

# DOWNLOAD PDF A PATH TO WHOLENESS A SPIRITUAL PERSPECTIVE ON UNDERSTANDING AND HEALING THE GAPS IN YOUR LIFE

## Chapter 1 : Numerology 5 | Life Path Number 5 | Numerology Meanings

*A Path to Wholeness a Spiritual Perspective on Understanding and Healing the Gaps in Your Life Unknown Binding - Be the first to review this item See all formats and editions Hide other formats and editions.*

The aim of our human existence is to become as fully human as possible, to realise or make real the full potential inherent in the human condition. This applies to all levels of being human, to the biological, the emotional as well as the mental level. Instead of seeing yourself as just a personality with a mind and a body, imagine yourself as part of an individualised life-stream that flows eternally towards increasingly higher levels of consciousness. This life-stream builds itself different personalities as vehicles for its flow of consciousness. You are one of these temporary vehicles. Your personality is temporary, the present cutting edge of your life-stream as perceived in our space-time. The aim of your life-stream at this level is to develop a vehicle that allows the full expression of your soul suitable for travel beyond the human condition. When this is accomplished, no further personalities are needed. As an ascended being the life-stream can now traverse the trans-human conditions of consciousness. However, as the personality comes closer to perfection, it does become aware of its purpose and it begins to long for spiritual unfoldment. Before this spiritual awakening, the personality may already have believed in God and followed a religious faith in the traditional way. But there is a difference. In the traditional religious life the believer may try to follow the doctrines of his faith the best he can, but he basically remains on the same slow evolutionary path of consciousness. With the spiritual awakening, spiritual growth becomes the main focus of this personality. The slow evolutionary process now becomes a spiritual revolution, not only in regard to the speed of the growth of consciousness but also in regard to the overthrow of established values. This spiritual revolution may take place within the confines of an established religion or it may happen outside a religious faith. Within a religion, these awakening spirits will sooner or later come in conflict with established doctrines. They may try to revolutionise or restore their church to its highest ideals and eventually become mystics or saints or martyrs or just start their own church or sect. Most established religions had at best an uneasy relationship with their mystics and later saints. In any way, whether the awakening and subsequent spiritual growth takes place within or without an established religion, the awakening personality will begin to follow the spiritual guidance that comes from within rather than the established rules and doctrines of church and society. Spirituality is no longer something that one does on Sunday mornings or other established times and according to established rules, but rather it becomes the central purpose and focus of life. With this, we may say that the personality is now on the spiritual path. Also the goal may be described in different terms without always recognising that it is the same goal. This is so because we all have different starting points and different preferences and opportunities. Many spiritual travellers will not expect to reach their goal in their present lifetime, while others may realise that they do not really need to travel anywhere. Some of the better-defined roads are the different forms of Yoga, the Tao, the Gnostic teachings, the Rosicrucians and various ancient and modern Mystery Schools. While the Mystics are generally regarded as a distinct group, they really travelled each on his or her own individual path. At present Ascension teachings through books and channelled guidance attract many followers. These teachings are largely individualised outgrowths from the writings of the Theosophical Society since the end of the nineteenth century. Looked at from a different perspective, we may say that there are two different approaches that often intermingle in each individual spiritual path. One is the path of the Doer or the Magus, while the other is the path of the Knower or the Mystic. The Doer mainly works in the world as a healer, alchemist or white magician, trying to master the non-physical energies and forces. The Mystic, on the other hand, follows mainly the inner path, seeking Union with the Divine Self and in the process becomes a Knower and a teacher. However, ultimately Knower and Doer both become one. Most of these individuals in past centuries did not know that there was such a thing as a spiritual path and that others had travelled the same or a similar route. They just felt a longing to come closer to God and to feel at one with Him, to melt into Divinity like a drop of

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water becomes one with the ocean. Each of them had different experiences and many of them walked only part of the way, but by constructing a composite picture from a large number of their writings we can discern a distinct pattern of the typical mystical path. This typical mystical path may best be described as a five-stage journey and we may easily see its relationship to contemporary spiritual practises. The Awakening The spiritual awakening is the beginning of the mystical path and also of the spiritual path in general. It may be sudden or gradual. Others may have this awakening experience during an especially intense prayer or meditation or drift gradually onto the path by attending workshops or reading spiritual books. This initial peak experience may last for hours or days with gradually declining intensity. Commonly it is a combination of deep feelings, such as universal love, with profound spiritual intuition or insight, although depending on the personality traits the emotional or the mental component may dominate. Also psychic phenomena are frequently involved in the form of visions and voices. Purification After the awakening the individual does not only want to repeat the mystical experience but really wants to live in a permanent state of grace close to God. However, the aspiring mystic realises that he is not yet worthy, he becomes acutely aware of his imperfections, of the impurity of his thoughts and feelings. He starts to cleanse himself of all selfish or impure desires. Commonly this is combined with periods of fasting or food denial. Worldly pursuits no longer hold any interest. Periods of prayer and meditation are greatly extended. While this process of purification requires strong willpower and causes much self-inflicted pain, it is also increasingly interspersed with beautiful and uplifting mystical experiences that spurn the seeker on to greater sacrifices for the sake of more rapturous experiences. This purification process continues for many years. Instead of turning the spiritual energies released by the awakening experience inward to purify, it may also be directed outwards. These individuals then become religious fanatics and may remain at this level for the rest of their lives. Illumination After the Self has been sufficiently cleansed or purified and the mind remains fully focused on the presence and the qualities of the Divine, a state of illumination may unexpectedly arise. This will be similar to the experience of awakening but even more intense and longer lasting. Commonly the initial peak experience is combined with perceiving an intense or blinding inner white light. For many months these deep feelings and insights will keep flowing in, but gradually settle into a state of a permanently raised and more intuitive consciousness. The illuminated mystic will now always remain aware of the Divine presence in everyone and everything and radiate a presence of love and goodwill. Intuitive abilities will be greatly increased. Commonly, one will receive a spiritual gift with the illumination. This may be the ability to heal or to see or to know. By developing this ability one will become a great healer, seer or spiritual teacher. The perception of mysticism as being incomprehensible to normal, unenlightened humans is due to the fact that most mystical writings were composed by the emotional type of mystics. They focused on emotional states of being and perceived and described their visions and experiences with emotional metaphors that remained incomprehensible to the uninitiated. This is similar to the present descriptions of reality given by quantum physicists. Life in this state of illumination is easy and full of joy, a permanent state of great happiness and contentment. It is like living in a state of grace that can never be lost again. But sometimes it is being lost. The Dark Night of the Soul There is a saying that he whom God loves most, will be given the severest tests. This certainly seems to be true of the few mystics who continue to travel further along the spiritual path even after illumination. During the long and difficult purification process the aspiring mystic gave up most of his sense attachments, the pleasure of eating, of sexual union, of bodily comfort and of pleasant company. Instead all the energies were focused only on what was perceived to be transcendental and divine. But there was still one thing left that had not been surrendered, that is the will, the central part of the Self. To give up the will, the innate instinct for personal happiness had to be surrendered. During illumination the mystic seemed to walk hand in hand with God and sunned himself in eternal Divine bliss. This makes the contrast even greater to the feeling of having lost all the former grace and glory and being totally abandoned by God to a life in abject misery. However, gradually the Self begins to accept total surrender. It gives up itself, its personality and individuality, asks for nothing and desires nothing. Now there is total passivity and acceptance of whatever God has ordained or whatever comes.

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Now the mystic is finally ready for the last stage of his earthly journey. The Unitive Life Finally, by giving up everything, the mystic has gained everything. By being completely passive, he is able to be filled with the Divine Spirit. No longer does he experience the strong mood swings between divine bliss and utter desolation, he has now settled into a feeling of constant peaceful and love-filled union with the Divine. However, this is not the goal of his long journey, just a by-product. The real achievement is that the mystic is now an ideal tool or instrument of the Divine Will to be used for manifesting the Great Plan on earth. While now the mystic still lives in the world, he is no longer of the world. He may be a great reformer, healer, inventor, statesman, educator or spiritual teacher but whatever he does is never for any small or selfish interests, instead it is always for the greater good of All That Is. He now lives a life of service. Whatever he does, he is now a spiritual master, even if that is not always apparent to the outside world. After his passing, he will be an ascended being, not needing to return to earth.

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## Chapter 2 : Untethered Life

*A Path to Wholeness: A Spiritual Perspective On Understanding And Healing The Clouds In Your Life - Kindle edition by Tashene Wolfe. Religion & Spirituality Kindle eBooks @ calendrierdelascience.com*

Powell One goal of a pastor is to bring healing to broken lives. Biblical healing encompasses physical, mental, and spiritual health. All three aspects are often interrelated. For example, a problem in one area of human health can often impact the other two areas. Understanding this interrelationship will impact practical aspects of your approach to pastoral care. You are not your own; you were bought at a price. Dealing with sexual immorality, Paul illuminated the truth that the physical aspect of man can impact his mental and spiritual aspects. For example, an elderly man had been a deacon for many years. People knew him for his gentleness, kindness, and wisdom. Lately he has started swearing, is frequently agitated, and is expressing physical aggression toward his wife of 50 years. Perhaps you might assume that deep-seated emotional issues are now coming to the surface. Suppose I provide a piece of missing information: Lecturing him on the unscriptural nature of his behavior is of little use. The solution concerning his change in behavior involves addressing the physical problems. Teaching his wife techniques for communicating with him, however, may bring relief. You do not need a diagnosis of an incurable disease for a physical problem to create mental and spiritual problems. Consider the church staff member who has behaved impatiently with other staff members. While such behavior cannot be tolerated, knowing she has recently battled the flu and has gone nights with insufficient sleep caring for her three sick children provide a context for the situation. Physical exhaustion produced changes in her mood and her ability to have the spiritual perspective in relating to others. Our bodies need one day a week for rest to function best. Proper rest, nutrition, and exercise can improve mental health. Exercise improves cognitive functioning and reduces the risk of developing dementia. Two studies published in the Journal of the American Medical Association September , support this statement. In one study, older men, aged 71 to 93, who walked less than a quarter mile a day, were 1. In general, a diet that keeps blood sugars at an acceptable level and provides plenty of tryptophan and omega-3 polyunsaturated fatty acids is most likely to help a person make and use serotonin, a feel-good chemical in the brain. Thus foods rich in omega-3 fats â€” salmon, sardines, walnuts, and flaxseed â€” may help combat mild depression. Good food sources of tryptophan â€” an essential amino acid in the human diet that the body uses to make serotonin â€” include fish, turkey, chicken, cheese, beans, milk, eggs, and chocolate. A person who feels healthy and energetic will have greater resources for ministering to others and bouncing back from setbacks. While physical suffering and anxiety over health concerns certainly can draw us closer to God, it is easier to resist temptation and make wise choices when we are feeling well. A Cheerful Heart as Medicine Mental health can impact physical and spiritual health. For example, prolonged stress can weaken the immune system and lower resistance to disease. Stress causes the release of adrenaline and cortisol, two powerful hormones that increase alertness and boost energy. This fight-or-flight stress response is perfect for responding to physical danger, preparing people to fight or flee a threat to survival. Mental stress may increase blood pressure by constricting blood flow in arteries, resulting in cardiovascular problems. Cortisol increases blood sugar, which is normal if one needs to run from danger. However, chronically elevated cortisol levels can lead to insulin resistance and type 2 diabetes. Many people who suffer from depression have elevated cortisol levels, mimicking the effects of chronic stress. Thus, medical science corroborates the truth in Proverbs For example, a woman who suffers from agoraphobia â€” fear of the marketplace â€” may be unable to enjoy church services. In a large sanctuary, she may experience panic attacks or become overwhelmed by the fear of panic attacks. However, she might be able to participate in church by viewing services by video in a smaller room in the building. She may benefit from a sermon podcast or a DVD of the service so she can view it at home. A sensitive pastor can support her spiritual growth as she undergoes the healing process by finding creative ways to facilitate her participation in church life. Mental illness is a handicap like a broken leg. Those suffering mental problems

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often do not share their need out of shame or the fear of being misunderstood. A church staff willing to be creative can make a life-changing difference for the individual suffering from mental illness. Another mental disorder that may interfere with church attendance is obsessive-compulsive disorder. A person with this disorder may keep checking his pew at the end of the service to make sure he did not leave anything. A person with OCD feels powerless to stop such compulsions, but is acutely aware that his behavior is not normal. To avoid the stress of trying to overcome such ritual behavior as well as the stress of being noticed behaving bizarrely, a person may quit attending church. A pastor who talks with a person about the challenges of his mental illness may be able to help that person find a way to integrate into church life. Perhaps a person with OCD simply needs to sit in a back pew where his behavior would not attract unwanted attention. A final example of a mental illness that can adversely impact spiritual health is depression. Depression may lead to feelings of spiritual failure. Spiritual disciplines such as prayer and Bible reading may go by the wayside. A pastor can help the person let go of unrealistic expectations and perfectionistic thinking and embrace the doable goal of gradual progress in the right direction. Perhaps returning to an hour of prayer and Bible study a day is not feasible until the physical symptoms of depression subside. However, 10 minutes of prayer a day in the morning and reading one Psalm before bedtime might be a reachable goal. A pastor can help a person learn to better manage the mental stress that is detrimental to his physical and spiritual health. Being able to handle normal levels of stress, maintain fulfilling relationships, and bounce back from tough circumstances are all signs of good mental health. Scriptures teach principles that lead to good mental health. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. This spiritual answer is capable of providing the rest needed for good health on all levels. The Bible promotes balance in life and avoidance of destructive choices. The Bible warns against drunkenness Ephesians 5: These three behaviors have negative consequences for physical health. In following spiritual choices for life, a person is choosing physical health as well. The Bible promotes an approach to life that results in sound mental health. Take the advice found in Philippians 4: The good news you share with your congregation is that Jesus not only came so our sins can be forgiven, but also so we can be made whole again. While not all sickness is a result of sin, sin does harm our physical and mental health. Spiritual exercises such as prayer, worship, Bible reading, and fellowship impact the whole person. As you discipline believers to grow spiritually, you are leading them in the path to better health on all levels. While sickness and poor health will be a part of life until Jesus returns, you can help bring healing to broken lives one person at a time. As you do, you will be following in the footsteps of Jesus, the Good Shepherd who was also the Great Physician. She speaks in churches and conferences nationwide and addresses faith and science issues at [www.thomasnelson.com](http://www.thomasnelson.com). Thomas Nelson Publishers, c

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## Chapter 3 : Holistic Healing - Reiki - Crystal Healing - Energy Healing

*When you find a way through your gaps, a way to connect to the wholeness of your experience, you can cross a bridge and move on in a new direction. To get started on this process with your gaps, here is a set of four question designed to help you begin to bridge your gaps.*

A major new Jewish contribution to Step spirituality. Claim the spiritual freedom that waits beyond the suffering and slavery of addiction. Jewish spirituality applies to how we eat, sleep, work, socialize and recreate. There is nothing that is external to the relationship of human being to God. With clarity and passion, Rabbi Paul Steinberg masterfully weaves traditional Jewish wisdom with the experience, strength and hope of AA. He draws on Jewish resources—“theological, psychological and ethical”—that speak to the spiritual dimension of the disease, and shows how the principles of Jewish spiritual recovery directly align with those of the AA 12 Steps. Along the way, he courageously shares his own personal struggles with alcoholism and addiction in a way that will help others find guidance and a new life path—and stay on it. There are great riches here. A profound reflection on the life of a Jewish alcoholic—a rabbi—who found his way back through Judaism. Courageously, honestly and painfully, Paul Steinberg knowingly walks us through the unknown forest of ourselves and the Jewish tradition Humbled, I walk with him. He offers deep spiritual wisdom and hard-earned authenticity that guides the reader toward reclaiming the fullness of life along the Step path. This book will aid many in accessing the healing power of the recovery program. If you measure this treasure in terms of insight, honesty, courage and compassion, it matches the greatest works of the human soul. I will be sharing this book widely, and returning to it again and again. His honesty about his own addiction and recovery, combined with his insights into Jewish spiritual teachings, make this a very powerful book—“comforting and inspiring as well as informative and accessible. The wisdom of Jewish tradition and of the 12 Steps are brought together here in ways that deepen our understanding of both. I am grateful to Rabbi Steinberg for sharing himself through the book, and for the many new insights I gleaned from its pages. He is author of over fifty books, including Happiness and the Human Spirit: She is the author of Sacred Housekeeping:

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## Chapter 4 : Are You Experiencing a God-of-the-Gaps? | Global Center for Spiritual Practices

*Reading this book will touch your heart and remind you of the promises inherent in meditation and in a life of the spirit: the blossoming of inner peace, wholeness, and understanding, and the achievement of a happiness that is not dependent on external conditions.*

As you retrieve those fragmented parts of yourself, there will no longer be the need for dis-ease. As our souls journey through this human experience, we encounter various challenges that require us to evolve beyond our limiting patterns, programs and beliefs. Mental, emotional and spiritual issues can be transformed through the subtle powers imbued within flowers. We need guidance and we need tools. Joseph Aldo has been a sage presence for me throughout my process personally and professionally, and has imparted to me the power that flower essences have to support and even accelerate psycho spiritual processes and healing. With crystal clarity, high impact, and a lot of laughs, I learned Bach methodology in one weekend through his workshop and am a better clinician for it. I walked away with the knowledge and concrete tools to incorporate flower essences into my private practice right away. We learned through lecture and real-life examples. He intuitively knew just what the group needed at any given point to connect the dots for ourselves. I cannot recommend this training enough for therapists, coaches or anyone looking to support their family, friends or themselves on the path of transformation. I am no stranger to his workshops and like his others, this one did not disappoint. Joseph has the natural gift of teaching and he has the amazing capacity to deliver and distill any topic in a meaningful and engaging manner. He welcomes us with open arms into his repertoire of vast knowledge and experience on this subject and his passion on flower essences shines through. I appreciate that the course was interactive and there was an open dialogue throughout. In only two days, he established a solid foundation on the history, theory and practice of flower essences, which also included case studies. Like all his workshops, I walk away well informed, confident and with a greater perspective and awareness than I began with at the onset. I am now eager to incorporate the practice of flower essence into my life and work. I look forward to taking my next workshop with Joseph! I have always enjoyed the flower essences and felt they were subtle. All I can say now is, WOW! Joseph does an amazing job of holding space for transformation and the subtle, yet very powerful influences of the flowers blew me away. Everyone in the workshop had the opportunity to get a remedy and the transformation was very obvious with everyone. I found the group environment to be so powerful and healing! I would highly recommend this course to anyone interested in learning more about the flower essences and wanting to have a deep and meaningful experience with them. I immediately went and bought the whole Bach flower essence kit! I witnessed the raw display of power behind Flower Essences and how they could help to shift a deeply self-destructive pattern very quickly. My own experience was exactly what I needed and cut to the core of a deep emotional issue with the past. I have felt better and better every day since having this life-changing experience at the workshop! Joseph Aldo has had an immense impact in my life in a very short period of time. Health is not the absence of disease. Health is a quality of life that is earned through conscious living. In order to maintain our health “at the level of mind, body and spirit” we must awaken to the Truth within. This Truth is unique to each person and holistic healing is the path that connects you deeply to your self, your inner knowing and to the vital force that maintains the health of your being. Physical health concerns, emotional imbalances, psychological stressors, relationship difficulties, career concerns and any life challenges are all discussed in order to understand the underlying patterns that may be supporting dis-ease. Joseph then uses his intuition to support a client in comprehending the limited programs and beliefs that may be operating at the subconscious level and fostering illness. Its intention is to demonstrate a holistic model for healing that calls upon the wisdom of Nature and soul of man, acknowledging and honoring the vital force within each human as the true healer.

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## Chapter 5 : The Complete Guide to Spiritual Life Coaching

*A spiritual life coach is the perfect mentor to guide you along the path to healing and help you figure out which methods best suit your needs. Chakra Healing Chakras are the energetic centers throughout our bodies that correspond with our emotions and vital health areas.*

I use to blindly react to these confrontations, either by striking out or by beating myself up “ or both. But once I started understanding my gaps, I found that I was able to get in front of the blind reaction sooner. I found that I could exert some self-control and actually make choices outside of the hot-headed response of unworthiness. By looking at my gaps, I found a new confidence and a new set of opportunities for how I lived my life. Gaps are holes in our wholeness. Gaps are realizations that balance is shaky or missing. Where you wonder if something about yourself needs adjustment, shift or change. Gaps originate from and are part of the human experience. We all have gaps. How do you recognize your gaps? You know a gap by how you feel inside. Like a zipper on an old pair of pants which no longer is able to close the two sides, leaving a gap. Gaps can feel like holes or tears, like raw edges and cliffs before the abyss. Essentially, Gaps are the sense that our wholeness is not complete. In contrast, wholeness is feeling complete, in balance, prepared to consider or take your next step. Wholeness has no need to fight or bicker, no need to judge or attack.

**Anatomy of a Gap** Once we start taking a look at our gaps, we can begin to develop a process for bridging our gaps. To get going, we need to know what we are dealing with. A Gap is held in place by old stories you tell about yourself which no longer serve you. Gaps are held in place by assumptions and judgments, by fear and blame. Every gap has a gift, a gift of awareness, an opportunity to see from a new perspective. The amazing thing is that your awareness of your gap will help you figure out the surprise held within a Gap. When you get a glimpse of the glue and the surprise, you open yourself to the opportunity of the shift. Every gap offers the possibility to shift into a new awareness and new understanding about yourself, your life and your path. Gaps get in the way of making new choices, walking new paths. Gaps can make us afraid of change. Gaps would rather us not feel whole. When you find a way through your gaps, a way to connect to the wholeness of your experience, you can cross a bridge and move on in a new direction. To get started on this process with your gaps, here is a set of four question designed to help you begin to bridge your gaps. Where or how do you feel less than whole? How does this gap stand in my way? What can I learn from my gap which will help me feel whole? I let go of this that stands in my way. I claim the gifts of my gap. Now, what can I do in my life? What is my next step? Give yourself time to consider and reflect. Some gaps just need a brief glance to understand, some need a lot more attention. Some gaps you can look at yourself and sometimes you need help looking. Either way, giving yourself the opportunity to find the bridge allows you a new view on your life. Bridging gaps is about opening to new possibilities and new perspectives. Let me know how it goes!

By Cheryl Marlene T Cheryl Marlene Cheryl Marlene, Spiritual Guide in and beyond the Akashic Records, is the author of several award-winning books on the Akashic Records and the spiritual journey, and offers the most intensive path of learning in the Akashic Records called the Sage Path. Cheryl works with clients and students around the world and is highly regarded for her clarity, integrity and compassion.



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### Chapter 6 : Bridging Gaps to Wholeness | Cheryl Marlene | Akashic Records | Spiritual Guide | Akashic Bo

*Once you understand their energetic connection, you can set out on your healing path and this will help you to engage in an authentic healing journey whose outcome will create the healed, whole, and congruent life you have wanted for a very long time.*

Consider our body has five senses and five fingers. As a child this person wanted to touch everything and get all the input they could. The greatest caution for the 5 is avoiding being too indulgent think impulse buying, for example. You know the skinny dipping couple? One of them was inevitably a 5. If your Life Path Number is 5 your lesson in life is learning to embrace some level of stability. Your capricious nature may come across to others as fickle and undependable. Bear in mind that when this sacred number walks with you, there are strong mercurial influences. When Mercury goes retrograde, hang tight! Its going to be a wild ride for a while, which you actually like. Even so your communications are going to be even more scattered than normal. Follow your curiosity, run on those gypsy feet, but like George of the Jungle “watch out for that tree!” Numerology Personality of Number 5 Personality Traits: This live wire gives new meaning to outgoing. The five is the type of person who cannot sit down for very long and who gets bored very easily. Symbolically most experts on the meaning of numbers feel that 5s have a strong feminine side with masculine undertones. This lady is in your face putting herself out there in very adventurous ways. This number constantly colors outside the lines, sometimes forgoing them altogether. Because of this 5 may strive for harmony when they see divisiveness, acting as a mediator. This is particularly true in relationships. That spirit is something the 5 craves, so they live in the moment often planning the next great adventure which could be in five minutes! Buddhism has five commandments. Islam has five pillars of faith. Ideologically there are five virtues that include love, truth and justice. Ancient Greek writings give humankind five principles that include divine spirit and intelligence. With this in mind, we see 5 humming on a mystical quest of sorts “things that feed the mind and embrace love. If this is your Path, you reach for the stars even daring to hope for transcendence. All of this explains a great deal as to why the fifth card of the Tarot is the Hierophant “the priest or shaman who bridges the gaps between the worlds. It also helps us understand why the pentagram became a significant symbol in various religions including Taoism and Wicca. Of course for every good characteristic in number symbolism there are some downsides to the 5s energy signature. These are rather rash and, as a result, shy away from consistency. The restless spirit is very easily distracted think of the dog who focuses on one thing then spots a squirrel. The 5 constantly encounters the temptation of the squirrel to follow for a good time. Nonetheless, 5 certainly teaches others how to embrace change and freedom with zeal. You will never be bored when you hang with a 5. Their motto is truly: The tendency for wanting a new horizon is, however, also a potential hindrance. The correct answer is so you know where to stop mowing. Just be ready to change on a whim. All this experiential desire means that 5s often put down projects half way through, leaving someone else to pick up the slack. On the upside, what they DO finish is done well because they want to squeeze the most out of the moment. They need a companion who is willing to uproot the proverbial tree and follow along for the fun. The spirit of 5 is unquenchable except when boxed in “then they become very sullen and exasperated, to the point of depression and retreating from the very life they adore. In this incarnation your lesson is the positive nature of structure. These people surround themselves with eclectic people and objects. Stressed out folks, stay-at-home types and worker bees do not make good partners for the 5, who want nothing but unrestricted freedom and instant gratification. The 5s friends and family need a lot of patience. You may do well with a 2 since they share your love of beauty but offer a little of that stability your life so sorely lacks. The great thing with this choice is that stories are ever-evolving, giving 5 what they crave and a stable job. Otherwise 5s tend toward job hopping, independent contracting or gravitate toward jobs that provide travel and a good enough wage to support their lifestyle. If your Career Number is Five avoid anything too predictable. Working an assembly line is not for you! On the upside your adaptability is something for which

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many employers look. Add to that a winning smile and doors open pretty easily. Metaphysical Associations  
Healing Crystals: Taurus Number 5 in the Tarot: With two fingers pointing to earth and two to the sky, he becomes the conduit between Heaven and Humankind. Next to the Hierophant are the pillars of liberty and law; duty and defiance. The Hierophant energy in 5 manifests as a deeply personal and potent spiritual quest that lasts a lifetime.

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## Chapter 7 : Holistic Healer | Holistic Healing | Joseph Aldo | NYC and Asheville, NC

*So I research the "meaning of spiritual wholeness" and found your site. I really enjoy the reading it let me know that I am on the right calendrierdelascience.com is about the spirit, mind and body! I spend time with God ask him for his strength and guidance.*

A spiritual life coach is a coach that helps you change your life by changing the way you operate on a deeper level. Rather than just examining your behaviors, habits, and goals, they delve into your deep rooted beliefs and your connection to the divine. They show you how to work with the laws of the universe to get what you actually want out of life instead of just accepting whatever comes your way. Spiritual life coaches are people who live by spiritual principles and not the just every day logic and societal conventions. They know how to make miracles happen, and they help others live happy , fulfilling lives based on the practices that have worked for them. Many people might confuse spiritual coaches with religious leaders, but these are two very different things. Understanding yourself and your world around you from a spiritual perspective can help you lead a more meaningful life. You may discover that you have a profound purpose and that all of the events in your life have been orchestrated to bring you to your true path. Working with a spiritual life coach can reveal your life purpose to you and help you clear out any energetic blocks to living the life that you were always meant to live. A spiritual life coach can help you find who you really are and heal your old wounds so that you can move into a better, brighter future. Growing Spiritually A spiritual life coach can help you shift gears from being a victim to taking responsibility for your life. They can help you draw your focus away from any negativity or judgements surrounding you so that you can take charge and focus on the positive. They understand that what we give our attention to grows, and they help their clients shift their thinking from despair to appreciation. You may have lost somebody you love, you might be struggling through a divorce, or you may be experiencing a mid-life crisis. You may not feel comfortable talking to friends and family members about your problems due to a fear of judgment and ridicule, or perhaps what you are experiencing is too private and personal to share with the people in your life. They are there to assist you in a private, secure environment where you can open up about how you feel deep down inside and make room for healing and growth. Oftentimes, we seek the aid of professionals who do not validate our sense of spirituality, and a big part of us becomes lost. With a spiritual life coach, however, you will find it easier to talk about life in a more meaningful way, and you will feel safe and secure when opening up to them. There are no judgements, concerns, or mocking comments, only a deepening of your faith and sense of spirituality. They are there to listen to you, be your teacher, and help you grow in any way they can. Spiritual growth challenges us and opens us up to compassion, love, and things that make our lives fuller and richer. It gives life a deeper meaning and strengthens the connection between you and your inner wisdom. Being connected to your inner guidance will, in turn, lead you to live a life full of gratitude and giving. Nobody mocks a child for falling down when learning how to walk, and your coach will not mock you for your mistakes or imperfections. Mistakes are just one of the ways that we learn, and spiritual life coaches keep that in mind as they explore your history and help you map out your next steps in life. We may make judgments and victimize ourselves by justifying our negative views of our lives. When things get really bad, we may even blame God or the universe for our misfortunes. Your spiritual life coach can help you discover your spiritual and energetic blocks to happiness and help you figure out why you are not where you want to be in your life. When we complain about our situation without searching for a solution, it can feel like digging ourselves into a deep despair. If you are a member of a religious group, it might be difficult to connect with someone from another religious belief or background, and you may not get the most out of your life coaching experience if you and your coach do not share the same faith. If certain beliefs and practices are important to you, it is a good idea to interview several coaches to find a coach who shares your beliefs and values before choosing a coach to work with long term. For example, if you are a Christian, you may want to find a life coach that includes Christian teachings

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in their practice. In contrast, many people are still uncertain about who they are spiritually and are looking to find themselves in that respect. Working with a spiritual life coach can reveal your inner beliefs and bring your ideas about spirituality to the surface. Your spiritual life coach can help you get clear on who you are and which forms of spirituality you connect with best. They can help you implement new spiritual practices that allow your soul to blossom and keep you connected to your divine inner wisdom. Trust and Comfort with Your Coach In addition to finding a coach who aligns with your spiritual beliefs, it is also important to choose someone who you can trust and open up to about your thoughts and emotions. Trust is essential in coach-client relationships. If it does not feel right, keep searching until you find someone who you are completely comfortable with. Finding someone who you can be honest with is key to spiritual growth and progress, because the more honest you can be, the more you can discover about yourself. A spiritual life coach is there to help you find solutions and they can be of the most service to you when you are your truest and most genuine self. You are investing time, money, and effort with this coach, so you want to make sure that you feel good about them. Your perfect spiritual life coach will be someone you can connect with and feel comfortable with when talking about your most private secrets and deepest aspirations. Your coach will help you further explore your spiritual beliefs, dreams, goals, and desires based on the information that you give them, so trust is absolutely necessary. Spiritual life coaches know that there are two sides to life and that most of us feel trapped in stress, fear, and pain. It is their mission to help their clients live on the other side, a life based on love, trust, and knowing. People who live their lives by the laws of the universe live in full abundance and awareness that more good is always making its way to them. Spiritual life coaches strive to help their clients shift to positive thinking and an awareness of all that is good in the world. When you find the perfect online coach match, it will feel like magic. Working with a spiritual life coach that you trust is the beginning of a new life and new you. It is the beginning of freedom and discovery—living a life based on knowing rather than fear. All of your problems will begin to fall away when you put your faith in your coach and the deep wisdom that lives inside of each and every one of us. Sometimes, however, these things only scratch the surface of who people know themselves to be, and they are looking for a way to connect with themselves on a deeper level. This is where a spiritual life coach comes in. The roles that a spiritual life coach take on can be very different from those of a standard life coach. A spiritual life coach can walk you through an entirely different set of goals such as discovering the essence of love or being one with the universe. A regular life coach will help you achieve and move forward in life, but they may not help you get the spiritual fulfillment that you are looking for. Spiritual life coaches, however, are experienced with helping people find their sense of peace, love, and purpose, as well as wholeness and appreciation for all that is. Some people may have spiritual gifts and abilities that they are confused about, while others feel wounded from their religious upbringings but still want to live a spiritual life. They may not know where to go, what to do, or how to deal with their spiritual identity crisis. Whatever the case, there is a spiritual life coach out there ready to help you with anything you need. Most importantly, a spiritual life coach will help you learn to trust yourself and your intuition. They will show you how to break free of any beliefs or practices that no longer serve you and no longer resonate with you on a deep level. They will show you how to use your inner self as a guide so that you can continue to evolve and grow spiritually in every area of your life. Understanding who we are and where we come from is central to feeling whole and complete. It also helps to make us feel secure, certain, and stable. When we identify with the spirit that fuels the very life we live, we can begin living on a radically new level of prosperity and wholeness. Living with the awareness of our inner spirit can be a simple change that can, in turn, dramatically enhance and enrich our lives. Various practices can be used to connect you with your higher self or spirit. People worldwide from various backgrounds and cultures may use forms of meditation, for example, to get in touch with the divine aspects that exist within themselves. When we silence our minds, we can discover our inner selves and gain some clarity on where we come from and what we are meant to do with the time that we have on earth. We can discover who we are on a very deep and profound level. The benefits of meditation go beyond the capacity to connect with the divine. Meditation is known to reduce stress,

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improve brain function, sharpen intuition, and allows you to reset your mind and get a fresh start. Most spiritual life coaches are familiar with at least one form of meditation, and they are always ready to help their clients learn the ancient art to help them discover themselves and revive their minds and bodies. More intricate skills can also be learned with the practice of meditation that can be further discussed with an expert or spiritual life coach. There is never a disconnection between us as people and our spirits, but we can sometimes feel estranged from who we are deep down. Reconnecting with this part of ourselves and identifying with the spirit that dwells within can help us find our balance and our strength. Additionally, it gives us the inspiration to create and work at higher standards. There is much more to life than going to work and paying the bills. At the heart of each of us lies something deeper and something more profound than any of us can imagine. There is a life force that propels everything forward, and it is the reason that everything exists. To get just a glimpse of the power and energy that lives in each and every one of us is one of the greatest experiences that anyone can ever have, and it is one of the fastest ways to find the path to achieving our goals and our dreams. A spiritual life coach can help you get in touch with the inner you. They help you connect with a deeper meaning of the world and of life in general. Spiritual life coaches help you find a deeper purpose and what it is that you love to do most. They work on helping you find balance so that you and those around you can benefit and thrive just by doing the things that you love every day. At the core of our being, there is a light energy that many can only describe as the power of love. Some believe that we are all connected through an invisible web. Others live by powerful laws of the universe such as the law of attraction that states that we attract things to us based on how we think and feel. These ideas, among other similar ideas, can be explored safely and effectively with a spiritual life coach at your side. With the help of your coach, you can find tools and practices that empower you and make you more creative and intuitive than ever before. Sometimes, we have to get rid of the items that are hindering us from evolving before we can begin to plan for that future that we truly desire. Healing allows us to feel released from our wounds and then limited patterns of behavior and thinking so that we can make way for new habits and thoughts that align with our dreams. Spiritual life coaches work with their clients to create new habits and integrate beliefs that are perfectly designed to take us where we want to be. Healing is an extremely valuable step because it allows us to leave the past behind and become anew. When we sever the connection between ourselves and past pains, it is less likely that the same issues will come up and sabotage us in the future. Healing is the fastest and most secure way to ensure a full transformation of mind, body, and soul. There are many different methods used by spiritual life coaches and healers for clearing away emotional wounds and physical imbalances.

### Chapter 8 : Jewish Lights: Bridge to Forgiveness (PB)

*I am a Spiritual Mentor and Transformative Healing Guide here to assist and support you with the evolutionary process of your soul. I offer you HOPE for a better today and tomorrow. I am here to help you get to the core of the matter.*

### Chapter 9 : Spirituality: The Path is the Practice | Wake Up World

*Pathways of Grace is a safe place that will support you if you are experiencing a life or growth transition, a major life change or even a crisis; we can help you gain clarity and balance, so you can connect to a deeper faith, process grief, and move through change with a new perspective.*