Spiritual Comfort Food

Namaste’ Everyone,

A few years ago, Susan and I came across the phrase “being spiritually fed.” The meaning behind the phrase was, go towards that which enhances spiritual development. This could mean, going to teachers that have something new and positive to share, coming in contact with a loving Master, meeting new and supportive friends, and reading books that are inspiring, provide insight, and connect with intuition and instinct. Being spiritually fed may mean we have to go on a new “spiritual diet.” We may have to give up the spiritual comfort food of our old concepts. These are concepts that when we look at them with an honest eye, merely provide us with safety and security, they no longer serve us spiritually.

Consider the concept of free will. One teacher says there is no free will, another teacher says there absolutely is. Another teacher says 90% is free will and 10% is destiny. Still another Master will say that free will is like a cow tied to a post with a 40-foot rope. There is freedom within the 40-foot space.

With honesty, we can ask ourselves, “Am I becoming happier, lighter and freer?” “Do I feel stuck and stagnant, listening to the same concepts over and over again?” Perhaps it is time to get a taste of something different. We believe if you listen deeply within, you will be led to new ideas, books and teachers that will cook up something delicious for you. Just bring your appetite.

With Love and Peace,

Susan and Todd

There will be an online Satsang this Saturday 4:30-5:30 pm EST.

If you are interested in attending, email us at [peace@nondualliving.org](mailto:peace@nondualliving.org) and a link will be provided Saturday morning.