

Ministries of Brotherly Understanding

Est. 2024

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Welcome members, supporters, sponsors and followers of the Ministries of Brotherly Understanding. This sermon will be about Spiritual Energy.

Spiritual Energy refers to the non-physical energy believed to emanate from within oneself. It is considered to be the driving force behind our values, beliefs and overall sense of purpose in life.

Before we go too much further into Spiritual Energy, let's look at all of our different levels of energy:

- Physical energy includes:
 - Quantity of our energy
 - It gives us sustainability
 - We become physically charged
- Emotional energy includes:
 - Quality of our energy
 - It gives us security
 - We become emotionally connected
- Mental energy includes:
 - Focus on our energy
 - It gives us self-expression
 - We become mentally focused
- Spiritual energy includes:
 - Force of our energy
 - It gives us significance
 - We become spiritually aligned

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Spiritual Energy differs from all other energies. You can't quantify or measure it, nor can it differ from one person to another due to physical difference.

Spiritual Energy allows you to be:

- Creative
- Empathic
- Have Insight
- Profound Wisdom and more.

Physical energy allows you to exist in the Physical Plain, as this form of energy makes things work for you, such as thinking, heart beating, body reactions and more. For some people, that is all there is in Life, Physical sensations and nothing more.

Spiritual Energy allows you to step outside your physical shell you call your body and experience the Universe as the whole. As you are part of the Universe, so shall the Universe become a part of you! Such experiences can't be described by words. One must experience it firsthand by first getting rid of the notion you are your body.

How do you tap into Your Spiritual Energy?

- Daily morning meditation
 - Begin your day with a meditation practice.
 - Over time, with some practice, meditation will help calm the mental storm in your mind
 - Once the racing thoughts begin to subside, your intuition will become clearer.
- Take up an altruistic action within the community

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- One way to grow spiritual energy is to express kindness and compassion, and there's no better way to do that, than helping others in your community.
- Community building is also a good way to help you find your tribe.
- Developing your spirituality side is not a solo endeavor!
- Connecting with people in a meaningful way is good for your emotional, physical and spiritual health.
- Get a daily dose of nature
 - Spending time in nature helps build your sense of holistic balance and personal growth.
 - Being in nature can reduce stress, boost your energy and connect with a power higher than your own.
 - There is magnificence, strength and beauty in nature that it's humbling.
 - You are not separate from nature. As the waters and air of the world flow through your body, you are a part of nature as nature is part of you. Take a moment to feel the connection.
- Surround yourself in music
 - Music can speak to you and heal you in ways that no person can, as it affects your thoughts, emotions, subconscious and your physical wellbeing.
 - Listening to music can help you connect with your spirituality by connecting with your essence, reaching the deepest part of your soul.
 - Allow music to connect you with your spirituality by listening to music that moves you.
- Listen to your gut
 - What does your heart really say?
 - How do you really feel?

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- What really aligns with you may go against your “rules” of spirituality.
- Don’t be afraid to listen to that voice deep inside of you and even begin to act in ways that supports it.
- Give yourself the freedom to experiment and discover your own path.
- Support your mind and body
 - Your mind, body and spirit are connected.
 - Supporting your spiritual side means supporting your mind and body as well.
 - Express yourself using your body: such as dancing, singing, working out or playing sports.
 - Feed your mind by following your curiosities, some ways to allow your mind to express itself freely are:
 - Reading
 - Writing
 - Creating
- Appreciate what you have
 - Having appreciation and gratitude for the things you have, the people around you and the accomplishments you have achieved in life.
 - Appreciation is not only a quality that is internal but also external.
 - Be content with your possessions and not always out searching for the new shiny thing.
 - A simple smile or hello to your neighbors extends a sense of appreciation and caring unto others.
 - Small actions, multiplied by many, add up!
- Accept others
 - Each of us are unique.
 - Each of us is on our own journey.

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- It's virtually impossible to know what is affecting other people's priorities, actions and words.
- You can judge them based on your personal values and biases, or give them space to be themselves.
- This does not mean agreeing with everything someone does or trying not to be a guiding voice when needed.
- It's about not being confrontational, judgmental or cruel.

Why is spiritual awaking so painful?

- Spirituality is the personal qualities that inspire you to do what is right and good for yourself and others.
- It's not measured by how often you attend church or how much money you donate to charities.
- Spirituality is about acting in ways that align with your authentic essence and putting effort into making the world better, in however a big or small act you can do.
- It's about being compassionate and forgiving.
- There are benefits to learning how to tap into your spiritual energy.
- If you're willing to open yourself up and listen to your guiding energy that surrounds you, you will become healthier, calmer and more in tune with yourself.
- However, spiritual awakening can be emotionally painful as you shed layers of mental constructs, patterns and beliefs that may make you wonder who you are without them.
- This is a temporary pain, as you transition from fear and old conditioning to listening and allowing your soul to speak is an immensely rewarding experience.

I know this was a lot of information on Spiritual Energy, so feel free to replay as many times as needed.

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Enjoy your journey working with your spiritual energy, our next sermon will be about how to cleanse and protect yourself at the same time.

I look forward to many more sermons in the future.

You can find us on the web at mobu.church where you can find and download the PDF of this and other Sermons.