



The Path To Spiritual Maturity

Felicity Neale

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A lot of spiritual advice takes the form of people telling us what we need to do to be happy. We need to love everyone unconditionally, let go of stress, drop the worry, and forgive. I find this advice frustrating, because it tells us what we need to do, but stops right there. At step one. It does not tell us how we can reach any of these states of being. How do we reach unconditional love for someone we currently cannot stand? How do we let go of stress when the conditions causing the stress are not going to go away? How do we forgive someone who has deliberately caused us excruciating pain? We certainly don't flick a switch and do it, which is what I feel that most spiritual advisors leave us to do when they stop their counseling at 'what.' There is a practical way to achieve the 'how.' A suite of spiritual arts, laws, and principles that are universal, nonreligious, and timeless are that way. The teachings of every single Ascended Master revolve around the practicing of the qualities outlined within 'The Path to Spiritual Maturity.' Buddha, Krishna, Jesus, Maitreya, and countless other masters taught these arts, laws, and principles as the bridge to spiritual maturity. Reaching a state of spiritual maturity takes effort and commitment. It usually does not happen without either of these. But the effort and commitment are worth it: for those who have walked the path and crossed the bridge, wisdom, fearlessness, and a heart that overflows with love are theirs.

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