

Conscious spirituality in search of truth...



KAREN WYATT MD: END OF LIFE UNIVERSITY E.O.L.

As a former medical practitioner and hospice director with twenty-five years experience, Karen Wyatt MD is a leading pioneer of community education and discussion evolving around death-dying. Testament to Wyatt's passionate public awareness-raising can be identified through her "End Of Life University" project on her website.

In context, Wyatt's approach to death-dying moves beyond standard professional medical model approaches to Palliative Care by way of including conscious spirituality literature approaches to 'end-of-life-care.' Seekers of Truth would benefit significantly in accessing Wyatt's books, articles and outer online resources. Her approach focuses a range of practices and positive non-confronting approaches towards a deeper understanding of processes in end-of-life-care.

Wyatt's blog, 19th June 2017, titled "The Six Mystical Teachings the Whole World Needs Right Now" outlines an interdependence we all share of love, creativity, spirituality, a connection to "God" and more. An extract follows.

—Philip Crouch, Tasmania, 2020

KAREN WYATT MD: E.O.L UNIVERSITY— BLOG 19th JUNE 2017

'If it seems like the entire planet has gone slightly mad over the past few months, you are not alone in that perception. In fact, a Pew Research Study: has shown that intolerance has been increasing around the world for the past decade, including "crimes, malicious acts and violence motivated by religious hatred or bias." What's going on here? Shouldn't our religions be teaching us to behave in a more positive and "godlike" manner rather than fostering hatred? The problem seems to lie less in religion itself and more with the level of consciousness of individuals who practice various religions. Rigid and narrow ways of thinking are more likely to lead to intolerant practices than inclusive and flexible states of mind.'

KAREN WYATT MD: SIX MYSTICAL WAYS FOR WHOLE WORLD 2017

However, throughout history every religion has yielded mystical teachers who have brought messages to mankind that transcend the consciousness of the masses, such as Abraham, Christ, Buddha, Rumi, Mohammed, Confucius, Lao Tzu, and Krishna, among others. These teachers who represent different religions have each taught some common principles that transcend every religion and show us how to live in peace in a diverse world.'

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(1). THERE IS ONE GOD

There is One Creative Force in the Universe, from which everything, both seen and unseen, derives. That same One God is viewed differently by each of us through our own individual lens, which may have been shaped by religion, family, society, education, life experiences, or other factors.

A small and narrow lens leads to a limited and partial view of God, including blindness to the fact that every other person has been created by that same God; and every other religion worships the same God. **A limited view of God through a tiny lens leads to judgment and bias toward others who seem to be different from and inferior to us.**

You can expand your own “lens” by learning about people who differ from you, studying mystical teachings, and using your own life experiences to guide you to a new way of seeing. Think of someone you feel judgmental toward and then list all of the things that you actually have in common with that person.

(2). GOD IS LOVE

The Creative Force of God is actually love made visible. Everything in existence derives from love and thrives on love. But a narrow lens may make it difficult to perceive love as a creative force and to manifest love in your own life. **Therefore your actions will be driven by the greed and fear of lower consciousness if you cannot take the higher path and be guided by love.**

Spend time each day bringing love into your life - and sharing it with others. Meditate or pray with the thought that love constantly pours into your heart from the Creator, only to overflow to the people around you.

(3). ALL IS ONE

We are One with every other aspect of creation, including every other human being. While our narrow lens may reveal to us only the differences that separate us from others, we share with every creature the truth that we have been spun into existence from the breath of God and also that our physical form will one day dissolve back into the Divine Source of creativity. In other words, each of us has been born into physical existence and each of us will also die one day. That fact is responsible for the greatest common bond between all living things and means that our primary struggle in this life is shared with every other being.



(4). WHAT IS IN ONE IS IN THE WHOLE

Because we are connected with every other living thing in existence, what we do to one aspect of creation we do to all of creation, including ourselves. If you harm another person, you harm yourself and the entire planet. If you heal another with love, you bring healing to all of life. Every word, every thought, every action is significant and should come from positive intention, that is, from love. Only love sustains and nourishes life for the good of the Whole.

Do one thing “for the good of the Whole” every day. Think of a simple positive act that can make a difference for someone else.

(5). CHANGE COMES FROM WITHIN

To change what is outside of us we must first change what is inside of us. In fact, you are powerless to change the world around you to fit your mind's concept of “how things should be.” You can only change yourself, which requires spending your lifetime looking within and understanding the wounds you carry. **If you want to rid the world of darkness, you must look into your own darkness first.** Shine the light of love on the pain you hold: the fear, anger, shame and greed that have been hidden within. Use your light to expose your own shortcomings rather than looking for what's wrong with others. What you heal within you will be healed in all of creation. *Journal about the wounds that hide in your Shadow. How can you love the parts of yourself that are in pain?*

(6). NOTHING LASTS, EVERYTHING CHANGES ... EXCEPT LOVE

If you think you can keep life the way it is right now or go back to “the way things used to be,” you are in error. Everything in this universe changes from moment to moment and that is a fact you must embrace. **If you resist change within yourself you will waste your vital Life Force on a task that leads nowhere.** Learn to ride the waves of change and focus on the process rather than the outcome, for you cannot control the future.

Since love, as the Divine Creator of all, is the only constant that does not change, bring love always to every moment. Let love guide you as you work on changing your own inner landscape. Love is the light you need to illuminate your painful wounds and also to heal them. Allow love into your awareness and let it be your tool for change as you work to change yourself and thereby change the world. *Contemplate where and how you are resisting change in your life. Write about what might help you let go and allow change to unfold-in its own way.*



Suggested resources:

End of Life University Karen Wyatt, MD.

Six Mystical Teachings the Whole World Needs Right Now

http://eoluniversityblog.com/?p=555&mc_cid=97aa91b36c&mc_eid=777a6dc28f; Home:

<https://www.eoluniversity.com>

<https://www.karenwyattmd.com/apps/blog/show/43376045-6-ways-to-get-more-love-in-your-life>

Book- What Really Matters, Karen Wyatt

<https://www.bookdepository.com/What-Really-Matters-2nd-Edition-Karen-Marie-Wyatt/9780982685549?ref=grid-view&qid=1579149579189&sr=1-2>

Guardian Article - *Intolerance on The Rise*

<https://www.theguardian.com/world/2012/sep/20/religious-intolerance-on-rise>

