

UNIVERSITY OF SANTA MONICA
WORLDWIDE COMMUNITY GATHERING

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CHALLENGING TIMES: SPIRITUAL OPPORTUNITIES FOR
AWAKENING UNTO LOVE

"It's important to remember that as you Awaken, you wake up into the Awareness that you are One with God—and in that moment, you find your true Freedom. Awakening is simply another way of describing the process of remembering that who or what you are is a Divine Loving Being."

◆ Ron and Mary Hulnick
Remembering the Light Within: A Course in Soul-Centered Living

Foundational to the Principles of Spiritual Psychology is the Principle, *"We are Divine Beings having and using a human experience for the purpose of Spiritual Awakening."* This recognition provides entrance to the Spiritual Context and opens our eyes to the Awareness that there's so much more going on here beyond the ego's story of lack and limitation based on the confines of five-sense reality and duality fostering a judgmental approach to life rooted in a good/bad model of reality.

What is the way out? How can we find our way through the morass of conditioned beliefs and unhealed memories that perpetuate the mental anguish and emotional suffering perpetuating the illusion of separation. How can we experientially AWAKEN into the Awareness of our Essential Loving Nature?

A second Principle of Spiritual Psychology providing incredible leverage is this: *"How you relate to the issue is the issue."* And its corollary: *"How you relate with yourself while you go through the issue is the issue—and the opportunity."*

Below are listed five challenges and keys that can become Practices for lifting out of these challenges. We invite you to complete the stem sentences below and notice what happens within your consciousness.

JUDGING
ACCEPTANCE

♥ When I am more Accepting, then . . .

DISCOURAGEMENT
STRENGTH OF HEART

♥ When I bring forward the Strength of My Heart, then . . .

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SELF-VICTIMIZATION

COURAGEOUS AND COMPASSIONATE SELF-FORGIVENESS

♥ When I let go of judging myself, others, the world, and God, and engage in *Courageous and Compassionate Self-Forgiveness*, then . . .

SLEEP WALKING

INTENTION TO AWAKEN UNTO LOVE

♥ When my intention is Awakening Unto Love, then . . .

UNWORTHINESS

WORTHY BEYOND MEASURE

♥ When I Accept my Essential Loving Nature and the Truth that I am worthy beyond measure, then . . .

“Coming into Loving Resonance results in a depth and fullness, richness and beauty, meaning and purpose in your experience in everyday life. It opens a doorway to communion with the Divine.”

◆ Ron and Mary Hulnick
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