



TESS Newsletter

Accordance to Article 7
Section 3 of its Constitution

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Episode 111

“ Turning Possibilities into Realities ”

Building a Global Movement for Change [UNSG]: The Promise (part 43)



"Working Hard at Working Smart" (part LIV)

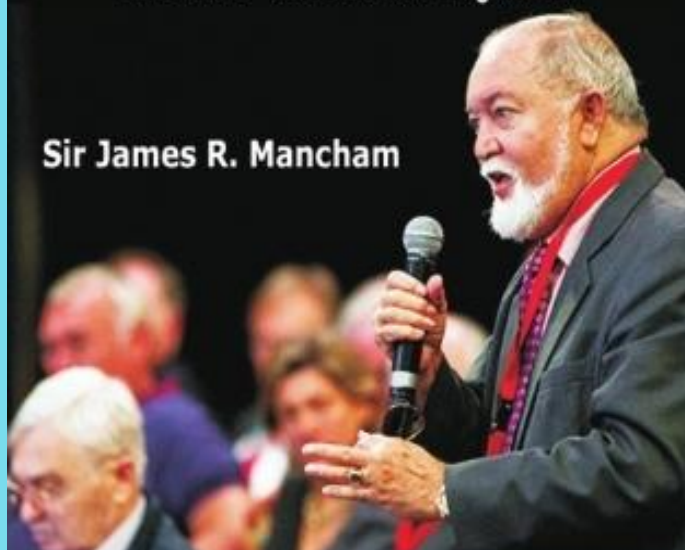
What is Meant by 'Spiritual Growth'?



Seychelles

The Saga of a Small Nation Navigating through
the Cross-currents of a Big World

Sir James R. Mancham



*“And now my soul talks to us about the **“Human Spirit”**”*

There is a certain hidden force within each individual called the “Human Spirit” which is capable of strength, passion, love, compassion and of projecting hope in the hours of despair.

This spirit feeds on the energy man receives from his earthy environment as a whole – but more specially from the human dimension in and around himself, influenced by the rules, dictates and norms of his society and the civilization in which he was brought up. It is this spirit which lies at the base of his pursuit of happiness, his display of courage, his moments of cheer and his quest for power, grandeur, success, peace and glory.

Yet – for all its vitality – the human spirit remains very frail. It needs to be nurtured and nourished to remain vibrant. Far too often man finds himself a victim of his reactive mind.

Haunted by misdeeds, transgression and abuse of ethics, he becomes the slave within a sphere where he prefers to forget rather than to be reminded. It follows that is the final analysis, the quality of the “Human Spirit” is very much related to the level of one’s peace of mind.

Source: Peace of Mind by Sir James R. Mancham - 1st Dec 2012

The future we want: The Promise: The Force Beyond

What is Meant by 'Spiritual Growth'?

Author: Jeff Durham

One of the misconceptions about the term 'spiritual growth' is that it is something to do with taking up some kind of religious doctrine in the way in which you conduct your life and others confuse it with a person becoming 'born again' and following God's path from that point on their life but nothing could be further from the truth.

Whilst some people will indeed point to their own spiritual growth as being tied in to some kind of religious pursuit, 'spiritual growth' as a term in itself simply means the process of becoming aware of your inner consciousness or being, which transcends the usual boundaries of your mind and inner 'ego' to realise the person inside who you actually are.

A Journey Of Self-Discovery

Spiritual growth is about reaching out to and connecting with your inner soul and is a method of becoming more harmonious with life around us, develop our own feelings of inner power and strength and leads us to live happier lives and to take more responsibility for our own actions. Whilst most people need to find some time for solitude as they go about this important journey, it does not mean that all of a sudden we feel the urge to go off to some secluded place miles away from anybody in order to 'find ourselves' nor does it mean that we start acting or behaving strangely or neglect any of our existing responsibilities. It's just about discovering more about ourselves as a person in order to grow and to lead a balanced life which not only works in harmony with our feelings, our physical being and our mind but with our soul (or spirit) also.

How Can I Practice Spiritual Growth?

There are many different ways in which you can go on a voyage of discovery into your own inner being. You could try reading spiritually uplifting books by other people who have been on similar journeys and you should think deeply about the things you read and see if there is any information that you could use to improve your own journey.

Our minds are so bombarded with information from all sides these days that it's important to learn techniques as to how to make your mind quiet for at least some part of each day, even if it's just for 15 minutes or so. Meditation can often help you achieve this and there are plenty of resources out there which can help to teach you how to meditate.

Think about things that captivate your mind and your imagination and try to discover what it is that makes you feel a heightened sense of consciousness and the feeling of being truly 'alive'. Many people have suggested that considering yourself as a spirit who happens to have a physical body as opposed to a body with a spirit can have dramatically powerful and positive effects on the way you view both yourself and the world around you.

It's also important to conduct your life positively. Yes it's true that you're not always going to have a life that runs completely smoothly but you should train yourself so that as soon as any negative thoughts or feelings enter into your mind, you consciously take the decision to replace them with positive ones. This will instill a feeling of calm and happiness within you. It makes perfect

sense when you analyse the fact that it's not outer circumstances that dictate your mood and feelings. Your mood and feelings can only be dictated to you by you, yourself. In accepting that other people are different and that they'll have different views and values to you, you'll also be developing tolerance, tact, patience and consideration for those around you that will also instill a feeling of inner calm within you.

It doesn't matter what kind of life you've led up until now. Perhaps, you have run your life in a very selfish manner thus far or perhaps your whole life career has been motivated by financial gains? It really doesn't matter what your past has been. **Each and every one has a spirit or soul, call it what you will, that can be tapped into at any time.** It doesn't take a lot of effort either or any semblance of deep intelligence. It's there lying just beneath the surface of each and every person on the planet and once you begin to explore this aspect of your being in more depth, maybe you will find so many things about yourself, things that had remained concealed by old thoughts, patterns, outdated beliefs and negative habits■

Making a Difference

Over the past four decades or so, I have had the privilege to garner much insights and wisdom from Sir James, which has been most instrumental in the continued development of my very own fruitful career.

For one, I have learned the value of responsibility, resilience and gratitude, that no one has all the answers, and that there is no such thing as a perfect life.

Indeed he has taught us how to move forward with the everyday problems of our lives, what we have to do to settle them, how to relax in the midst of fighting life's battles and to vent our frustrations in a controlled and yet cleansing manner.

In his new book we will learn that while adverse surroundings play an important role in our lives, if we are willing, we do not have to be dominated by them, but to use them effectively to strive for something better and more fruitful.

Furthermore we will also come to realise that Sir James is no quitter and that throughout his life he has spared no effort in exhausting all options for making things happen, always focusing on what's important and that when you dedicate yourself to your cause, its astounding what you can achieve.

And today he can be proud that no one on this planet did what he had to do in fulfilling his noble desires for the benefit of All.

Sir James, we are all equally proud and we deeply value your ongoing contribution to our Seychelles and our World.

Congratulations, and may the Force Beyond continue to guide you always■

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The journey continues...