

*Fall 1998*

*Why does it feel as if I am falling?*

I asked myself this and spontaneously answered, "Because the spiritual world is 3D." I wasn't being flippant with that at all, I was serious and as soon as I said it I knew. The universe is three dimensional, even perhaps more, throw time into the mix and the universe is 4D! Space and Time are together, where you find one you will find the other. They may in fact be one and the same, like light is both particle and wave. There is no up or down in thought and no time, either. It just is, as it hangs there in space open to speculation, attack and experience from any possible angle. It is not a two dimensional road map we can gaze upon and determine the best way to go, rather we are in it and can gaze around in every possible direction. We can make it grow to encompass more, or make it shrink to involve less. We are so used to two dimensional! Do you remember what an amoebae looked like under the microscope, which needs to squash the subject into a narrow focal depth the thickness of a page? Or the picture of it in your Biology book? Did it look flat? Is that not the picture that came to mind when I first asked about it? When you were asked to draw it in class was it flat? Well, I don't want to shatter any illusions the Bio teacher may have created, but the amoebae is not flat! Imagine it floating about in serum, its pseudopodia reaching out in all directions, not just forward, sideways and backward, but towards you and away. That is what your spirituality is like in the universe, stretching out, searching, grasping for things to comprehend.

In the physical world, up and down are "natural" truths. Your feet come into contact with the floor, or ground, all the time. If you fall, you fall down to the floor! It is always there and is very comforting. Even if you fall from a tree, your fall stops with the contact of the ground and, although it can be painful, at least you are no longer falling! Dreams of falling when we sleep are usually very disconcerting for we expect the floor, but it never comes and we feel confused about that and often panic results, a nightmare. The sense of falling when you are consciously awake is doubly disconcerting - you know the physical world is there, your feet are on it! And yet, you can not escape the feeling of falling. Those are not the physical senses at work, rather it is the mental, that is to say the spiritual, senses at play.

In the spiritual world you do not "stand" on something as solid as the floor is in the physical world, rather you center yourself on your beliefs and values, suspended, as all about you is the vastness of the spiritual universe. A frightening prospect if you are unsure of your beliefs and values. Faith in your own self, or center, can give you courage to fight the fear, living and doing what you believe is right and taking responsibility for it does that also. Floating about is "unnatural" and disconcerting at first, but it too will become as natural and solid and unshakable as the physical floor. Now you know why I say that the spiritual universe is 3D.

We do make our own realities and spiritual universes, I think that is why other people try to take control of them, to gain power over you and others. Enduring and fighting off other people's attempts to gain power over your spiritual universe is tiring, and is the basis of much resentment between people. Having constructed, and am presently living, in my own universe, while those about seem to be struggling with theirs (arrogance, on my part?) a certain degree of resentment towards me seems to be evident.

The confidence of having constructed and continue to live and adapt my spiritual universe seems to put people off in some way. I'm not sure why. I seem so sure of many things, my struggle to come to grips with my values and beliefs have led me to this. My universe, although seemingly impervious, is constantly moving about me - sometimes in so tight I feel as though I will suffocate and at other times all encompassing and uplifting. I struggle with it continuously as I try to comprehend the signals I see, feel and hear. At times my conviction is strong, at others doubt reigns and, occasionally, it collapses altogether upon itself.