

DAY 1

Stuck No More



“We are unlimited beings and we have no ceiling. The capabilities, talents, gifts and the power that is within every single individual is unlimited”

~Michael Bernard Beckwith

Taken from the wisdom teachings of Michael Bernard Beckwith, founder of the Agape International Spiritual Center, the quote above is one of my favorites. How grateful I am to know that “every moment” includes even those when our inner growth appears to have gone into hibernation, into what I have come to call a time of “*sacred gestation*” during which we are being prepared to step into our next evolutionary leap. Our willingness to enter this intimate tryst with our Higher Self moves us in the direction we are being guided to both embrace and release on our journey to self-realization.

The depth of our commitment to our inner growth sets in motion a clearing out of outgrown beliefs, opinions, conditioning, and patterns of behavior which no longer serve us. At this juncture it is vital to ask two questions: What qualities am I being called *to cultivate*, and what must I *release* for aligning with Spirit’s vision for the next stage of my spiritual growth?

Another skillful evolutionary tool, no matter how long you’ve been on your spiritual path is the practice of what Suzuki Roshi calls “the beginner’s mind.” The beginners mind keeps you open, receptive, and teachable, freeing yourself for past experiences that can affect the present. You may want to use the “set aside prayer”: “*I set aside everything I think I know about ____ (fill in the blank) so that I may have a new experience.*” Be willing to release everything that no longer serves, creating a space for transformation and new ideas to be birthed. Now state with authority, “**I AM STUCK NO MORE!**”

Affirmation: Today, I am willing to have a new experience in God. My life is filled with infinite divine ideas. My consciousness is an expanded expression of the One. I am the Universe in the flesh, therefore I am stuck no more. And so, it is.