

WITH A NEW INTRODUCTION BY THE AUTHOR

The Key to
L.I.F.E.
Living In Full Expression

A revised & expanded
2nd Edition

*Ancient wisdom
for a modern world*

Jim Phillips

Chapter Thirteen



Being Perfectly Human

At some point in my life I developed the belief that consciously walking a spiritual path meant I was to lead a perfect life, or at the very least, I was to be working toward this perfect life. The more aware I became of this belief the more I questioned where it came from. I don't recall being told or reading somewhere that I had to live life a certain way or be a certain way to consciously be on my spiritual path. I am not speaking of what one might have been told or believe through the teachings of their accepted religion. I am speaking from a pure spiritual perspective of how I believed one must live to be spiritual, especially when sharing spiritual concepts. Further contemplation led me to a question, the answer to which gave me peace with the life I am living. What is a perfect life?

I have to admit I struggled with this idea when I first started my conscious inner work. I thought I had to speak and behave in certain ways; otherwise I wouldn't be living in full expression; I wouldn't be living the spiritual life. This caused me stress because I felt as though I couldn't just flow with life. I felt constricted and concerned about how others might view me. I would get annoyed, frustrated or angry and question why I was feeling this way. After all I was living my life as I believed someone consciously walking a spiritual path should. I was not supposed to express or experience the same emotions or feelings that those not consciously on their path experienced.

What I realized was that subconsciously I was working hard to remove the human experience from life. I had taken on the belief that to be spiritual meant one didn't act or think as a human. The funny thing is that the harder I worked to live this so-called spiritual life the more the human side appeared. It finally dawned on me that living a spiritual life and following one's perceived chosen path is not about being a perfect human: it is being *perfectly human*. What I now know is that it is the integration and expression of our spiritual aspect with our human aspect that provides for the fullest life experience, and ultimately, the grandest experience and expression of Self.

“Life is not about being a perfect human; it is being perfectly human.”

We all incarnate the human body with the same fallibilities and vulnerabilities. The fact that the physical body is at all times subject to the possibility of pain and suffering is both the greatest challenge and greatest benefit to anyone who incarnates the physical body. There is the innate knowing that at any time any one of us can suffer physically and emotionally and that in some ways life on the Earth plane is never secure. And yet, it is in rising above this that we learn to claim our spiritual heritage and spiritual beingness.

Being perfectly human is about allowing and experiencing all that life is in every form it takes. It is being curious about life, in awe of life, respectful of life and knowing that every one of us are here to experience our Self within the vagaries of life. What I realized as I struggled to lead a spiritual life was that I am living my perfect life. In Truth, the life every Soul lives is the perfect life for the grandest experience and expression of that Soul during that souljourn, otherwise it wouldn't be living it. Our human experiences are perfectly created for the expansion, experience and expression of Self.

“Life always presents exactly what is needed when it is needed.”

We have all heard that what we resist persists. The more I resisted what was being presented to me the more intense certain situations became. It finally got to the point when I almost had to accept what was being presented because of the intensity of the situation. Notice I said almost *had to accept*. There is always a choice in what we want to experience. We can choose to accept and have the experience of whatever is being presented or we can choose to resist and have the experience that resistance will bring. Neither choice is right or wrong; however, each choice brings with it a different experience of Self.

Resistance stems from a reluctance or unwillingness to accept change (life) as it is presented. Even though change is constant it is the uncertainty of what that change looks like that elicits fear. When looking through the eyes of fear we are unable to see the benefit behind the change and therefore only see that which might be challenging or difficult. When we see challenge and difficulty our first response is usually resistance. We don't want to go there. We think to ourselves, life is hard enough as it is, and now this. When is it going to end? When will life finally give me a break?

Suffering is a choice. Suffering is our attachment to feelings, emotions, thoughts, and beliefs that no longer serve us. The truth is, we can easily choose to end suffering by releasing our Self from the attachment. Life consistently offers the opportunity to do so; however, it requires a letting go of that which we have held as true about our Self. When the conscious decision to no longer accept suffering is made we free our Self to embrace and experience life fully as it is presented in the current moment.

Pay particular attention to any patterns that develop where you are presented similar life circumstances time and time again. When this occurs it is most likely your Soul saying this is an experience it desires to have and regardless of any resistance you might put forth you will have this experience. I (your soul) will continue to create opportunities for this experience until the conscious choice is made to allow the experience. Engaging your awareness at all times is vital. Being consciously aware of what is happening around and within you frees you to make choices that provide for the grandest experience and expression of Self.

Here are a few questions to consider that can change your perspective on life and therefore your experience of life.

1. What if instead of resisting life you are in flow with life?
2. What if you accepted that everything life presented, in whatever form it took, was for your benefit?
3. What if you viewed change through the eyes of potential – the greater expression and experience of Self– instead of through eyes of challenge, difficulty or instance of victimhood?
4. What if you accepted change as the natural process for your continuous experience and expression of Self, your very purpose for being here on the Earth plane?
5. What if you *consciously* created change for the grandest experience and expression of Self possible instead of waiting for change to take place?
6. How might knowing you are the creator of your life experiences bring peace to your life?

As you consider change and perhaps your resistance to or fear of change, what would you say if you were asked how you would like to experience life in three, five, or ten years? Would you like it to be as it is now or do you desire it to be different? Most people say they want and expect life to be different from the way it is now. In fact, they would like it to be different. Perhaps better stated, they would like their experience of life and their experience of Self to be different from the way it is today.

Life moving forward is going to be different. Life is fluid. Life flows whether we are in flow with it or not just as water continues to flow over and around a boulder that would resist it. In the end however, it is the boulder that surrenders to the persistence of the water that would wear it away and reshape it. And so it is with us. We eventually surrender to the persistence of life and come to accept all it offers as it wears away all that would deny the experience and expression of our true Self. Surrender is not about giving up; it is giving in. It is giving in to the magnificence of what can be, the magnificence of all that we are, the magnificence of Self. Our boulders in life are the limiting thoughts and beliefs we hold about our Self.

Regardless of how much we resist what life is offering life will eventually wear down our limiting beliefs, not causing us to throw our hands in the air in surrender but to raise our hands in victory as we accept that life always has and always will offer what we need for the grandest experience and expression of Self.

Change makes life dynamic, exciting and worth experiencing. Change brings benefit to life. Change brings energy to life; it brings life to life. Change is creation therefore we are here to experience creation. As the creator of our own life experiences creation places the power of what can be within us.

“Change is not a choice; whether you embrace it or you resist it is.”

Change will occur. However, if the change is as a result of our creation, our intention, then our life experiences will be those we desire and not those that show up by default. Change/creation is the opportunity to experience and express ourselves under ever evolving circumstances that deepen our knowledge, experience, and relationship with Self.

*“When we are in concert with the song of life,
even though the melody changes, we still sing our song,
only now with grander expression.”*

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