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The beginning of the spiritual journey or evolution is willingness.

Willingness...Schmillingness

"I hate, I hate" is the protest of the frustrated boy. He won't complete the sentence because he is still spiritually aware enough to know he will have to deal with that which he hates at the ripe old age of 8. I know what he feels and sometimes I borrow this wisdom from my son and repeat his mantra. I remember when I was his age and learning about my soul and its infinite existence and being angry myself. I thought "If I exist now, then I will exist forever" and I hated the pain of being in this body, this life, this existence and I just wanted to find a way to stop this ride and get off. But alas, this is not my fate and it is not yours either. So am I willing? Sometimes yes and sometimes no, but for me it is no longer a choice—it is a decision I made a long time ago. I am here. I do exist. So I need to get on with it. I do understand that the **first step** towards enlightenment is *willingness*, but I also know that the **second step is kicking and screaming**.

Most people are willing to dabble with enlightenment until they get to the hard part. The root word *will* means to have the **power to consciously, deliberately, take action or make decisions**. The *ing* and the *ness* are all about doing it now. The symbol for journey is the spiral. Imagine a horizontal line cutting through the center of the spiral—the area above the line is the light or lite, everything below the

line is dark or heavy. Most people live their lives at some point on the spiral just above this center line. Tolerating. Coping. We stay silent in listless relationships, we work boring jobs that ask us to pick between the job and our families. It takes courage to continue to move forward on the journey into the dark—to face your fears, your wounds, your pain, to awaken your feelings again. Certainly the feelings we are avoiding are not happiness and joy. Those only come when you move through the shame, grief and anger.

The most difficult part of willingness is that you need to be *conscious*. Otherwise how will you know that you are in the dark or that there is work to do? You have to be *aware* that there is a problem, that there is pain (ignorance is bliss). It is not so much willingness to work on "stuff" that motivates my clients to pick up the phone and schedule that scary first appointment. But rather that they have become aware that staying where they are stuck has become too painful, more painful they believe than facing their inner demons. And they are right. The pain of carrying around all that resentment and anger and living in the hopelessness that has taken the place of your dreams is a chronic dull pain that is never ending. Facing your life



by Jean Kadkodaian

is an acute, deep and gripping pain—and once it is released, it's over. You will never have to experience that level of pain again, I promise. Shame, guilt, apathy, grief, these are all lower frequencies than anger. Anger is the spark that will ignite the fire that will run through your life like a forest fire clearing out the old, the dead, the overgrown. Anger needs to be respected because it can hurt you, kill you.

It is said that there are 100 steps to where you are and where you want to be and that the universe will take 99 of those steps. The step we all must take is willingness. It is just a small step forward but that small step is off a tall cliff. Do you really want to evolve? Do you really want enlightenment? Do you will yourself to choose in this moment to consciously and deliberately take action to become the co-creator of your life? Then you must also be willing to choose to fall apart, to fall into the void, the unknown, to consciously and deliberately take action to learn

your lessons and to heal your wounds. If you were to break your leg there would be pain, the pain of breaking, the pain of receiving the wound. But once your leg heals there is the pain of training it to work again the physical therapy, the pain of healing. Certainly you wouldn't just sit there the rest of your life and not push yourself to use your leg again. If you want to truly embrace willingness then be afraid to be stagnant and paralyzed more afraid than to take a giant leap into the unknown, to work through the pain, to face the dark of the night and to come into the light of the sun and stand in the bright white light of the joy, peace, and happiness that you were born to receive. ✨

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