

The 5 Fundamental Spiritual Truths

Change the Way You Think

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THE FIVE FUNDAMENTAL SPIRITUAL TRUTHS

Dr. Ong Tien Kwan

There are many spiritual truths and they are found in most religions and spiritual traditions, although not necessary in ways that are obvious to the seekers of truth. I have found these five spiritual truths to be fundamental to the mastery of life. Know these five fundamental spiritual truths well and internalize them into your life and you will be able to find peace, happiness, good health and abundance.

These are the five fundamental spiritual truths:

1. This is a **SPIRITUAL** universe

This universe we live in is not purely a material universe. There is a spiritual aspect to it. In fact, we ignore this spiritual aspect of the universe at our own peril because this spiritual aspect of the universe is the source of all things. All creations, all manifestations arise from this one source. Learning about it, befriending it and knowing how to make use of it can dramatically change our lives.

“Something there is without form, yet complete
Born before Heaven and Earth
I know not what it is called
For lack of a name, I called it Tao”
- Tao De Ching

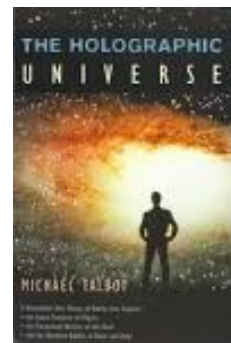
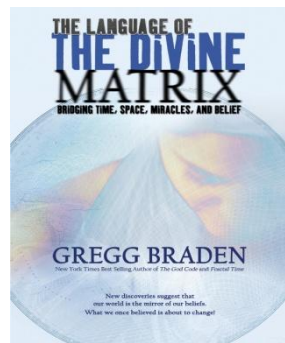
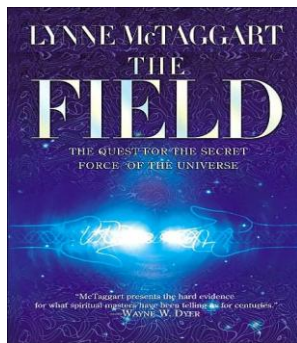
The ancient sages knew about this spiritual power. That is why many have searched for it. However, most people searched for it in the wrong place. This Tao or more often referred to as “Prana” or “Spirit” is not something that can be perceived with our five physical sense organs. We cannot see, hear, smell, taste or touch it. The only way we can perceive it is with our mind.

For a long time, scientists have disregarded the existence of this “Spirit”. Perhaps this is because it is intangible and cannot be detected by any of their instruments.

Or perhaps using the term “spirit” was unfortunate as it seems to imply something not totally scientific and real enough for them to seriously study.

However, through quantum physics, we now know that there is “something” out there that we cannot perceive with our physical senses, yet is very real. The physicist David Bohm postulated about its existence with his theory of an unseen Implicate Order that unfolds and manifests itself as the visible Explicate Order of the universe. As researches in quantum physics progressed, we soon discover the existence of an amazing invisible world apart from our visible material world – a world of pure potential and energy.

It seems there is an invisible field after all, and one that is everywhere in the universe. In fact, everything in this universe is submerged in this field, including us. It is inside us and outside us, in the air and in solids, and everywhere you can think of. This field has unlimited potentiality and is the source of everything in the universe. If you are interested to know more about this field, I recommend that you read Lynne McTaggart’s “The Field: The Quest for the Secret Force of the Universe”, Gregg Braden’s “The Divine Matrix” and “The Holographic Universe” by Michael Talbot.



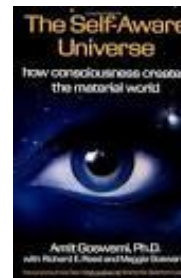
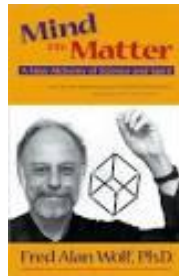
For now, all you need to know about this field is that it has unlimited potentials and is the spring of all life, and that it is malleable by our mind.

2. Mind is the CREATIVE force in the universe

The field is impersonal and inert until it is worked upon by the mind. This field of potentialities can be molded and sculpted by the mind. It is accessible to

everyone. In fact, all of us are already doing it, albeit unconsciously, mostly to our disadvantage. However, we can learn to do this deliberately, consciously and purposefully to achieve all our desires. We only need to learn the how-to and put it into practice.

In quantum physics, we know that the wave form (the intangible, invisible form with unlimited potentialities) collapses into a single particle form (tangible, manifested form) when it is observed or acted upon by the mind (consciousness, observer). What this means is that creation from formless to form requires the presence of the mind. In other words, our mind is what molds, sculpts and creates our reality. You can learn more about this in Fred Alan Wolf's book entitled "Mind into Matter: A New Alchemy of Science and Spirit" and Amit Goswami's "The Self Aware Universe". Both these authors are physicists.



Let us first understand a little bit more about the mind. We can find much more information about the mind in the Buddhist sutras than any other sources available to us today. For example, in Chapter V of the Lankavatara Sutra of the Buddhist Mahayana tradition, there is a good description of the various aspects of the mind – the Universal Mind, the Intuitive Mind and the Personal Mind.

UNIVERSAL MIND

Firstly, there is the Universal Mind which has been called many names. Some call it the One. Others call it God, the Mind of God, Supreme Godhead, Great Spirit, Tao. It is important to realize that fixation on names only leads to more confusion. So we should not regard the names as important. What is important is to know its nature, its true essence.

Here are some of the qualities of the Universal Mind.

1. The Universal Mind is Impersonal

The universal mind is an undifferentiated mind. It is therefore impersonal. Since it is impersonal, it does not take sides. There is no bias, no prejudices. It embraces everything into its fold.

2. The Universal Mind is Creative

The universal mind is creative. In fact, it is the only creative force in the universe. When you think about it, nothing is created without the mind. Creation begins with a non-tangible thought before it becomes a tangible reality.

3. The Universal Mind is the Repository of all Things

The universal mind serves as the repository of all thoughts, all experiences, all things. Thus this is also the source of all information, knowledge and wisdom.

INTUITIVE MIND

The intuitive mind is the bridge between the impersonal universal mind and the personal mind. It dips into the impersonal universal mind for all its information, knowledge and wisdom.

Thus whatever information or knowledge that flows through the intuitive mind to the personal mind is what we called **intuition**, and has the characteristics of inclusiveness (embraces all) and wisdom. This information, if not filtered or altered by the personal mind, is **always accurate** and is for the **higher good** of all.

Often, however, such high quality, untainted information is unfortunately filtered and distorted by the personal mind out of the false sense of superiority, insecurity and fear.

The intuitive mind is also sometimes called the Higher Self.

PERSONAL MIND

The personal mind is a fully differentiated mind. It has a sense of self. It has a sense of separation. It has a sense of uniqueness and individuation. This separation from the whole universal mind and the individuation into a unique self

opens up a whole new world of infinite possibilities and potential experiences, but it comes at a price – a trade off – for the separation also brings about a sense of incompleteness, a sense of lack, a sense of insecurity and thus fear is born.

The personal mind has:

1. A Sense of Self – which gives it uniqueness, individuation, self-centeredness nature
2. A Sense of Separation – which gives it a sense of incompleteness, lack, insecurity and fear

Paradoxically, it is this sense of separation that gives it the drive, desire and motivation to constantly seek wholeness, completeness and oneness with God (or whatever name you gave it). It is what drives us to strive higher, be better, and seek greatness and self actualization.

On the other hand, because it is self-centered, it has difficulty seeing the “big picture” of the wholeness of life. It also has a false sense of vulnerability and therefore the need for self preservation.

In the Western tradition, we often refer to the mind in terms of the conscious mind, subconscious mind and the unconscious mind. This way of looking at the mind is describing the mind according to the level or degree of awareness of the mental processes going on in our mind. Thus, our everyday thinking mind which we are aware of is the conscious mind while those thinking processes that are under our conscious awareness is grouped under the unconscious mind. The subconscious mind refers to an area of the mind that is just marginally below our conscious awareness but that we can consciously become aware of with some concentration and effort.

3. YOU are the center of YOUR universe

This third spiritual truth has been misinterpreted and distorted before. It does not say that you are the center of THE universe (which only makes our ego bigger), nor does it say that the EARTH is the center of the universe (which probably led to the medieval belief that the earth is the center of the solar system).

What it does say is that YOU are the center of YOUR universe.

What this means is that you are the creator of your own world - your own reality - and I am the creator of mine. My world is not identical with your world even though they may overlap each other. Without exception, every one of us lives in a world of our own design. **We are the creator of our own universe** and we create it through the only creative force available to us – our mind. This is the message that all those gurus teaching the Law of Attraction is trying to tell us.

Basically, the Law of Attraction says that “like begets like”. Thus, when you think of positive things, you tend to draw or attract positive experiences, people and events into your life. The same is true if you focus on negative thoughts. In this case, you will tend to attract negative experiences, people and events into your world.

Because of this simplistic explanation on the Law of Attraction, most people think that if they want something bad enough, they should be able to manifest it. Then they get terribly disappointed when they do not and they say that the Law of Attraction does not work. The truth is that you attract what you predominantly are, not what you want. If you want abundance, are you predominantly thinking abundance? Do you feel abundance? Are you abundance? It is more a mindset than a single thought.

There is another aspect to this creating reality business – one which is not often touched upon by the Law of Attraction gurus but is found in the teachings of the Buddha. This aspect is about how we **experience** reality. There is a deep spiritual truth to be realized and that is that all things are empty of any intrinsic value except the value we give to them.

For example, you and I may find a piece of diamond to be of great value and we may therefore invest a lot of energy into acquiring or owning it but a diamond given to an obscure aborigine in the deep jungle of Amazon may simply be thrown away because he does not see the value or utility of the same piece of diamond.

The values we assigned to people, things and ideas obstruct our ability to see things as they really are. These values are rooted in our beliefs and they colored our experiences. By changing our thoughts and beliefs about people, things and ideas, we are able to change the experiences in our lives.

It is important that we realize these two aspects of reality creation because not realizing these truths leaves us a victim of fate while knowing them can make us master of our own destiny. Both require that we **take full responsibility** for all our creations and experiences. This decision – of taking 100% responsibility – once made and acted upon, empowers us and put us on the right footing or mindset towards a positive transformation of our lives.

4. As WITHIN So Without

This phrase is borrowed from the Law of Correspondence in the book “The Kybalion” – a book about the seven spiritual laws. The Law of Correspondence is the second of seven spiritual laws (or sometimes called principles). Its complete phrase is “As above, so below. As within, so without”

This spiritual truth reveals to us how we create our reality with our mind.

We create our reality through our thoughts. Thoughts are real. They are the wave forms (intangible, invisible form) that are instantly manifested in the formless, and given enough focus, attention or energy, attract, magnetize or gather mass, thus manifesting into particle forms or our perceived formed reality.

Thus, what we experience or perceive as reality outwardly now is the fully manifested form of our own creation, seeded through our thoughts in the past. In other words, we can say that our outer experience is a mirror reflection of the inner content of our mind, thus the saying, “As within, so without”.

There is a story about this in the Buddhist teachings. When asked about reality, the Buddha replied that the common worldlings perceive the reflection of the moon in a lake as reality, not being aware of the real moon in the sky.

A modern analogy of this is the computer and the projector. The projector projects an image from the computer onto the wall. In this analogy, we perceive the image on the wall as reality, not realizing that the way to change the image on the wall is not to manipulate the image on the wall. Instead, we need to change the content in the computer in order to reflect any change in the image on the wall. Another way of interpreting this analogy is that the image itself is an illusion

– an error in perception – and in order to see through this illusion, we need to train ourselves to see things as they really are (that is, they are empty by nature).

This is exactly what we need to do to transform our lives. To change our lives, we need to change the content of our mind. We need also to change the way we think. We need to choose consciously what we focus on. In doing so, we alter the state of our mind. As our inner world changes, so too our outer world changes to reflect accordingly the content of our inner world.

5. Whatever you FOCUS on grows

You are fully responsible for your life because you have the ability and free will to choose what to focus on and whatever you focus on grows and expands. Even if you are ignorant of this truth, it does not change the fact that you are the creator of your own reality. Knowing this truth, however, empowers you.

The mind works on the basis of “**like attracts like**”. Positive thoughts attract positive experiences. Negative thoughts attract negative experiences. When you focus on something, you energize it or you increase its ability to attract similar vibrations. Another way to put it is that you increase its ability to magnetize its vibrational match or equivalent.

17 Seconds of Pure Positive Thought

According to the Abraham’s teachings, if you can hold a pure positive thought for just 17 seconds, it will have enough power to attract similar positive thought unto itself, in accordance with the Law of Attraction. When this happens, the power of manifestation that they release is equivalent to 2,000 action hours. And if you can extend this pure thought for another 17 seconds, you literally increase it tenfold. Extend this pure thought for another 34 seconds (17+17) and you would have held it for more than 1 minute (68 seconds to be exact or 17x4) and have expand your manifestation power to be equivalent to 2,000,000 action hours (or more than 200 years).

This brings to mind a story about an old man and his son. The old man was dying and before he died, he wanted to impart a valuable life lesson to his son. So he requested for his son to come to his death bed and he said to him, "Son, there are two tigers in my heart. One is called love and the other is called fear. They are constantly fighting each other." "Which one will win, father?" asked the son, and he replied, "The one I feed."

For us, it is important to remember that whenever we focus on something, we are feeding it with energy, making it stronger and more able to attract similar thoughts to itself.

Forgive the PAST

**Be grateful for the
PRESENT**

**Look forward
enthusiastically towards
the FUTURE**

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