

Consecration

If you are consecrated spiritually you are also concentrated

CLASSIFICATION

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T/R Jonathan

How does one create habits? I offer two words that are effective in fostering the development of the habitual reflex, that is, concentration and consecration. It is easy to note that in the physical realm to concentrate is to make strong, to eliminate superfluous elements such that an item becomes boiled down to its essence or is more potent. In the realm of mind concentration it is the act of focus to push aside distraction, unnecessary inputs that stir and steer the mind away from focus. It is a one point view. The term concentration is better transformed into consecration when we look at the spiritual life, for consecration is a dedication. It is a focus and a boiling down to the most vital and important values and personalities in your life.

I have said in order to concentrate one must remove the many things that distract. This is the simple approach. However, as you have witnessed, a juggler can concentrate while doing many tasks simultaneously, although I daresay he is unlikely to drive a car while juggling. There are limits even then. To

the consecrated soul the entire life is focused on those eternal values while juggling the temporal affairs. Here is the interface of habit; no one becomes an expert juggler by picking up a few balls and tossing them in the air. It requires diligent practice, habitual play and development.

If you are consecrated spiritually you are also concentrated, as the example would be of your tomato paste where a little goes a long way. When you enter into the lives of others the potency is recognized. You aren't dilute; you are powerful. But a strong concoction can be unpalatable without its dilution making it

more applicable to the needs, to the task at hand. When you spend your time in stillness, you are concentrating your spiritual life; you are focusing on the greatest value of all, your relationship with the Father. You are boiling down to the essence. This increases your octane, makes your spiritual life more flammable in that you are now able to burn brightly; you are able to dispel those elements that would distract. You are also able to infuse those activities that would have distracted you with the potency of spiritual reality such that they are incorporated into a sense of progressive and uplifting experience.

A consecrated individual can juggle and drive a car at the same time, for you are not just a single being; you are a partnership. When you are coupled consciously with Father, you have expanded your abilities beyond the range of a single entity.

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