

Learning the spiritual

Is it so easy to learn spiritual stuff? I mean can we just go on a spiritual trek and find God. Can we discover our inner spiritual meaning? I was doing yoga the other day and I realized that there are two types of yoga: the spiritual and the physical. The instructors try and add in meditation. They add in Pilates and stretching. There is a mind game going on while we are in yoga. The whole point is to feel better physically and mentally. Yet, can we act spiritual or say spiritual things to be spiritual in yoga?

In church is spiritual stuff. It's an interesting case study. People filled with the Holy Spirit come to church. They pray for the Spirit to pour itself out on them as they worship. Prayers are said. Hands are raised. It's church yoga. Yet, some people claim to be more spiritual than others in church. Some of those people want to take the Holy Spirit and put it on you. They do more yoga by laying hands on people to transfer power. I have heard that some people bring in unwanted spirits to church. I do believe the devil comes to church. There is always a mixture of good and bad spirits in the house of God. Why is that?

The Spirit hovered over the waters in the beginning of creation. There is something in the earth's water when it comes to creation. We are all connected. You get weird feelings about people. We fall in love at the drop of a hat. Are places creepy? Why was Disneyland the happiest place on earth? Spiritually speaking there is something to persons, places, and things. We tend to attach spiritual vibes to many things. Churches baptize with water. Jesus baptizes in the Spirit. God is spirit. Jesus died and is Spirit and human all at once. The Bible kind of goes down that road when the end of times come to an end. We will be somehow physical and spirit.

What Does God have to say? In Matthew 19:8 Jesus is being asked about divorce. He says “*Moses permitted you to divorce your wives because your hearts were hard. But it was not this way from the beginning.*” Take a look at the last words “*But it was not this way from the beginning.*” There are many things of God that have gone wrong. We can easily say *but it was not this way from the beginning.* Somehow, we have taken the spiritual to different places. I suspect, places that were not intended from the beginning. Church is Spiritual but is it a place that we wield the power of the Spirit? Is it that way in yoga? Some find spiritual power in sex and drugs.

A lady was teaching yoga and asked us to meditate on our divine spirit. To help our ancestors find rest. We are to do this while stretching for clarity. I know that church leaders would push back on me saying that we are using the Spirit wrongly in church. Yet, the Spirit searches, goes forth, and comes down. The Spirit in-dwells. In all instances the Spirit is a person. He is doing something. Just like in Genesis, the Spirit is hovering over. Sometimes we tend to use the Spirit for our needs. Yet, the Holy Spirit does its own thing. It’s a person, it’s God. You don’t own it.

There is another story of a few men trying to drive our demons in the Bible. The demons thrash the men. I think the point is in how we use the Spirit. You see the demons said Jesus they knew but the men they did not. I would say that often we use spiritual direction in our own power. We use it for our gain. We say climbing a mountain is spiritual. A retreat to a monastery is spiritual. Time in a church is spiritual. Doing yoga can re-ignite our spirit. Yet, isn’t the Spirit of God a person with an agenda to do the will of God? Or, is it there to do our will?

All I know is that we tend to have trouble with the Spirit. People find dark spiritual places and eerie feelings. I feel wanting of something spiritual from time to time. However, people go to

a bar for happy times. They find it in porn, drugs, and mis-adventure. A revolution can have a spirit of comradery. Hardly, do we ever find a favorable outcome while trying to find true spiritual happiness. Why? I think it comes back to our definition of spiritual ways. The spirits of this world are not for us to own. They are not to be found or played with. The Bible makes it clear we are to call on the person of the Spirit. We are to avoid dark spirits. We are to ask or have it come to us. Yet, not for us.

I'm sure most will not agree. Yet, our dealings with Spiritual things tend to be fads and moments in time. We are never really full of the Spirit because it's not ours to own. It's Gods Spirit! Yes, he in-dwells. Yes, we can feel Him! Yes, we can call on! Meditation and prayer are a good thing. Yoga and God can be a wonderful thing. Church is Spirit filled, but we bring in spirits too. A cleansing is necessary from time to time of the body and the places the spiritual dwell. A bar is not holy. A yoga session is not that holy. Why did God burn down and destroy some places? It's because bad spirits are hard to remove. Just be mindful of your spiritual dealings. They can be wonderful and good, but they can also be wolves in sheep's clothing.