



Spiritual Beings

Having a Human Experience

Dr. Lata Sonpal

“We frequently hear Teilhard de Chardin’s profound observation “We are not human beings having a spiritual experience; We are spiritual beings having a human experience”. Those inspiring words bring us together and not divide us. Holidays have the same effect, they bring us together and bridge our differences.

We, as spiritual beings choose human experiences through which we further our growth and learn our lessons regardless of the country, circumstances or faith we choose to be born in or practice. And we choose our parents and generally follow their footsteps in the religious practices that they grew up in. Sometimes we choose a different path that is not confined to a specific religion, or our parents’ and communities’ belief systems, and that is just as good a path as any! As human beings we are aware that we need to respect each other regardless of our belief systems and live in harmony while cultivating

equanimity and detachment, strengthening each other with sympathy and empathy and loving kindness.

Holidays are also a good time to engage in introspection and be inspired to help each other heal and grow, learning from our mistakes, forgiving others for their mistakes that wittingly or unwittingly cause harm to others. Recognizing that forgiveness is a gift that we give ourselves— as by forgiving those we have chosen to feel hurt by— we reclaim the energies that are tied up in not forgiving! Then we use those energies to live our lives fully in the present moment rather than allowing our present to become un-lived past and avoid the vicious cycle of wasted future and present while caught up in licking our wounds. So holidays can then be used as times to let go, heal and grow, be optimistic and inspired about the new path we choose of acceptance and altruism.

Whether the world views are western, eastern, naturalistic, scientific or monothe-

istic they all share similar values of loving, helping, making healthy choices, serving fellow human beings, living in peace and harmony, being happy, choosing the path of growth and abundance through ethical means.

I like to think of us, human beings, as billions of pieces of a puzzle called humanity. We come in different sizes, shapes, colors and yet that puzzle called humanity will not be complete without each one of us having a special place in it.

Different belief systems have different calendars. Some are based on a lunar cycles and other are based on international calendars. Therefore the holidays for those different pieces of the puzzle are at different times. And because of this, they all generate wonderful energies throughout the year. Regardless of your belief systems take this time of the year to be inspired and aspire to be altruistic, actualizing your potential and learning your Spirit/Soul’s lessons. This not only will uplift this lifetime, it will also pave the way for future existence, whether in human or any other chosen form, for further growth.

Wishing you all a healthy, happy, wonderfully joyful, and meaningful Holidays! (H= Healthy, Happy, Harmonious; O= Optimistic, Open minded; L= Letting go, Loving Kindness; I= Introspective, Inspiring; D= Discerning, Delightful; A= Aspiring, Accepting, Altruistic; Y= Yielding, Yearning for Spiritual Growth; S= Serene, Sympathetic and Serving).”



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She has been in her own private practice since

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