

COSMIC MOMENTS

Inspiring Reminders Of
Your Eternal Nature

Table of Contents

and

Part One: "How To Use This Book"

Ron Scolastico, Ph.D.
Susan Scolastico



UNIVERSAL GUIDANCE PRESS

COSMIC MOMENTS

Contents

PART ONE

<i>How to Use This Book</i>	19
-----------------------------	----

PART TWO

Reminders Of Your Eternal Nature

Creation And You	27
A Personal Quest	28
The Eternal You	29
Your Soul Existence	30
Your Soul's Journey	31
Your Awareness	32
Your Desire To Know	33
Returning Home	34
Your Intuitive Ability	35
A Daily Attunement	36
Awareness Of The Divine	37
You Are An Eternal Soul	38
Wisdom From Your Soul	39
Discovering Your True Existence	40
Your Divine Gift	41
Enlightenment	42
A Pristine Space	43
Becoming Aware Of Your Soul	44
Spiritual Awakening	45
Daily Opportunities	46
Receiving	47

Releasing Your Will	48
Your Inner Goodness	49
Expansiveness	50
Applying Spiritual Teachings	51
Your Inner Wisdom	52
Appreciating Being Human Again	53
Making The Divine Real	54
Your Mind	55
The Power Of Your Mind	56
You And A Teacher	57
Expanding Your Awareness	58
A Daily Spiritual Focus	59
Expanded Thoughts	60
Your Self And Your Soul	61
A Unique Pathway	62
Celebrating You	63
Your Free Will And Your Soul	64
Your Attention And Divine Love	65
Creating Love	66
Personal Growth And Spiritual Experience	67
Discipline	68
Inner Wisdom	69
Changes In Meditation	70
The Present Moment	71
Ordinary Moments	72
Your Intuition	73
Intuition And Emotion	74
Intuition And Divine Energies	75
Emotional Expansion	76
Intuition And Criticism	77
Feelings Of Goodness	78
Self-Preoccupation	79
Your Soul Awareness	80
Receptivity	81

Feeling God	82
Persistence	83
Sensing Beyond The Physical	84
Feeling Divine Love	85
Caring For Others	86
Your Interactions With Others	87
New States Of Consciousness	88
Opportunity And Choices	89
The Voice Of God	90
A Perfect World	91
The Illusion Of Distance	92
Intensity	93
Managing Negative Feelings	94
Kindness	95
Your Attitude Toward Yourself	96
Negativity And Your True Goodness	97
Meditation And Expectations	98
Giving To Yourself	99
Daily Life	100
Loving Yourself	101
The Human And The Divine	102
Mastery Through Sharing	103
Points Of Consciousness	104
A Life Of Love	105
Rejuvenation	106
Awareness And Pure Love	107
Ordinary And Spiritual Experience	108
Your Spiritual Life	109
You And A Future Lifetime	110
Trust	111
Negativity And Goodness	112
Your Vision Of Yourself	113
The Outside World And Your Inner Life	114
Your Guiding Souls	115

Hearing Your Guides	116
Your Hunger To Fulfill	117
The Center Of The Universe	118
Releasing Burdens	119
Co-Creating With God	120
Higher Consciousness	121
Your Purpose In Life	122
The Essence Of God	123
Selfishness And Generosity	124
Demonstrating Love	125
Choosing Your Thoughts	126
Enlightenment As A Goal	127
Teachings Of The Masters	128
Aloneness	129
Time And Timelessness	130
Your Soul's Experience	131
Your Soul's Place	132
Gifts From Your Soul	133
Loving Yourself	134
Significant Relationships	135
Persistence And Focus	136
Spiritual Expectations	137
Inner Peace	138
A Full Expression Of You	139
The Quality Of Your Future	140
Wielding The Power Of Your Will	141
Your Part In Creation	142
Choosing Love	143
Experiences Of Intensity	144
Healing Negativity	145
Creating Love For Yourself	146
Spiritual Qualities	147
Trusting Your Inner Goodness	148
Deeper Meanings	149

The People In Your Life	150
People Who Challenge You	151
Your Experiences And Your Soul	152
Individuality And Unity	153
Aspects Of Creation	154
Your Cosmic Adventure	155
Cosmic Secrets	156
The Physical And The Spiritual	157
The Power Of Your Will	158
Creating Kindness	159
Returning To Your Source	160
The Mystery Of Death	161
The Doorway Of Death	162
Your Awareness After Death	163
Pleasure And Ease	164
Building In Consciousness	165
Healing Emotional Pain	166
Your Path Of Mastery	167
Choosing And Mastery	168
The Eternal You	169
The Mystery Of Your Life	170
Your Inner Purity	171
True Greatness	172
Desire	173
Thoughts As A Bridge	174
Using Your Memory	175
Positive Thoughts	176
Challenge And Fulfillment	177
The Divine Forces And Health	178
Sharing Love	179
Consistency	180
Your Being And Creation	181
Your Spiritual Awakening	182
The Hope For Humanity	183

Your Expression Of The Divine	184
Imagination And Divine Beings	185
Beneficial Human Qualities	186
Your Perception Of The Divine	187
The Kingdom Of God	188
Spiritual Beauty	189
Understanding Divine Love	190
The Language Of Your Soul	191
From The Ordinary To The Extraordinary	192
Receiving And Trusting	193
Awakening To The Divine In Others	194
Doubt About The Divine	195
Spiritual Guidance	196
Condemning And Forgiving	197
Suffering And The Miracle Of You	198
Kindness And Healing	199
Feelings Of Badness	200
The Power Of Your Attitude	201
A Perfect Love	202
Spiritual Teachings	203
Your Talents And Mastery	204
Universal Oneness	205
Regrets About Relationships	206
Your Unique Vision Of God	207
A Question About God	208
The Truth About God	209
God Love	210
Your True Self	211
Divine Companions	212
Accepting Dark Clouds	213
Light In The Darkness	214
Joy In Life	215
Power Over Your Thoughts And Feelings	216
The Truth	217

Individualization	218
Your Personal Spiritual Journey	219
Your Past Life Abilities	220
Your Free Will	221
Transforming Earth Life	222
You As A Teacher	223
Manifesting The Divine	224
You And Your Soul	225
Your Personal Understanding Of God	226
The Path Of The Masters	227
Creating Love	228
Empathy And Compassion	229
Healing Negativity	230
Renewing Hope	231
Music And Meditation	232
Inner Power	233
Passion And A Spiritual Practice	234
A True Love For Others	235
Teaching By Example	236
Teaching Through Love	237
Serving Self Or Serving Others	238
A Profound Truth	239
A Spiritually Alive Experience	240
Applying Your Knowledge	241
A Joyful Attunement	242
Your Focus	243
Your Soul, Your Companion	244
Demonstrations Of Divine Love	245
Fear And Trust	246
The Uniqueness Of You	247
The Physical Family	248
Angelic Beings	249
The Path Of The Masters	250
Pain And Your Commitment To Love	251

Where The Divine Meets The Human	252
The Human Condition	253
Divine Goodness	254
Time And Timing	255
Guiding Souls	256
A Matter Of Being	257
Living Kindness Compassion And Love	258
Staying Inspired In Troubling Times	259
The Pure Light Of God	260
New Beginnings	261
Healing Divisions Between People	262
Inspiration Through Nature	263
Challenging People	264
The Power Of Kindness	265
The Cycles Of Existence	266
Loneliness	267
Becoming A Teacher	268
Separation	269
Necessity	270
Imagining The Truth	271
Sleep And Your Soul	272
Purpose And Destiny	273
Your Holy Temple	274
The Present Moment	275
Abundance Of Love	276
For The Greatest Good	277
Holy Ground	278
Human Words	279
The Veil Of Perception	280
True Success	281
Forgiveness	282
Transformation	283
Your Relationships With Loved Ones	284
Extending The God Forces	285

Choice And The Future Of Life	286
Your Quest And The Unfoldment Of Human Life	287
Your Power To Create Good	288
Your Spiritual Experience	289
The Highest Stage Of Enlightenment	290
Four Keys To Mastering Life On Earth	291

PART ONE

HOW TO USE THIS BOOK



*A*s a spiritual seeker, you know that the complexity and chaos of the physical world can at times make it difficult to turn your attention to the true spiritual nature of life. From my years of work as a spiritual counselor to many people, it has become clear to me that spiritual seekers need ways to help them remember who they are as eternal beings living a temporary life in a

physical world.

The most effective way to awaken to your eternal nature is to have an ongoing spiritual practice that you do every day, such as meditation, prayer, Yoga, Tai Chi, a spiritual communion with nature, or other such focal points. Yet, many people who have such a focus tell me that they often lose the inspiration that they gain from their spiritual practice when they go out into the world to cope with the realities of a demanding society. Also, they say that it is difficult to stay inspired when they feel discouraged or frightened from their constant exposure to daily news reports of disasters and tragedies that occur around the world.

Others who do not have a spiritual practice tell me that they are so busy earning a living and making their way in the world that they just do not have the time to meditate, or drive to a Yoga class, or commune with nature.

In my work, I have discovered that, no matter what a person's life situation might be, no matter how busy their days are, they can learn to create at least a brief moment of spiritual experience in their daily life. This means that *you* can create such spiritual moments. And, with practice, those brief moments can come to be very deep and very inspiring. In time, they can become *cosmic moments* that awaken you to the magnificent spiritual realities of life.



I have written this book to help spiritual seekers achieve those inspirational moments, no matter where they go, or what they need to do in the world. Drawing upon more than forty years of spiritual work with individuals, and my own deep experiences of expanded consciousness, I have prepared a series of powerful daily statements that can help you awaken to your eternal nature as a soul.

I call these statements *reminders*. I use the word, “reminder,” because I believe that within each of us, hidden beneath our conscious awareness, there is already an intuitive knowing of the spiritual truths of life. We simply need to be reminded of those truths so that they can be brought forward to become part of our conscious awareness.



The reminders in Part Two present powerful ideas and inspiring statements that you can first *think* about in a deep way. Then, as you use the statements day after day, you can begin to *feel* the underlying spiritual realities that the words are describing. Using these reminders consistently over a period of time can help you awaken your ability to experience the majesty of the spiritual realities that sustain your being.



Each page gives you a different important reminder. Some of the statements are focused on the underlying spiritual realities that seekers have investigated throughout the ages—the all-loving Creative Source of life; the Divine Universal Consciousness of which we are all a part; the eternal Oneness of life; or, what some people think of as God. There are also some reminders that offer effective ways to work with your thoughts, feelings, and actions in daily life to help you create the fulfillment that you desire.

Most of the reminders present complete ideas that you can absorb and quickly understand. A few of them are intentionally enticing. They are designed to stimulate *initial* thoughts in your mind, and then give you the opportunity to expand on those thoughts in your own way. With those reminders, you can complete the ideas

for yourself.

You will notice that some of the reminders address a similar theme, but they each approach it from a different angle. That is because my experience has shown that these are very important themes and we all need more practice with them on a daily basis.



An effective way to use these reminders is to choose one to work with for a full day. In the morning, before you go out into your activities in the world, read your chosen reminder with a sensitivity to the *thoughts* that it stimulates in you. For a few minutes, think deeply about the content of the statement.

Next, shift to your *feelings*. Invite yourself to feel deeply moved, or comforted, or inspired, or to have some other strong positive feeling that is stimulated by the thoughts that you are having about the reminder that you just read.

In this way, you can create a spiritual moment that will help you begin your day with *inspiration*, rather than beginning with thoughts about the complexities and challenges of the world that you must deal with in the coming day.

Then, during your day, re-read your chosen reminder. Allow it to stimulate thoughts and feelings of inspiration as often as you desire throughout the day. That will help you create calming, loving feelings to balance the intensity of your ordinary thoughts and feelings that are associated with the many pressing details of your life in the physical world.



In working with the statements, you might choose to begin with the first one for a day, and then each day move

on to the next reminder.

Or, you may choose to simply open the book at random each day and work with the reminder on that page, trusting that it will be the right inspiration for that day.

If you particularly like a certain reminder, finding it especially meaningful and inspiring, then work with that same one for several days.

Use your creativity to go through the book in the way that is most helpful for you. The important thing is to open yourself to inspiration throughout each day, using the reminders as a catalyst for awakening yourself to the deeper truths of life, and for remembering who you are as a spiritual being.



The process of discovering your eternal nature can enrich every day of your journey through life. It can become a journey of greater joy, love, and exciting fulfillment. As you awaken to the true majesty of your being, that experience can make even the most ordinary moment a cosmic moment.

