

The Spiritual Side of Life

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Have you ever wondered where your thoughts and feelings come from? Have you ever had thoughts or feelings that you thought were not your own? Have you ever felt protected or guided by a source outside of yourself? If you have, I want to reassure you that you are a totally normal human being – you are meant to have spiritual experiences.

Microcosm & Mediator

We are meant to be the mediator between the physical and spiritual worlds. Our physical body is a

microcosm of the physical world, made of the same atomic and chemical elements, and resembling aspects of the physical world, while our spirit is a microcosm of the spiritual realm. The invisible world is substantial, more real even than the physical world because it is the source.

In the Divine Principle it says: *“The spirit world is in the position of subject partner, and the physical world is in the position of object partner. The latter (physical) is like a shadow of the former (spiritual).”* – EDP, p. 46

The Bible tells us that God created the Angelic realm as “messengers” and “ministering spirits” to help us, but we seem to have a hard time believing in things we can’t see. In recent history we have become so preoccupied with finding rational or scientific proof of everything that we tend to disbelieve anything that we don’t experience with our 5 physical senses.

We can receive guidance and help from the invisible spiritual world, but being the center of both we also have to use our practical physical judgment. You might even say that this is what makes us different from all other species; this is what gives humans the position of Lord and subject over the Creation.

Just as the mind and body work together both consciously and subconsciously, the spirit world and the physical world work together in a similar way. Some people are conscious of spiritual phenomena and others are not. The relationship between the physical and spiritual realms is reciprocal, giving & receiving from both sides.

“Now to each one the manifestation of the Spirit is given for the common good. To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit, to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues. All these are the work of one and the same Spirit, and he distributes them to each one, just as he determines.” – I Cor. 12:7 to 11

5 Spiritual senses

Everyone has 2 sets of senses; 5 physical and 5 spiritual. Our spiritual senses are often undeveloped or underdeveloped. That is probably good because we might be terribly overwhelmed and confused if we had 2 sets of senses to deal with all the time, especially if we couldn’t tell the difference between them.



We’ve all heard of mediums and psychics and we might find ourselves sometimes being skeptical of such things. But that’s only because we are so accustomed to just dealing with the physical world that seems so solid and real to us. Even though I’ve had spiritual experiences, I sometimes still find myself being skeptical.

I’ve experienced spiritual sight, sound and touch – but not all at once, and not too often. I purposely chose

not to allow myself to become too spiritually open, because it can be distracting and not all spiritual influences are good. But because I'm aware of these senses, then I'm not afraid and I don't shut down when I do get some kind of message or guidance spiritually. It's normal to have spiritual strengths and weaknesses. It's rare to find someone who is developed in all these areas.

Physical/Spiritual Relationship

Because we are both physical and spiritual beings we live in these 2 realms at the same time. The physical self exists in time and space. Your spiritual self is fully integrated and one with every cell of your physical being, while at the same time it exists beyond time and space and therefore it is eternal.



Your physical mind controls the functioning of your physical body; your spiritual mind is the center of your consciousness and your spirit body. Physically we need air and sunlight, food & water to stay alive and thrive. God's love and truth, is the spiritual version of air and sunlight and we would spiritually die without it.

In the same way that our body also needs food and water which we have to make effort to get, our spiritual body needs vitality elements which come from our efforts to live lovingly & truthfully while in this physical body. When we physically live in accordance with universal laws, loving and caring

for others and the world around us, we put God's love and truth into action in the physical world, then our spirit grows and we feel inspired to continue the cycle.

"If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing." – I Cor. 13:1 to 3

What you do physically has an impact on your spiritual being, just as much as your spiritual practice should influence your physical life.

The more we take in God's love and truth through the word, and through the people we associate with, the more we will attract heavenly spirit beings to assist us. Also the more we pray and meditate about good things, the more we will attract a high spirit world to guide us. This will give you greater power to have mind & body unity centered on God and goodness. We feel good when we do good things because we were created in the image of Absolute Goodness.

2 Other Psychic Sensitivities

We also have 2 spiritual sensitivities that correspond to the physical mind & heart, these are the spiritual mind & spiritual heart. In psychic language a person with Clair-cognizance can perceive the thoughts of spiritual beings; they might also receive revelations, or messages such as in automatic writing. People who can sense the emotions of spirits through physical things or places are called Empaths.

However everyone has some ability to receive mental and emotional inspiration from the spiritual realm even if we don't realize it's happening. Spiritual thought and emotion is how we relate most directly to God in our own life of faith. That's why scripture is so important; it helps us align our thoughts and feelings with God's thoughts and feelings. Regardless of who wrote the scripture, if it contains heavenly content that elevates human consciousness and supports good actions, then it is good!

Who is talking to you?

Who are you listening to when you have 2 conflicting trains of thought in your head? Everyone can relate to this picture of the devil and angel standing on someone's shoulders because we have all wrestled with our conscience at one time or another.

These conflicts in your head are often your spiritual mind and physical mind talking to each other. Your physical mind is mostly concerned with your body's wants and needs, and self-preservation. Your spiritual mind wants to direct you toward the highest purpose or the Heavenly way. It's a good spiritual practice to speak lovingly to your body and to take care of it well so it will feel free to serve the higher purpose.

In this situation ask yourself, “Are my physical or emotional desires fighting with my moral & ethical upbringing?” or “What is the origin of these 2 trains of thought?”



Do you seek guidance from friends or family in this situation? People are often eager to give you advice, but their advice may or may not be good. The spirit world is also eager to give you advice, but you don't know what kind of spirits they are; do you? Your ancestors may want to give you their 2 cents worth just like your friends and family do. Who will you listen to?

It's important to pray and be patient, try to sort between your feelings and what is right. Ask God what is right and wait patiently knowing that God

will guide you. Most of the time we don't trust that we will get an answer and we impatiently make an emotional decision because being conflicted is very uncomfortable.

The Bible tells us to be patient because “all things come to those who wait.” So if we are seeking to do the right thing we have to be prayerful, patient and trust that God will give us the answer. This may be difficult at first but it gets easier the more you do it.

What is intuition?

Intuition is like your personal GPS. It's different from the other psychic senses in that it is rooted in the body instead of coming from the spiritual world. It's like a built in homing device with some extra features. All animals have intuition.



When I was growing up I had a dog that would go sit at the door and wag his tail about 5 or 10 minutes before my dad would come home. My dad came home at all different times so this was not just a biological clock thing. The dog sensed when my dad was getting close to home because he loved my dad.

Intuition is always about your life and activities, or about someone you love. It often comes as a subtle thought or feeling that's easy to brush off, but there's usually a persistent yet vague physical feeling that comes with it. It often defies logic.

If the hairs on the back of your neck stand up it may be a warning that something is about to happen. Have you ever had a feeling on the back of your head that someone is watching you, and then turned around to find out it was true? Sometimes you might get a feeling in the middle of your chest or back that something is not right.

It's easy to disregard intuitive thoughts or feelings, but they have saved my life more than once. Sometimes the intuition allows the other spiritual senses to open up a bit and we experience both at the same time.

Law of Attraction

You may have heard of the Law of Attraction- this is a feature of Give & Take action. Basically what you focus on will increase and what you ignore will decrease. It's a basic law of the universe. If you pay attention to your intuition, then you will notice that your intuition gets stronger.

You will be able to tell the difference between other types of thoughts and feelings and your intuition. When you become more aware of your thoughts and feelings and how you are influenced both physically, emotionally and spiritually then you can make better decisions.

If your mind is full of pure heavenly thoughts then you will naturally attract more heavenly guidance. The more you pay attention to that guidance and give thanks, the more it will happen to you. Just like people in the physical world like to be noticed and appreciated, spiritual beings like to be noticed and appreciated too. Give sincere thanks to God, Jesus, the angels and all your good ancestors for all the nice little things that happen every day, and see what a difference it makes in your life.