

## **Five Empowering Principles**

By Gita Saraydarian

The Ageless Wisdom Teachings provide fundamental ideas that empower us. When we meditate upon these ideas and live our life according to them, we are filled with hope and optimism for the future.

The first empowering principle is that God exists inside of each of us as well as everywhere in the universe. What a powerful tool this is when we fully embrace that we are sparks of God and that we are protected, guided, and nourished every moment of our lives. Imagine how our life would change for the better when we consciously think about this every day. We would have the right human relations within our families and communities; we would treat our bodies, our friends, and our families in a reverential and loving manner. We would become true stewards of all of life.

The second empowering principle is that when we strive toward perfection, everything that we need will be provided for us. There are many examples of men and women who have strived and achieved spiritual greatness. The Great Teachers of religion have shown how they conquered death, crises, and difficulties. This fact shows us that we, as individual human beings, can strive, can overcome, can eventually progress beyond our daily problems and achieve mastery over our physical, emotional, and mental lives.

The third empowering principle is that we are linked to God and the Great Ones through the energy of love and divine will. Divine Beings communicate with the energy of love. They pour love into our lives. By acknowledging that God is Love, we no longer view Him as an autocrat bent on making life miserable for us. We begin to see God's authority as a loving parent with whom we can communicate and in turn be loved and nurtured by Him. When we trust in God's love and mercy, we have the confidence to abide by His Will. God's will is like plugging into the greatest electric generator. By bringing God's will energy into our lives, we are given the power with which to change our lives. If we look at the problems that we encounter, much of it is because of lack of will energy. What is the will of God for us? Just like any good parent, God wants us to be healthy, happy, joyful, successful, virtuous, and so on. How do we get there? By living the spiritual life, which is by living the life that is blessed and taught by the Great Ones throughout time. When we follow the will of the Great Ones, we are going to give up the little wills of our personalities and follow that of God's.

We are only willing to give up our little wills when we have trust and faith that we will be taken care of and not abused. Only then do we trust enough to give up our little wills. So, giving into the will of the greater is preceded by a tremendous amount of love and respect.

Whenever you are in a difficult situation, think, what would God want me to do? What would my parent want me to do? What would my best teacher want me to do? What would my Solar Angel want me to do? The answer will be within us. Because when we trust that will, we are able to listen to it. Where there is no trust, there is no cooperation with the greater will.

The fourth empowering principle is the method of contact with Divinity, called the path of invocation and evocation. We are told to ask and we shall receive; knock and the door will be opened. This is empowering. The relationship with the Divine is not a one-way street. It is a two-lane highway where energy flows in and out.

How do we invoke help? We go into our inner chamber, quietly, without showing off, and talk to God in deep sincerity. When we do that, the energy of our asking will evoke a response.

The secret is this: We get the response according to our level of asking. When we invoke, our entire being is involved. Whatever we are thinking, feeling, whatever our motives are, colors our invoking. So, we can ask for help and we will get help. This is empowering.

Great Ones do not exist to manipulate us, push us around, and make us do things we do not want to do. Great Ones make themselves available to us for two reasons: They are shining examples of the fruit of human striving; they will respond to the need of humanity when they are asked for guidance. Great men and women are the parents of our planet and their job is to give us every tool needed to make our life an example of the divine in us. Every good parent knows this and operates on this same standard.

The fifth empowering principle is that healing is possible. The Teachings of the Great Ones are tools of healing. Some of these tools are:

- a. Forgiveness
- b. Loving one another
- c. Prayer and meditation
- d. Humility and sacrificial service
- e. Being focused on truth
- f. Striving for soul consciousness
- g. Building families and communities based on Beauty, Goodness and Righteousness.

These five empowerments help us to understand that we are not disposable beings, but sparks of God, with the ability and the permission to love, to heal, to communicate directly with Him, and to strive to overcome any and all difficulties on our path.