

# EXPANDING SPIRITUALITY

LILIANE DESJARDINS

Expanding Spirituality encompasses true freedom,  
joy, love and demonstration of the miracle  
working Power of God.

Expanding spirituality is many faceted; it is more awareness, more being, and more knowing. Expanding spirituality is more worthiness, more oneness, and more expression. It is also self actualization, empowerment, and increased manageability. Furthermore, it encompasses true freedom, more joy, love and demonstration of the miracle working Power of God.

I was shaped and molded by an environment that produced three core dysfunctions: the security addiction, the power and control addiction, and the sensation addiction. Therefore, I grew up with the original programming called the "not enough syndrome." I was not enough, others were not enough and there was not enough of anything to go around. Needless to say that in my **spiritual**

**infancy** the security addiction was my way of life. Fears of inadequacy and fear of lack and loss were the catalysts for most of my behaviors.

In my **spiritual adolescence** I had to compensate with the "more syndrome," which manifested itself by doing and having more. I needed more power to make me feel secure. I needed more control so I could better protect myself and manipulate others. More, knowledge, more achievement, and the endless race for more of everything triggered my power and control addictions.

I was in a conflicting state between not having enough and craving more. I was in conflict between my inner and outer self. Quite frequently I would remember who I truly was. However, as a good spiritual adolescent I would quickly give in to the

external demands of the world...and then I needed to medicate my internal conflicts and feelings with strong sensations. I became a sensation addict, searching for an altered state of consciousness often produced by many self-defeating things.

**Spiritual adulthood** calls for freedom from addictive and dysfunctional behavior. Most of all it is simply the freedom from every day "goofy" behavior.

**Spiritual adulthood** is the expansion of our spirituality. It is a total change of belief systems and priorities.

1. I am free to be me, right here, right now: a spiritual being having a human experience, as Dr. Wayne Dyer said.

2. I will not be free until I believe in me, as Dr. Robert Schuller said.

3. I am free because I believe in the God within me.

4. Because I am free to be me, I have the capacity to empower you to be you, and I have the power to synergize with you. I choose to exercise that power. I am responsible and accountable for that choice. It is when we synergize that we expand. Together, we are more of God manifested and more of oneness experienced.

Collectively, our path is expanded spiritually. It is the maturing of our Spiritual beingness that will save the planet from our human pettiness.