



# Lessons along the way...

Presented by Davjd Benzshawel

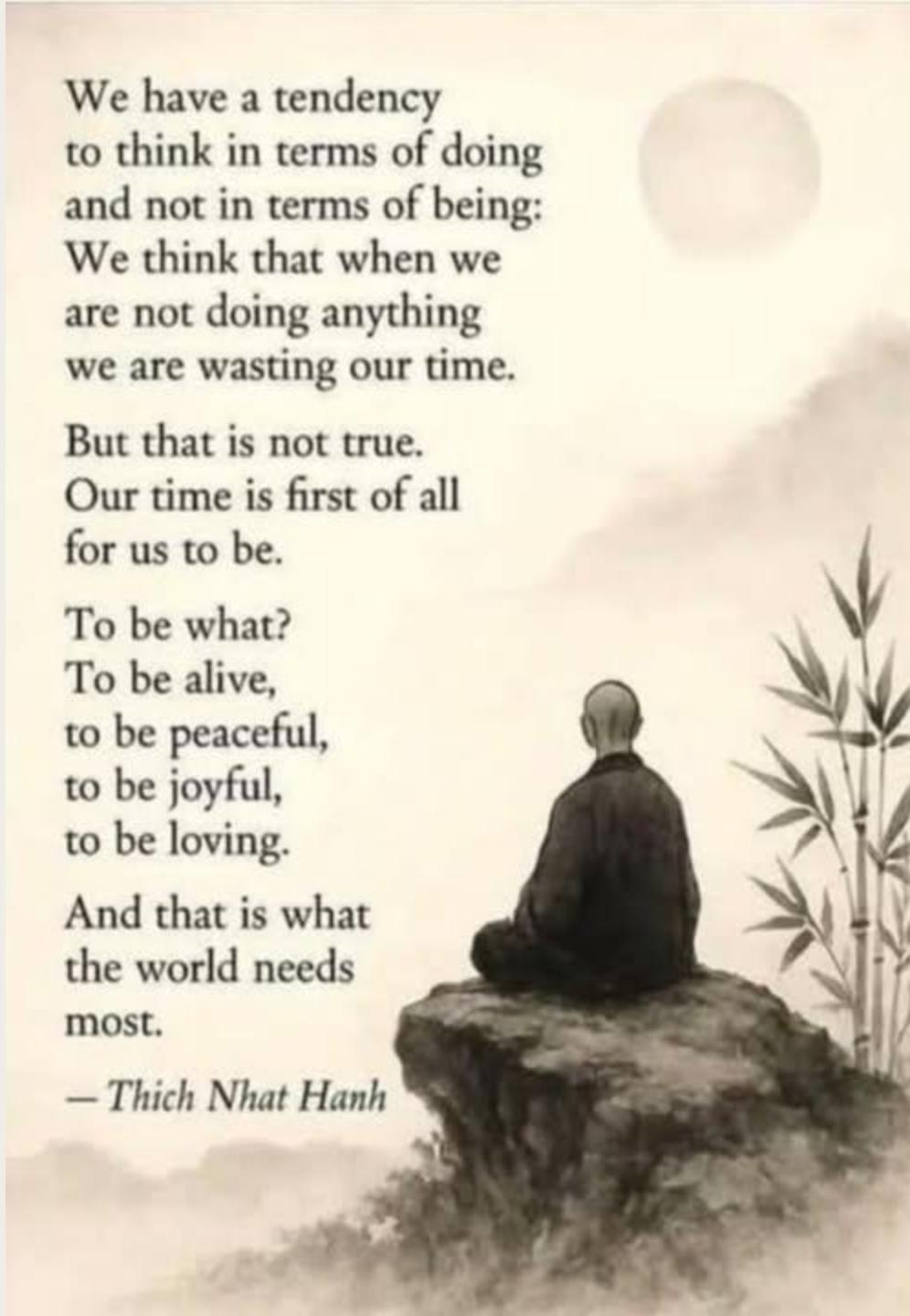
We have a tendency  
to think in terms of doing  
and not in terms of being;  
We think that when we  
are not doing anything  
we are wasting our time.

But that is not true.  
Our time is first of all  
for us to be.

To be what?  
To be alive,  
to be peaceful,  
to be joyful,  
to be loving.

And that is what  
the world needs  
most.

— Thich Nhat Hanh



# Lessons I am learning...

It seems I have been on a "spiritual journey" for over 50yrs. It has been quite a journey but the learning process continues

Over the last 2 yrs I have been doing a daily meme reflection in the hopes of understanding better my authentic self....

These are MY experience in the hopes they may inspire you to find yours

# Being vs Doing

It seems my journey is teaching me to concentrate more on BEING/quality of my life vs DOING/work I do to survive....

This passage helped begin the process for me....which continues day by day as I strive to balance Being/Doing, ego/soul

" We mostly spend our lives conjugating three verbs:  
to Want, to Have and to Do,  
Craving , clutching, and fussing,  
on the material, political, social,  
emotional, intellectual,  
even on the spiritual plane,  
we are kept in perpetual unrest:  
forgetting that none of these verbs have any  
ultimate significance,  
except so far as they  
are transcended by and included in,  
the fundamental verb

**To Be:**

and that Being  
not wanting, having and doing,  
is the essence of  
as spiritual life."  
from The Spiritual Life by Evelyn Underhill

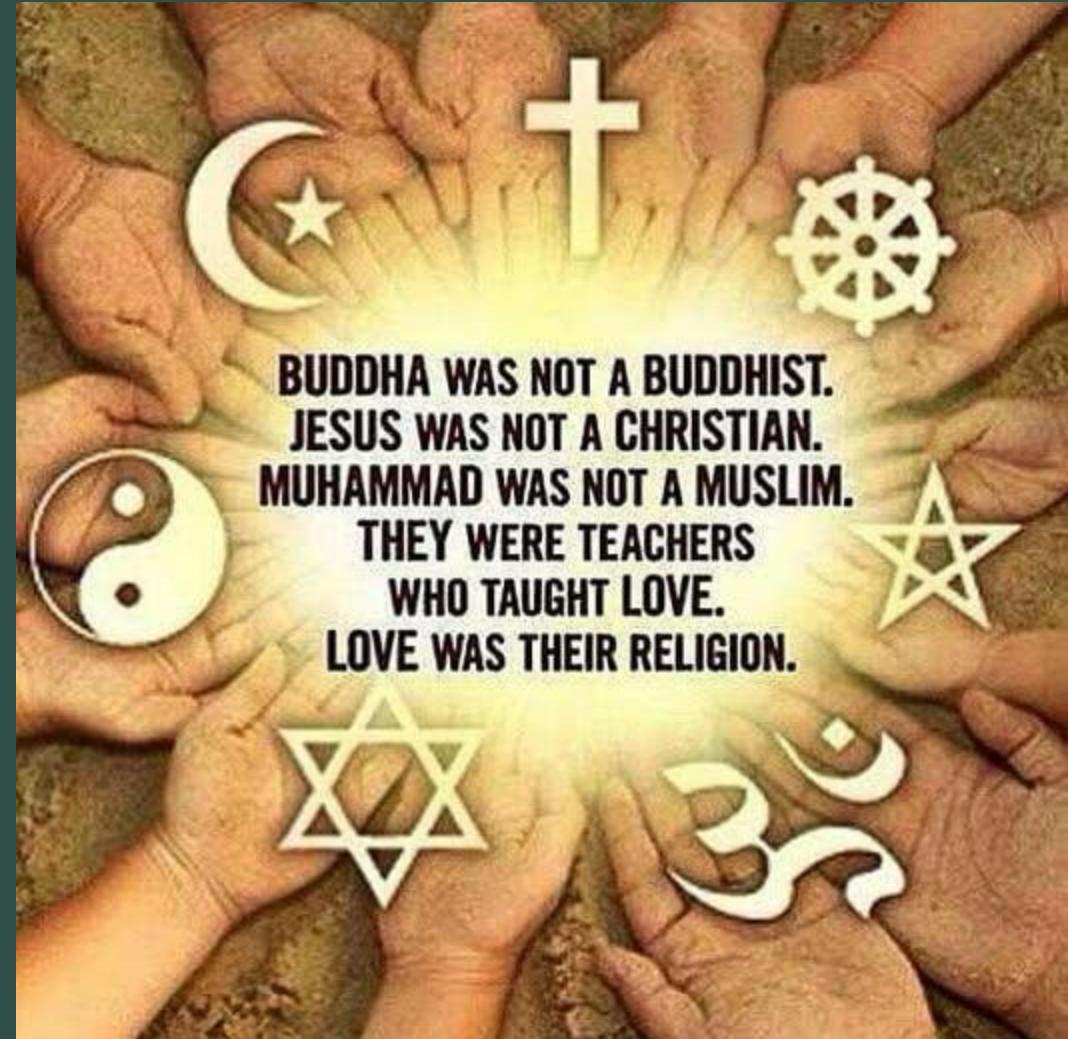
Another stepping stone for me was to learn the difference between religion & spirituality.....

## **Why is spirituality so important?**

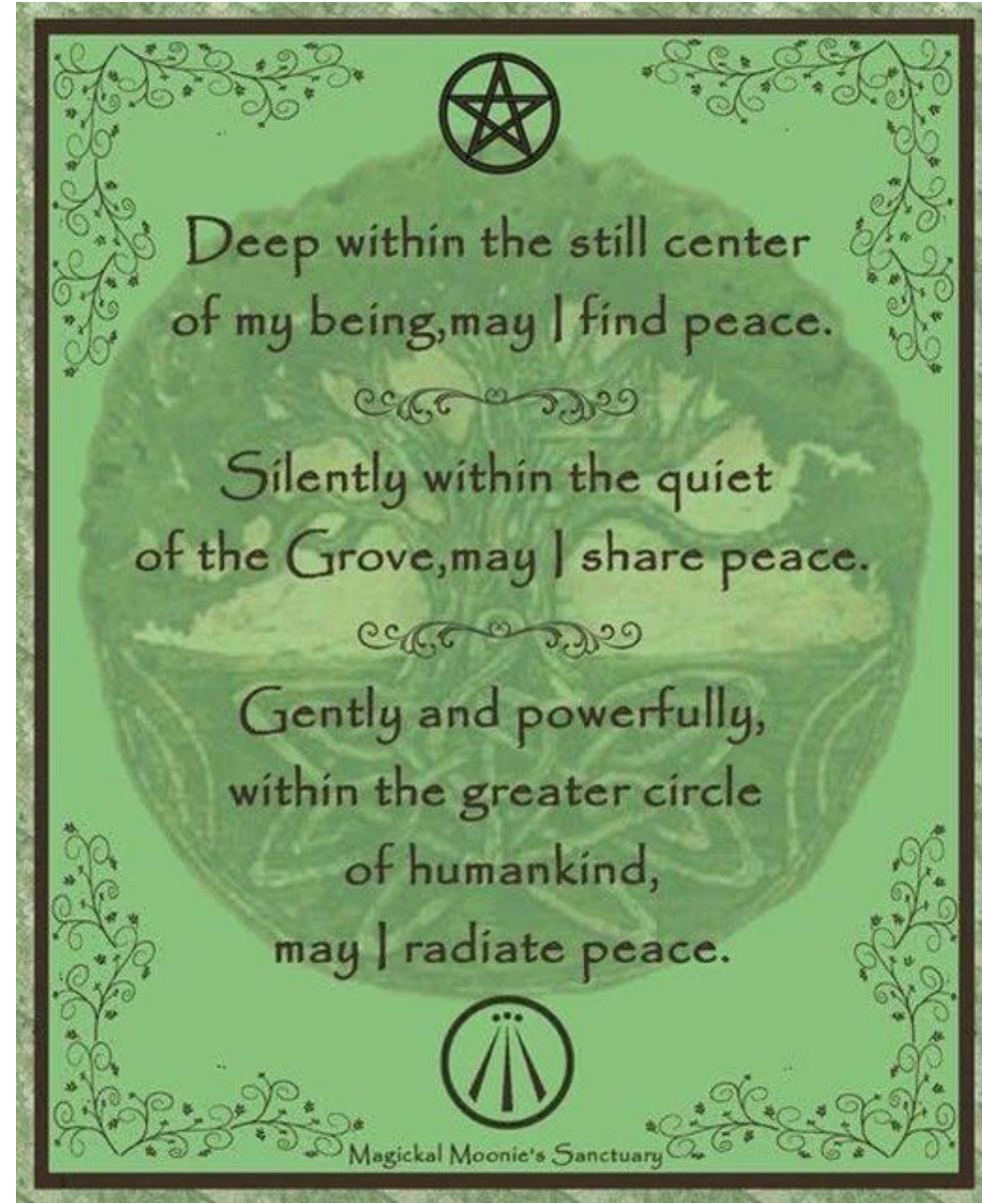
Spirituality is important because it provides a sense of purpose, meaning, and hope, which can improve mental and emotional well-being. It can also enhance social connections and relationships, help with coping during difficult times, and foster greater happiness and inner peace.



For me religion is a human institution to build community using common beliefs & dogma

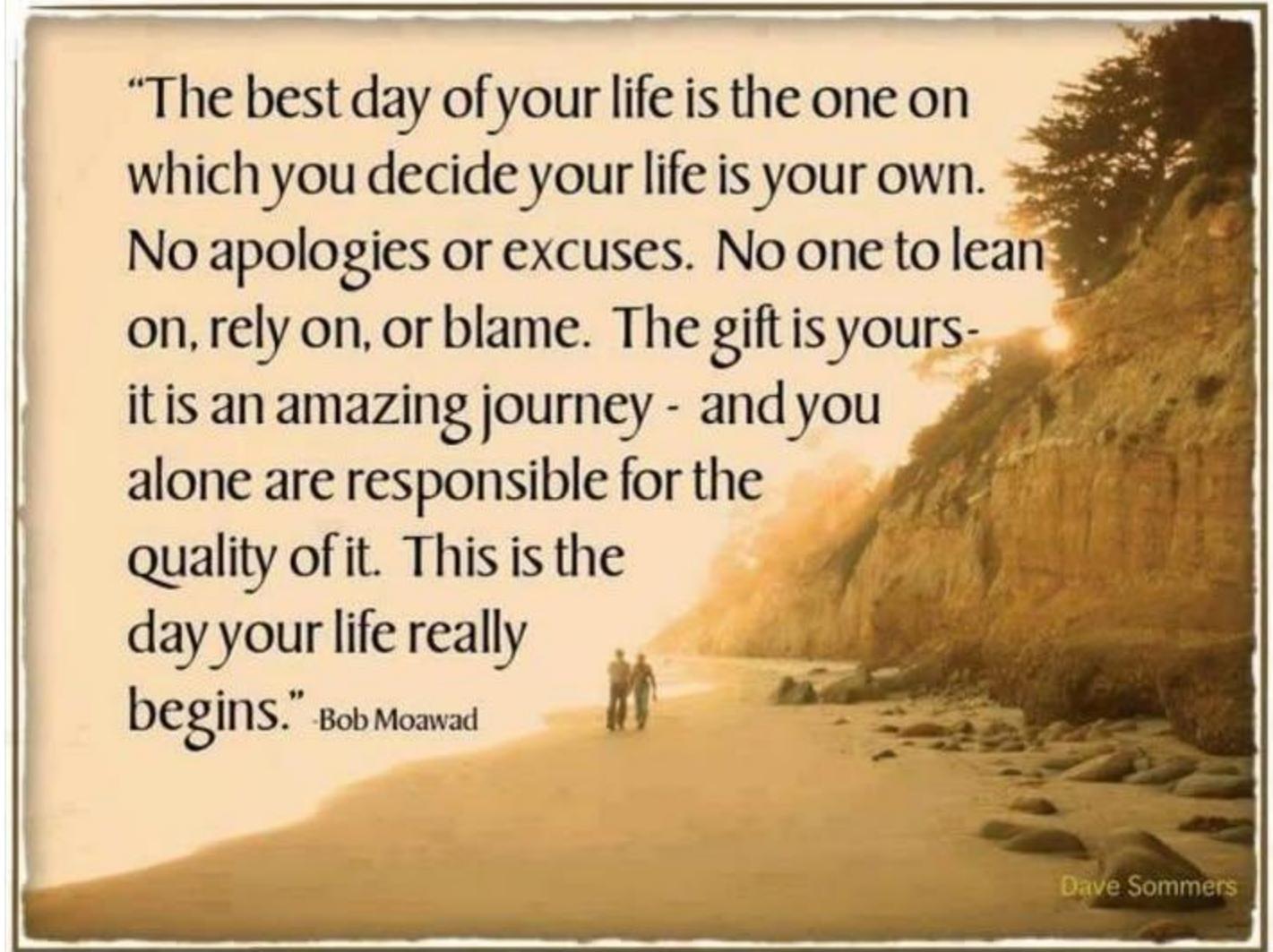


I find my spirituality grows as I learned to meditate, find my calm spot and learn how to live more in the present moment of NOW



No one ever taught me self care/love....i had to learn it over time....as I meditate I turn my focus more on myself & finding my authentic self....for some this may lead to a spiritual awakening.....

“The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to lean on, rely on, or blame. The gift is yours - it is an amazing journey - and you alone are responsible for the quality of it. This is the day your life really begins.” Bob Moawad



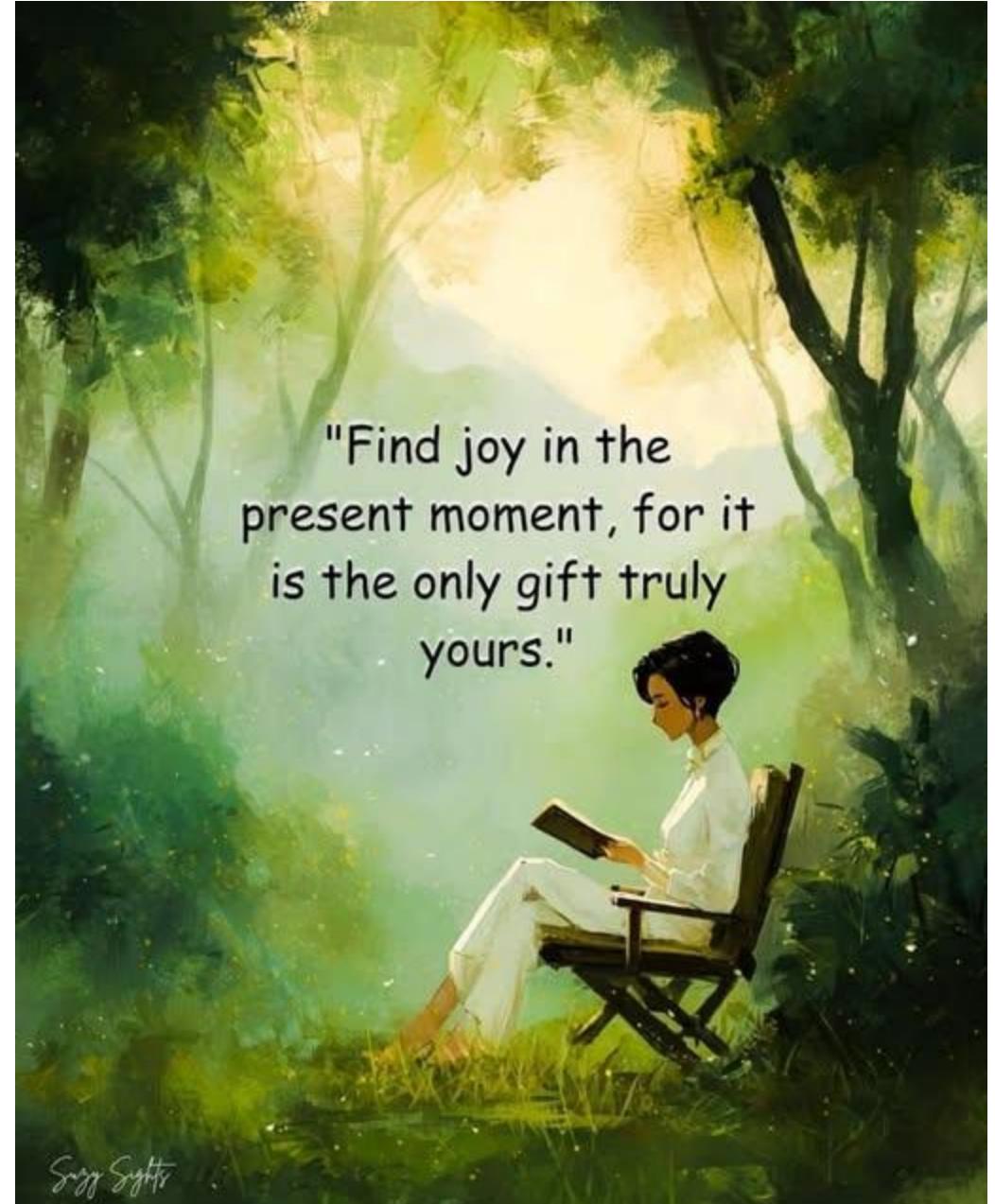
When I began to focus on the positive things in my life & express gratitude for all that is happening in my life in the present moment...the spiritual dimension in my life seems to grow.....

It is through gratitude for the present moment that the spiritual dimension of life opens up.

-Eckhart Tolle-



I strive to focus more on the Present Moment rather than my mind repeating the past or trying to predict the future....my mantra is to "let go to flow"

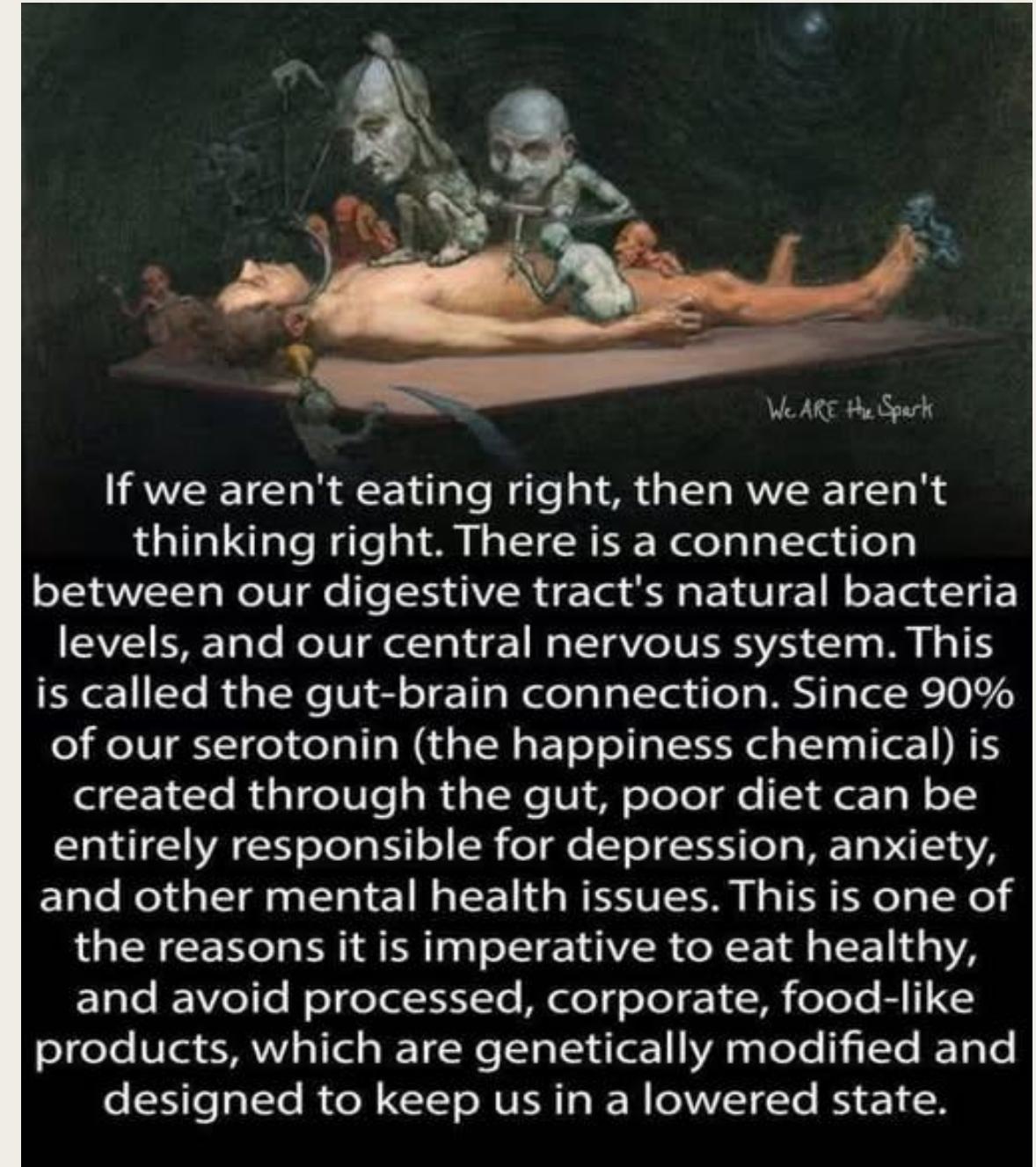


Although I was raised Roman Catholic, from High School forward I developed a more ecumenical approach to Religion but inwardly even as an Old Catholic Priest I was drawn to Zen...a more bare bone, non ethnic approach to enlightenment...



1. Let go of comparing.
2. Let go of competing.
3. Let go of judgments.
4. Let go of anger.
5. Let go of regrets.
6. Let go of worrying.
7. Let go of blame.
8. Let go of guilt.
9. Let go of fear.
10. Have a proper belly laugh at least once a day (esp. if it's about your inability to let go of any or all of the above).

I worked in the retirement industry & was certified as a Dietary Manager....i began to realize how good nutrition can help in the healing process



If we aren't eating right, then we aren't thinking right. There is a connection between our digestive tract's natural bacteria levels, and our central nervous system. This is called the gut-brain connection. Since 90% of our serotonin (the happiness chemical) is created through the gut, poor diet can be entirely responsible for depression, anxiety, and other mental health issues. This is one of the reasons it is imperative to eat healthy, and avoid processed, corporate, food-like products, which are genetically modified and designed to keep us in a lowered state.

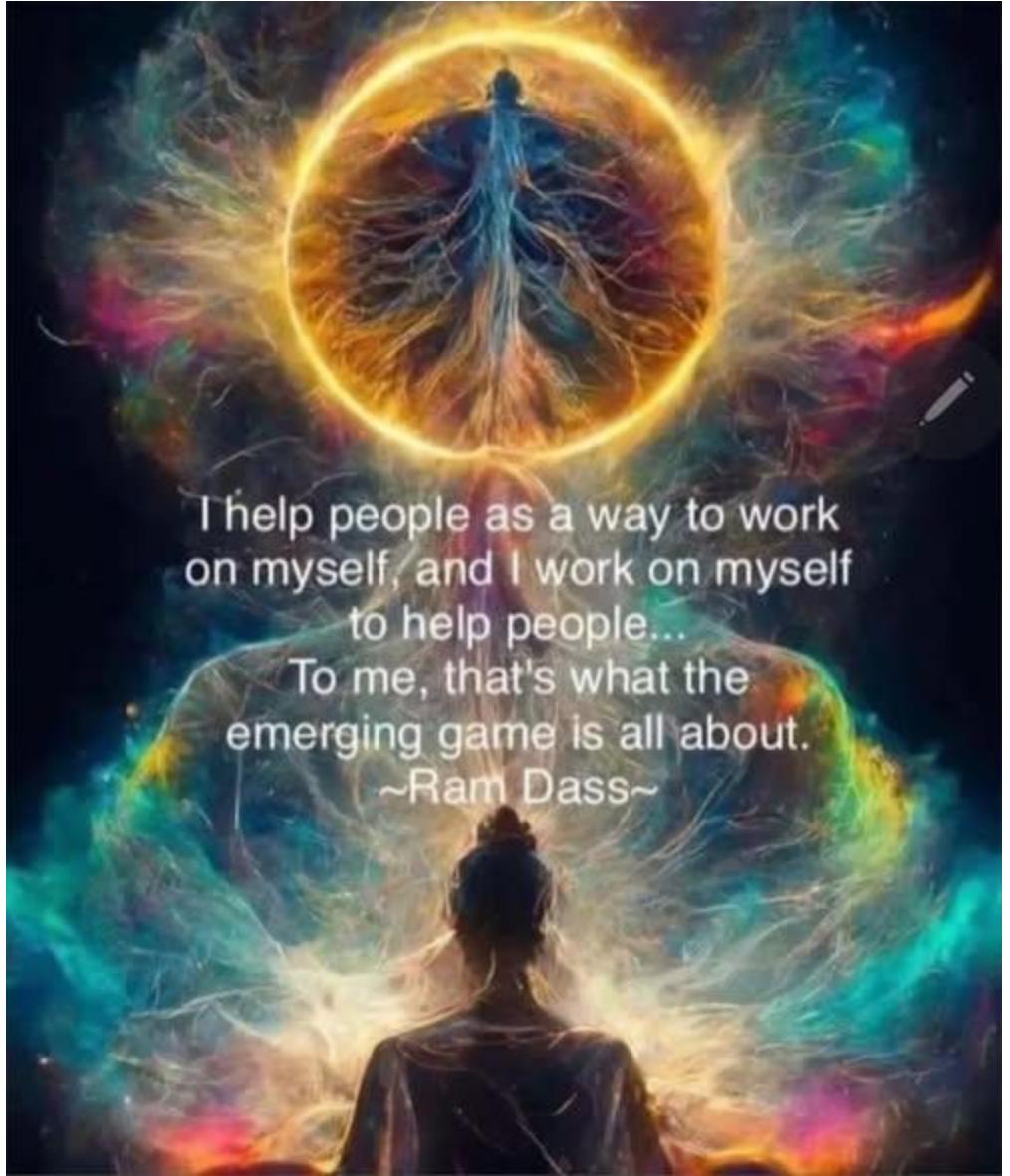
## EATING HEALTHY IS NOT ENOUGH!

You need to do more than just eat nourishing food, exercise, and rest to feel your best. You also need to be around good people, spend time healing your emotional history, live in alignment with your values, say no to people pleasing, stay open to growth, and deeply embrace change.



@Spiritual\_Perspective

I am now Vegan for 10 yrs after losing 100 lbs from a gastric sleeve surgery....i knew I had to drastically change my diet as well as physical exercise....i also was a recovery codependent & began to go to CODA meetings....my dad used to say that I always seemed to choose "to learn from the school of hard knocks"....i not only wanted the head knowledge but also change my patterns of interaction with others & myself....



I help people as a way to work on myself, and I work on myself to help people...

To me, that's what the emerging game is all about.  
~Ram Dass~

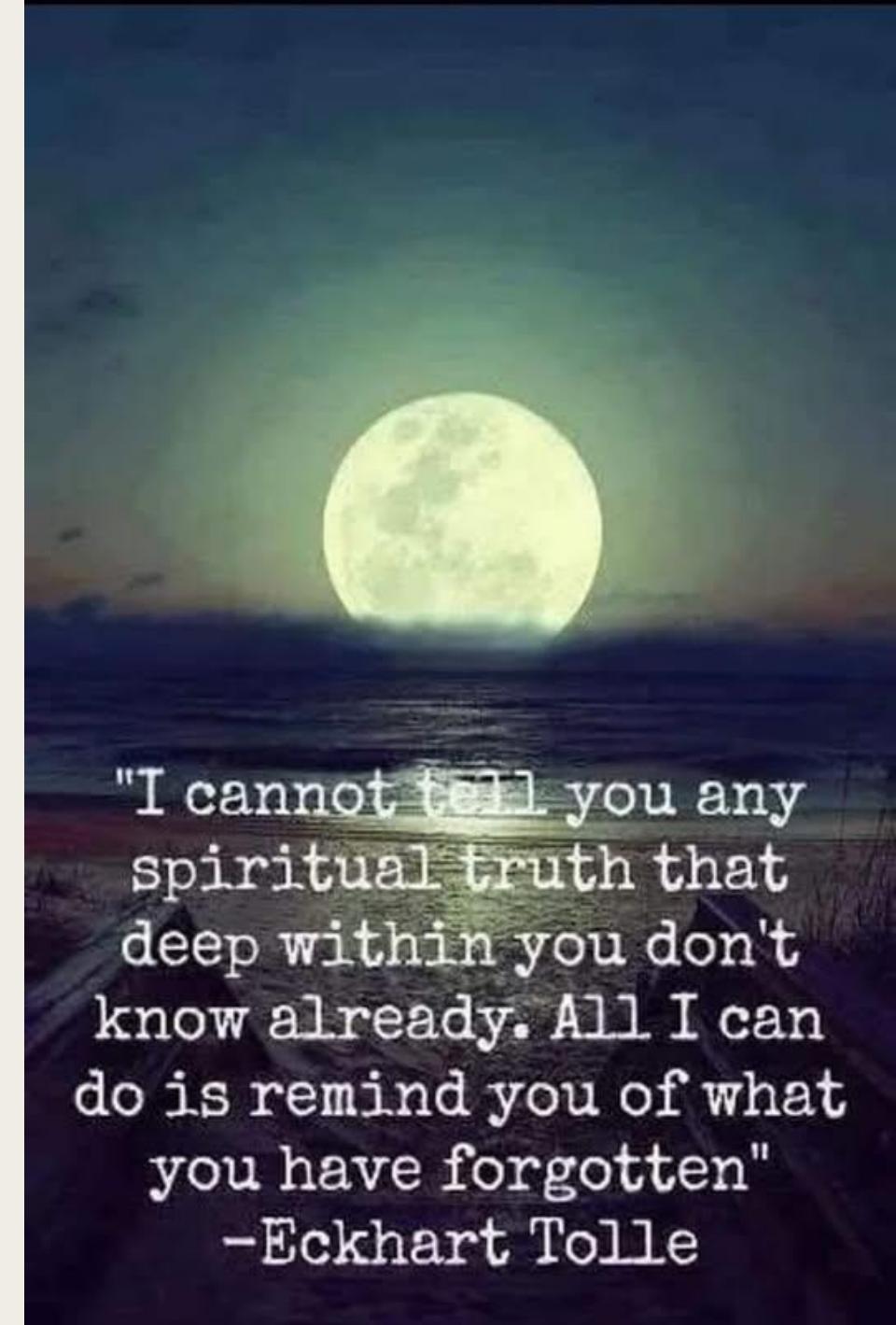
I believe one life can have a ripple effect.... so I worked on myself & those around me... I began to share "random acts of of kindness & it opened my heart/soul to compassion, oneness & respect for all of life.....

I DON'T KNOW HOW TO SAVE THE WORLD.  
I DON'T HAVE THE ANSWER  
I HOLD NO SECRET KNOWLEDGE  
AS TO HOW TO FIX THE MISTAKES  
OF GENERATIONS PAST AND PRESENT.  
I ONLY KNOW THAT WITHOUT  
COMPASSION AND RESPECT  
FOR ALL EARTH'S  
INHABITANTS,  
NONE OF US WILL  
SURVIVE,  
NOR  
WILL WE DESERVE TO.

LEONARD PELTIER



I believe that at some point we begin to "remember" some of our lessons from past lives....the only thing I can "control" is my reaction to CHANGE....do I let it bury me or do I use as lesson to grow, thrive & develop more....



"I cannot tell you any spiritual truth that deep within you don't know already. All I can do is remind you of what you have forgotten"  
-Eckhart Tolle

Some days you find so many glimmers,  
so much joy and beauty, it's practically blinding.  
On other days, you have to squint to find even the  
tiniest flicker of light. And on some days, no matter  
how hard you try, all you can see is the dark.  
If that's you right now, be gentle with yourself.  
Maybe your own self-compassion can be  
the glimmer you need today.

Lori Deschene / [tinybuddha.com](http://tinybuddha.com)



It is my hope that sharing some of my "lessons on the way" may resonate with you & aid you on your spiritual journey....Ram Dass said the reason we are here...

"is to help walk each other home"

After 44 yrs of service as an old catholic priest, I am now "retired" but still active on my website [reikiaccess.com](http://reikiaccess.com) or on Face Book as David Benzshawel, or on pages spiritual friends gathering or a'ho gay mens spirituality tribe.

I use my masters in spiritual direction/spiritual theology to assist others to find their spiritual path & develop their connection to SOURCE

I teach online reiki/energy work to students around the world on a donation basis...email me at [david@reikiaccess.com](mailto:david@reikiaccess.com) if I can assist you as a mentor & spiritual friend

