

The First Principle: Commitment

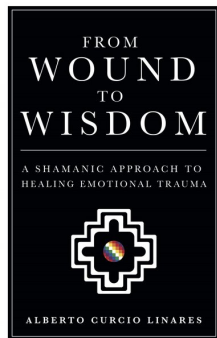
“I don’t think that as a participant in life you cannot be committed. You either commit to mediocrity or commit to greatness.”

—Les Brown

It is imperative to develop a high degree of commitment to our spiritual path, no matter what we find along the way. When we say, “Yes, I want to heal my wounds and work through my traumas and conditioning,” we are asking the Universal Energy to start the flow of situations that will help us heal and grow. However, healthy challenges are bound to arise, because it is only through direct experience that we can heal and grow. Don’t worry. Not every aspect of our inner selves needs a heavy challenge; only the most stubborn areas call forth drastic measures from the Universal Energy. At times, I have found myself thinking, “I am dealing with *this* again?” But the commitment I made to myself and my spiritual growth helps me carry on when my patience grows thin.

When we commit to our spiritual growth, we make our inner work a top priority. Focused and attentive, we willingly do what it takes to move through the processes of spiritual development. We need not put life on hold for months at a time, but if something discomfiting happens at home or at work, we must take the time to listen to our feelings and emotions, processing the event before moving on to the next task. We all have busy lives these days, but when we sense an inner disturbance or conflict, it is important to make time to reflect. If we don’t allow ourselves time to process our experiences, they pile up, and a big mess will be waiting for us next time we want to do inner work. It is easier to clean up regularly than to do a major cleanup at the end of the year.

From Wound to Wisdom by Alberto Curcio Linares, pages 30–31.



Keep reading in the book

The chapter continues in the book, together with the other seven principles of self-love.

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