

# **My Personal Spiritual Journey**

**We all go through the stages of life.**

- 1. First we are kids growing up and learning about life.**
- 2. Then we become teenagers.**
- 3. We get into our 20's and start working.**
- 4. We have children of our own.**
- 5. We continue to advance in our career.**
- 6. Eventually we retire.**
- 7. Our needs in each stage of our lives change.**

**When I reached the age of 70, I begin to realize I was in the latter part of my life. I will die. I needed to know what happens after death. Plus I had this sense that I needed to do something before I leave this world. I needed to find my purpose in life. This lead me on my spiritual quest of studying all the spiritual traditions. I read lots of books and watched lots of podcasts. I came up with the following conclusions:**

- 1. Even though they have different dogma's, all religions provide the same end result. They provide a code of conduct and provide a connection to a higher power.**
- 2. Belief in a certain dogma is a personal decision and can only come from the heart.**
- 3. I also found the work of psychics, mediums, channelers, and hypnotherapists, who conducted past life regressions, to be credible.**

**Then I found out some interesting facts about Hinduism.**

- 1. The Hindus believe that all religions are valid. They all provide a means to connect to God. They respect all religions. They have never gone to war over religion.**
- 2. They honor the Christian Saints and hold the teachings of Jesus Christ in high regard.**
- 3. The religion is decentralized. There is no hierarchical structure like the Catholic Church has of the Pope, Cardinals, Bishops, and Priests. All the**

**temples and spiritual leaders practice independently. No one from the outside tells them what to do.**

**So based on my research, what do I believe.**

- 1. One does not have to believe in a dogma to be spiritual.**
- 2. There is an after life.**
- 3. Reincarnation.**
- 4. We are surrounded by spirits. Most of us do not see them, because our 5 senses limits us.**
- 5. I found the spiritual practices of indigenous cultures appealing. I found Shamans, the spiritual leaders and healers of these cultures fascinating.**

**The Shamans believe in Spirit Guides. In other traditions, Spirit Guides are know by other names such as Angels, Saint, Ancestors, etc. I believe in Spirit Guides and began asking them for assistance in finding what it was I needed to do for the rest of my life. Also, I told them I would like to find a way to make some extra money doing something I was really passionate about. I became more and more fascinated with the work Shamans did, and I continued to research them. I began to think more and more that I would like to do what Shamans do. All of a sudden I learned of women who is a Shaman. She has an office 10 minutes from my house, and she trains people to become Shamans. So I made an appointment to see her. I told her about my spiritual journey trying to find my purpose in life. She then tells me that it would be a great idea to have a discussion group of retired people like myself, who are going through the same type of spiritual journey. She asked me if I would like to be the facilitator of the group. I TOLD HER I WOULD LOVE TO VOLUNTEER. SHE SAID, NO, NO, SHE WOULD PAY ME TO DO IT. I THEN KNEW I FOUND MY PURPOSE IN LIFE.**

**In addition to becoming the facilitator of this spiritual discussion group, I became her Shamanic Apprentice.**

**There is a reason I am telling you this story. First, I don't think we can ignore our spirituality. Second, I was wondering HOW CAN I TELL THE PEOPLE IN MY LIFE ABOUT MY DECISION TO BECOME A SHAMAN. I was wondering how people were going to react to me for making the decision. Shaman.**

**This decision does not affect what I do for our Solari Group. I continue to do what I have done in the past. SO LET ME KNOW WHAT YOUR REACTION IS TO ALL THIS.**

# **Recommended Books About Spirituality**

1. **Michael A. Singer**
  - (a) **“The Untethered Soul”**
2. **Eckhart Tolle**
  - (a) **“The Power of Now”**
3. **Don Miguel Ruiz**
  - (a) **“The Four Agreements”**
4. **James Van Praagh**
  - (a) **“Talking to Heaven”**
  - (b) **“Adventures of the Soul”**
  - (c) **“Wisdom of Your Spirit Guides”**
5. **Chris Lippincott**
  - (a) **“Spirits Besides Us”**
6. **Paramahansa Yogananda**
  - (a) **“Autobiography of a Yogi”**
  - (b) **“The Yoga of Jesus”**
7. **Amrutur V. Srinivasan, Ph.D.**
  - (a) **“Hinduism for Dummies”**

# Recommended Podcasts

1. Next Level Soul Podcast  
(a) <https://www.youtube.com/@NextLevelSoul>
2. Danica Patrick  
(a) <https://www.youtube.com/@DanicaPatrick>
3. Danny Jones  
(a) <https://www.youtube.com/@dannyjones>  
(b) Interview with CAF <https://www.youtube.com/watch?v=piDqTbBwWRM>
4. Gaia  
(a) <https://www.youtube.com/@GaiaVideo>
5. Billy Carson  
(a) <https://www.youtube.com/@ForbiddenKnowledge1>
6. Dr. Stephen Greer  
(a) <https://www.youtube.com/@DrStevenGreer55>
7. Gregg Braden  
(a) <https://www.youtube.com/@GreggBradenOfficial>