



SPIRITUAL DIMENSION

The Spiritual Dimension is the transcendent aspect of the human being, where ego is transcended and the “me” is lost to the cosmic unknowns. Not everyone experiences the Spiritual Dimension the same, and that is okay. Generally speaking, the Spiritual Dimension is where we seek meaning and where we fit in the greater whole.

Other words for the Spiritual Dimension are, but are not limited to: Soul and/or Spirit, Meaning, or Self-Transcending Ideals. This is where we value a better world, and seek a consciousness of unity with all things.

Not everyone ascribes to a higher power. However, this non-belief is still part of a person’s Spiritual Dimension. It is at the opposite end of the spectrum, per se. In order for one who does not ascribe to a higher power to achieve a sense of balance in the Spiritual Dimension, they must accept wholly the absence of the Divine or Higher Power. It doesn’t make them wrong in their beliefs. It simply brings them a sense of balance in their lives.

Signs of Imbalance in the Spiritual Dimension:

- Meaninglessness
- Futility
- The presence of or a sense of evil

To gain a sense of joy in the Spiritual Dimension one must seek to love unconditionally.

- Love one another without presumption
- Love all things great and small
- Love with your whole heart, mind, body and spirit

The Spiritual Dimension has a deep and profound effect on the other three dimensions of being, and is experienced uniquely by each individual. Because of this effect, some view the Spiritual Dimension as the “Foundation of Life”.

How one chooses to balance their Spiritual Dimension with the physical, personal and social dimensions is deeply personal. Some adhere to religious dogma, others seek a prescriptive worldview, while for others it could be discovering or attributing meaning in more secular or personal way.

No matter how one chooses to balance their Spiritual Dimension in their lives, one must always be mindful of the effects that will be encountered for better or worse, as the Spiritual Dimension permeates all aspects of life at the deepest levels of existence.