



Threads of the Spirit

Donald B. Cheke

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Published by



Dedication

This book is dedicated to my precious wife, Denise. She truly helps to make the journey that I travel a great deal easier. I received a treasured gift on the day that our paths crossed.

Introduction

Threads of the Spirit is a book that attempts to sum up, in as few words as possible, many of the lessons that are learned by all who travel the spiritual roads toward truth. As suggested in my book 'Along the Way: A Journey of One', the spiritual traveller cannot help but learn these lessons. These truths, or threads as I will call them, have been described, expounded upon and analyzed by many spiritual travellers who have felt compelled to put them down on paper for the sake of others. Although they are voiced in many different ways and through often dissimilar perspectives they all point to similar conclusions.

Through my reading and personal experience then, I am attempting within the pages of this book, to express these many threads in a coherent fashion. Being the limited human being that I am and coming from only one epoch in time, I hope that I can do justice to these threads and that they will be of some assistance to others who choose to travel this most joyous, albeit difficult road.

These threads can never be a substitute for one's journey. One cannot look to these threads as an abridged journey, thus forfeiting one's own effort. It is my hope that these threads will bring reassurance to other travellers in much the same way that the writing of others has been of reassurance to me.

As I was preparing to write this book I was struck by the number of threads that exist within the human fabric of life. In the beginning I imagined that there would exist only a few straightforward threads but, low and behold, their number is great. As the threads are numerous, too numerous for a traveller to experience and learn them all, I have decided to list one hundred of the threads that I have personally discovered and experienced. After each thread I have included a very

brief summation. As the words that comprise our human language are also limited and have thus found numerous definitions attached to them I feel it is important to define a few of them in the context that they have been utilized within this text.

‘Spirit’ is the word I have chosen to describe the sacred force that pervades all things. It is what allows the world, the cosmos, to function in such an awe-inspiring manner. It is what others have called God, The Assemblage of Goodness (this is what I use in my two previous books) and The Creator. Other titles include Allah, Brahma and Adi Granth. Still others include Plato’s Demiurge and Tillich’s ‘Ground of Being.’ Also included are others that are not so easily defined or directly pointed toward. These are Taoism’s Tao and Buddhism’s Nirvana

‘Spirituality’ or the ‘spiritual journey’ can be defined as an expanding awareness and the pursuit of wholeness and all that this entails. It is a connection with the Spirit, a view that sees beyond the confines of the human senses.

‘Holiness’ is used here to describe the drive toward, or the attainment of, spiritual wholeness.

‘Compassion’ used here means more than just having pity for another. It is having an understanding of the complexity of life and the effect that life has on people. It is an understanding that people exist on many different mental, emotional and intellectual levels. Although this is so, the spiritual traveller understands that one level is no more important than another, but at the same time it is realized that not everyone will be capable of understanding these complexities and therefore will be subject to great suffering. So the essence of compassion then is a ‘love for another’ that feels for their suffering and hopes or prays for their eventual enlightenment and/or understanding.

‘Spontaneity’ is the ability to go with the flow of life, not forcing it to conform to our limited and often misguided earthly perceptions. Spontaneity means being able to change midstream, it means making ‘change’ one’s friend as change is going to occur whether we befriend it or not. It is realizing that there is more than one solution to every problem and it means enjoying the process of life even though it can be extremely trying at times.

‘Community’ used within the pages of this text does not mean the area where one resides. Community is used here to describe the combined effort by a group of people, large or small, whose aim it is to bring to life a genuine respect for all individuals within and outside that particular group. It is a banding together of people, not as a mob, gang or elite class but as an earthly assemblage of people dedicated to truth, justice, growth and solidarity. It is acceptance, tolerance and understanding in action.

So please read on. Do not try to take all the threads in at one sitting but rather, read one a day and delve deeply into it. Over the course of time see how each of the threads reflects upon your own spiritual journey and see if you can expand on them in a personal way. Upon completion add your own discovered threads to the list.

DBC - Saskatoon, SK Canada

One

It will be discovered that:

Even the wisest, most spiritually imbued individual cannot, within this lifetime, learn everything that there is to learn.

In fact, the more a spiritually inclined individual learns, the more he or she realizes just how little they really do know. They also realize that in the grand scheme of things it is not necessary to learn all things.



Two

It will be discovered that:

In the realm of influencing others we cannot reach others through any self-righteous manifestation.

We cannot preach, castigate or command. We cannot lecture, legislate or advise. Only our modelled actions and behaviors are capable of influencing another in any meaningful way.

Three

It will be discovered that:

Not everything that exists or seems to exist can be explained or understood empirically.

Much of life occurs on a level that transcends a physical, manifest form. This can be readily seen when one attempts to isolate the human mind. Reducing the mind to neural synapses and biological functions dismisses the 'human' component of the human being.

Four

It will be discovered that:

A simple life turns out to be the life most conducive to inner peace and happiness.

A desire for wealth, a desire for fame, a desire for popularity or a desire for admiration is a recipe for great anxiety and anguish. In short, when combined these desires become a recipe for great suffering.

Five

It will be discovered that:

True wisdom is not found within the pages of any text.

Yes, there exists a tremendous amount of enlightening spiritual literature which we would not wish to be without. There is even a vast amount of inspiration and encouragement to be found within the pages of these books, but true wisdom comes solely from experience and awareness.

Six

It will be discovered that:

Spirituality and religion are two very separate entities.

Religion deals with organized beliefs that its followers are expected to adhere closely to. Spirituality deals with the 'Spirit of the Cosmos'. There are no rigid fundamental laws and there are no right or wrong beliefs. The two can, however, be used to enhance each other if an individual can identify the differences. To follow the Spirit is to open our hearts to all that is true.

Seven

It will be discovered that:

The past, no matter what it has held for us, can teach powerful lessons if we have the courage to reflect back with an open mind and an eye toward recovery.

If we can take the knowledge we have gained and use it for all that it is worth we can meet the future with a sense of empowerment. We will know full well that we can meet all of the challenges that come our way and we will be able to do this with a great sense of faith.

Eight

It will be discovered that:

Everyone must discover first hand, his or her own path and purpose.

As it is for wisdom not being found between the pages of books, our paths cannot be encountered by imitating or mimicking another. Only through personal commitment and a willingness to face life head on will our path become apparent. Our purpose will follow. Once discovered however, this knowledge will not always remain clear. Our continued effort on a daily basis will be required.

Living life teaches life.

