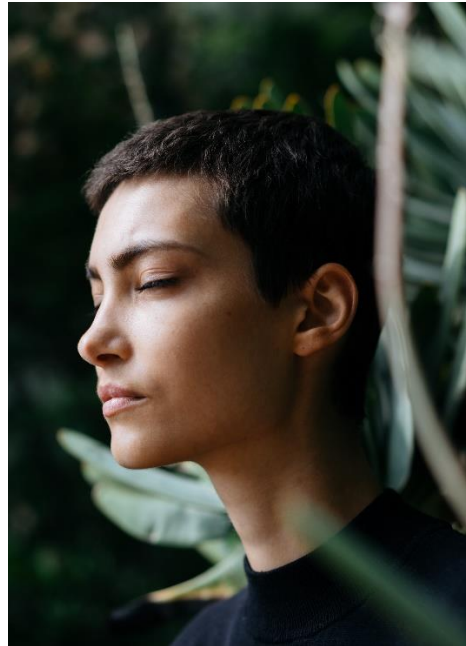


# How Do We Become More Spiritually Aware?



**Mushiba:** How do we become more spiritually aware? Surely there is a *secret* to it. Many people think there is a secret way ~ and that it comes from some special formula or behavior that *someone else knows*. Waith answers that question with his usual no nonsense approach:

**Waith:** *“The basic answer to that question is that you must seek the answers from your Higher Self. Of course, it is more complex. If it were easy to attain spiritual growth, then everyone would have it ~ there would be no reason to be outside of The One struggling and going from training ground to training ground. As a start, however, you must gain an acceptance of your own abilities to find the answers from with Self.*

*“The answers cannot be given to you externally. You may, however, receive guidance. The reason there is so much information ~ we being one of many sources ~ is to give you that information so you can bring it within Self and synthesize, along with the other information you hear and read, and determine what is best for your own growth.*

*“There are many on the plane who appear to be giving specific answers, such as ‘in ten easy steps, etc.,’ or ‘eat specific foods’ ~ and that can be appropriate for the level of understanding their audiences have for their development of Self.*

*“Our mission is to give you the tools for learning how to focus within Self, accepting the reality that you must find the answers from within, learning how to evaluate Self’s information and, that there is nothing external to Self that will provide your ultimate answers.”*

I sometimes wish there was an easy way to become more spiritually aware ~ ‘just give me the answer, Waith,’ is a thought that occasionally creeps into my mind, especially during my challenging times. Usually though, once I pull myself out of my own Self pity ~ which may not happen right away ~ I hear my own answers. Amazing how that works!