Despite our individual differences and personal preferences, the definition of a 'higher power' remains the same. It is the belief of there being something out there that's greater than 'us' (humanity). Something unexplainable. Something more than just oneself. This 'higher power' is the thing that connects us all together as human beings, living species and to the world itself (A.K.A. to Mother Nature).



## Spirituality Meaning

When looking to define spirituality or the 'higher power', it's really a simplistic concept. Namely, acknowledgement that there are forces at play which go beyond the power of man. It is often referred to when unpredictable and unexplainable events occur. Usually when there is no other rational justification to explain why or how something has happened. The dictionary definition is ["a spirit or being \(such as God\) that has great power, strength, knowledge, etc., and that can affect nature and the lives of people"](#)

The 'higher power' is also known as the **divine** which is the '**all knowing, all being**' power.

## Miracles, Disasters and Questions on Life

*The divine all knowing power - Hmm, so what exactly does it know?* A lot of people are of the belief that life is paved out for us, before we are even born. That everything that *has* happened, is *currently* happening or that ever *WILL* happen is all part of the larger plan of 'life'. Every person has their own specific role to play. We've all heard the saying '*everything happens for a reason*' and this is a very common belief amongst us. Each person is believed to be subject to their own unique and independent destiny.

However, every now and then the 'almighty powers that be' like to pull the rug from under us, to throw us off the scent. Occasionally, an event that we are *convinced* will end in doom and despair, takes a last minute detour and ends in a way we would've never imagined. The result defies all logic, reason and science. A surprising but yet positive outcome leaves us with a feeling of uneasiness... But why? Because, the reason for the outcome is unexplainable to man and can only be exclaimed as being a 'Miracle'. A logic defying, unpredictable force of nature which goes against the laws of physics. Those who have been subject to a Miracle are most likely to become spiritual believers themselves, due to its unexplainable nature.

Unfortunately, the 'higher power' does not *always* work for the greater good. Some unexplainable events such as catastrophes or natural disasters are still said to be the inner workings of the 'powers that be'. But, these sit on the opposite end of the spectrum. The results are negative, unfortunate and very unwelcome. These regrettable events are commonly known as 'acts of God' and again, unexplainable. This shows us that whether the result of the event was good or bad it's the defiance of reason, logic and science that lead us to determine it as being the act of a 'higher power'.

There are many reasons why people become spiritual or start their quest seeking the powers that be. It may be that they crave answers to deep philosophical questions that cannot otherwise be answered. Beliefs help us to make sense of some of the great *unknowns*. Questions such as 'what is the meaning of life', 'where do we go when we die' and 'how are we all connected'? Without these answers, people are left feeling overwhelmed and as though life has little or no meaning. It might be that they long for social acceptance or a sense of community and belonging. Others may start their journey into spirituality during times of struggle (that would otherwise have led to stress / depression). Or, in times where something completely **unexplainable** has happened to them, such as surviving a thought-to-be unsurvivable situation.

For those with faith, answers to our questions are often answered through religion. Those without a religious perspective may simply just believe in a 'higher power'. They trust the universe to determine a way back to their rightful path. This is what encourages us to follow our hearts, dreams and intuition. Trusting the universe and following your talents allows you to live a life honouring your true, authentic self. That being said, trusting the universe *completely* does take a level of courage and bravery and is not for the faint hearted.



## Spiritual Awakenings and Moral Codes

Some of us may experience a [Spiritual Awakening](#) or interconnectivity at some stage in our life. This is an experience that occurs first hand and is described as being an energy or vibration felt throughout the body. Some people may connect to others deeply or form a vibrational link to the universe itself. A Spiritual Awakening is the understanding of all being one and one being all. That the makeup of a person's individuality is a reflection of the ego, as opposed to a reflection of the **divine**.

Although spirituality might not be everyone's cup of tea, those of us with spiritual beliefs are more likely to live by a distinguished moral code. Spirituality and religious teachings reiterate that the basis of life is to be kind, 'good' and to avoid a life of sin. To treat others well and to live life to the absolute fullest. Religiously speaking, living life as a model citizen is meant to get you a ticket to the 'good place' once you die (Heaven). Such teachings could be seen as formalising ancient moral principles, to guide society towards peaceful, harmonious living. If believers think it's a sin to commit crime / they'll lose their spot in Heaven, *naturally*, less crimes are gonna be committed. Makes sense. It might be a leap *too* far to suggest that religion is created purely to uphold societal norms and moral values. But coincidentally, there are many overlaps with religious beliefs and our modern day moral code.

## Beliefs and a Connection with Energy

When it comes to our beliefs and the meaning of a 'higher power', the interconnectivity of energy is also important. All living and naturally existing things emit a certain type of energy. Some people's energy may be engaging, undeniable and attention grabbing. These people are great to have as friends. They emit a welcoming, uplifting aura which is infectious to all. When you leave them, you feel uplifted, optimistic and strong enough to take on the world.

On the flip side, some people act as an energy vacuum. These little suckers extract positivity straight out your soul... *Okay, okay - a little dramatic perhaps*. But that's how it feels when you're in their presence! A grey rain cloud in your otherwise sunny world. These people should have 'AVOID' stamped across their forehead as a warning to us all. Yet unfortunately, they don't. So instead we must learn how to spot them and how to avoid them. Cause let's be honest, no one wants a Debbie downer hanging around...

Different energies throughout the Universe are all interconnected. The energy givers (the happy folk), the energy drainers (the unhappy folk) and the static, unchanging energy sources (i.e. physical items). Energy comes in all shapes, sizes, vibrations and colours. It's found in everything - plants, water, the sky, the earth and everything in between. These energies work together to create a perfectly harmonised environment. They achieve balance in the physical existence that we recognise as being 'life'. Being alive means that we are connected to every other living person and thing also in existence (past, present or future).

*A pretty complex concept to wrap your head around, hey?*

Sometimes there is no logical reason for why we receive the energy we receive or emit the energy we emit. It simply just IS. As humans, the thought of something being beyond our control might make our knees shake a little. But, it's important to note that not everything in life *should be* within our control. Sometimes we perhaps should learn to let go. To relinquish control and pass the baton of uncertainty over to the almighty powers that be (or as others might say, into the hands of God).

## How to Find a Higher Power

Some of you reading this might be a little lost or confused when it comes to a "higher power". You're logical, methodical, you don't believe in things beyond our control. Religion is not really your thing and you're a little cynical when it comes to invisible powers governing our very existence. *When reading that sentence back, I can understand why...*

But, know this - believing in a 'higher power' doesn't mean that you have to believe in God or an almighty being. It may just mean believing in something greater than man. Accepting that not all situations can be controlled by us and that it's okay to occasionally let go. Logic and reason go so far, and then comes God (or the 'higher power')...



So let's talk about how we might find this 'higher power'. If you've not witnessed a miracle or been in the front row of a natural disaster, don't lose hope. In fact, it's pretty rare to have first hand experience of these in an average person's lifetime. Miracles and natural disasters are shocking and unexplainable, mainly because they are so out of the ordinary and incredibly infrequent. But remember, not all things have to be seen or heard for them to be real. Just because you haven't witnessed a miracle first hand doesn't mean they don't happen somewhere in the world every single day...

If you're struggling to read between the lines of life but still wish to explore the possibilities of more than just humanity, I'll let you in on a secret... The below points should set you on your way to learning more about a 'higher power' and seeking a path of enlightenment:-

- **Be open minded**, our greatest learning resource is from the wisdom of others. Listen to other people's ideas and concepts of what a 'higher power' is. Don't dismiss their beliefs and only believe your thoughts as being one that are right. We have 2 ears and 1 mouth for a reason. Meaning, we should be listening to the teachings of others twice as much as talking, ourselves. Listening may help you to gain a better understanding of the world.

- **Practice Meditation**, by silencing your mind, being truly present and listening to the world you may find your path to a 'higher power'. This practice helps many people discover themselves and their true purpose in life, which can only be done by removing all other distractions in our surroundings (phones, music etc). To do this, you'll need to commit to it. As your thoughts begin to wander, bring yourself back to the present and let the thought float right on by... Stay grounded.
- **Practice Gratitude**, by focusing on things that you are truly grateful for, it will help you shift your mindset and to take note of the good in life. This will help you to let go of the bad and help you to think in a more positive light. Each feeling of positivity can be seen as a gift from the universe and with an improved, more enthusiastic mind, you'll be surprised what new opportunities might come your way...
- **Help others**, there's a reason why helping others feels so *damn* good. We yearn to be sociable and work with others as a team. It's an instinctive thing programmed into us. Offering a helping hand and feeling empathy towards people is something that is innate. By doing this we form new and maintain existing relationships. Trust me, life is not something that we are supposed to do alone.
- **Be Mindful**, this means focusing on the present and letting go of the past or your fears of the future. Focus on now. This will help you to find appreciation for the experiences you encounter today and to avoid wasting time / energy on things that no longer serve you. Being mindful can also help to reduce stress and help regulate emotions.

Regardless of your beliefs or background, these simple tips are easy, everyday ways to start searching for a 'higher power'. Hopefully this has taught you that despite our best efforts, there are always things that remain beyond our control. Things that are completely unexplainable and that defy logic, reason and science. It is these things that are the inner workings of the Universe and the powers that be (many of which we'll likely never fully understand).

Finding your path to the divine, all knowing and all being will depend solely on you. Let go of things beyond your control. Release the past. Live for the present and let the future flow freely. Allow the universe to 'do its thing' and most importantly, trust and enjoy the process.