

GOOD LIVING

On Good Faith

The balance of religion

Taking away all the human-made organisations around religious teachings and going back to their essence, we find some universal truths that can help us to live wiser, healthier and more meaningful lives.

All religion does and has ever done is put us in the proper context of our lives. For it is sure that we did not create ourselves; that we did not “teach ourselves” how to walk or “make ourselves” fall in love with our partners.

There is something larger than us that guides the way. It doesn't have complete control over our lives, but it oversees us.

It is in our power to live in tune with this force or, in this day and age, to shun it completely, thinking: “I am in complete control of my life, my health, all of my decisions; my career, my family, my life choice and even my death.”

This is fine if you choose it but it seems like a lot of hard work, eh? There is an over-seeing energy (you can call it nature if you like) that is

there for us all the time and has some unwritten rules that if you live in tune with, can help smooth your life.

For sure, you can have infidelity, you can have revenge, you can push yourself against the beautiful rhythms of nature – all of that is in your decision-making powers – but what if you stopped and listened for larger guidance, tuned into the world around you, took some time for contemplation and waited for intuitive guidance in return?

You would find naturally that fidelity, chastity, forgiveness and living in tune with nature cause less suffering in the long run. That discipline, restraint and order have their place and time.

Free will is what we have and this is a God-given right. But could you listen, and learn to walk “the middle road” as the Buddha called it?

This way causes less suffering and you intuitively know it is right. The older generation might call this your conscience, but in this day in age are we still listening and forming a relationship with our conscience? This intuitive “click” which balances you with the larger energy that guides your life?

I am not talking about taking anyone else's advice or guidance from television programmes or books. This connection is a direct link to your own truth in this life that is available to us all. When you live with this connection, you are living your truth and allowing everyone around to live theirs. The golden rule of loving your neighbour as yourself is a universal truth.

Take some time to contemplate and humble yourself to put yourself in the right context. You are important and your life is important, you have a right to be happy, healthy and wise and govern your own life. But this is all perfectly in balance with the larger whole that is ever present and a constant guiding force that we can use to inform and guide our lives. This secret place of communion is where we shut the door and retire inside ourselves for the intuitive answers to the questions in our lives, enabling us to walk the path of the Balanced Middle Road.

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