

Foundation First

It is said that a spiritual or religious life needs to be built on strong foundations, but what does this mean?

A strong spiritual or religious foundation means having a strong sense of trust in who you are and what you believe. A sense of peace, strength and knowing even when things around you are moving, changing or disintegrating

A strong foundation means honoring your parents, understanding your origins, placing them in a context and being able to grow and move forward with grace, strength, courage and love knowing that you are supported in truth, goodness and with eternal grace.

How can we create this foundation, especially in this day and age?

Historically, often a spiritual foundation was built around contact or learning through a church, group or religious leader. This spiritual power was then disseminated through these leaders to the masses. People picked up the information and learning through contact with the group or leader, and by integration, some of it became the foundation for individual lives.

But for the majority of us, this is no longer the Way. Today there are few large religious leaders of our time to look up to, church attendance is down for the modern family, and religious philosophical discussions are left out of most dinner conversations, or not spoken of at all.

But the energy of the search is still present in this evolving, and increasingly global world.

I believe gaining a spiritual and religious foundation is moving from learning through a leader/group basis (and often a set of specific rules), to an individual

level. A strong spiritual/religious foundation can now be built from an individual standpoint.

There is an abundance of spiritual and religious information available now. People have access to the internet, global travel is at our fingertips. We are able to learn from many sources and Ways in our own time and place. We can form our own strong individual inner spiritual foundation which has links and truths connected to the best parts contained within the older more formal religions.

This may not be easy, and can take time.

In some cases we will have to par right back and start again, building a foundation that was not quite rightly set in our childhood. Every little bit of truth must be uncovered. We must go over every little piece of our lives, uncover ourselves down to the bare structure, and then go below, preparing the ground for the foundations to be set into.

Often our beliefs and ways of thinking must be un-earthed, examined and re-created to encompass new ways of being and communicating ensuring a connection and strength between how we live and work and our own inner truths.

This can take many years to build up, slowly but surely your relationship with God (yourself) is stronger than any other hence the first commandant in the Christian tradition " Love thy God with all thy heart and with all thy soul"

Let us learn what a strong foundation feels like for us individually, learn to trust, hold and grow from that foundation to build strong and true families, communities, governments and perhaps even, a global true world.

I believe that spiritual and religious feeling will move from the churches/groups, to the home, and then into each individual heart. Each of us will stand individually connected but together in a global world, working together with love, truth and honesty, each in our own beautiful diverse ways.

This is the way forward, enjoy the journey...

Fiona Grace is an artist and writer in contemporary spirituality and religion.