



## ARTICLE:

# **9 Principles of Spirit: A Map to the Spiritual**

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Our lives are full of experiences that shape and form who we are, how we perceive the world, and what we believe in. Through these experiences we form a map that navigates us through the needs and demands of living on this planet. It determines our circumstances, our choices, and our day to day activities. On the surface of our lives this map determines the picture on our life's tapestry.

Underneath this picture, the underlying threads (the warp of the tapestry) create the support, structure and foundation for the stories on the surface. These unseen threads determine the depth, mood, relationship, integration and synergy of our life's tapestry.

This unseen layer in our lives is the bridge to spirit. Within this layer is the map to our spiritual journey, guided by 9 principles of Spirit. By using these principles, we can discover our true nature, our essence, and the spirit that lives within us.

The 9 Principles of Spirit are designed to slip through the cognitive, linear mind and take us into a realm where imagination, metaphor and mystery become stepping stones to understand our place in the bigger matrix of life. It is a map with touchstones to help us navigate the multidimensional, multilayered complexity of the living organism we live within. Their directions help the mind to look past its linear perception into the matrix of relationship that spirit travels on.

Each principle includes a Chinese character and its meaning, a concept, an inquiry and a practice. Each principle guides us to see the mirror of the microcosm (our individual self) and the macrocosm (the earth and all living things). Each principle asks us to perceive our experiences through the lens of spirit and use those perceptions to change both how we come to our beliefs and how we relate to the external world.

The 9 Principles of Spirit include:

- Hui revolve, return , **Self Reflection:** The mirror  
All of our perceptions and projections of the external world are just a mirror of ourselves.  
Practice: When you speak about another, just as the question “How is this true about me as well?
- Fu floating, restless **Path of Least Resistance:** The Life Stream  
When we let the life stream be our guide we enter the path of least resistance.  
Practice: Noticing the clues given by the things we see, say and do, let them guide your decisions and choices.
- Feng wind **The Spiral:** The Winds of Change  
When we let the winds of change guide us we participate in the spiraling dance of life.  
Practice: Notice how things change and spiral around to the same place, but have evolved to another level. Let the change be what you navigate with.
- Li Pass **through Impermanence:** nonattachment  
Life is a fleeting moment. We don’t have time to grasp or attach to any moment. We are just passing through.  
Practice: Imagine you are at the last or first moment in life. Watch all the things you thought so important fade away.
- Huang Vastness **The Mystery:** the vastness  
There is much that is unknown to us, that is beyond our reach of understanding. Yet, when we settle into this mystery we get a glimpse of the vastness.  
Practice: Widen your scope of focus until it encompasses the universe. Feel the vastness and mystery of this world.
- Ben source **The Source:** the living organism  
The source of this life comes from the fullness of the living earth and all of its inhabitants. This symbiotic relationship gives us life, nourishment and connection to the matrix.  
Practice: Act as if all of the living earth were the source of your life. Treat all living things and the earth as if their thriving determines your level of thriving.
- Fu Sustain **support Giving and Receiving:** sustain support  
By giving and receiving our gifts in this life, we sustain support for the living organism.  
Practice: Name your gifts and unique place in this world. Use them to sustain support for the living organism.

- Yong well up, gush out **Interconnectedness of all beings**

We are connected to all things through the matrices of our actions, thoughts, feelings and vibrations.

Practice: Notice how all of your actions, thoughts, and feelings have a ripple affect into the world. Follow that wave to see how it has affected the world.

- Zhi arrival **The Present Moment:** arrival

When we let go of our expectations of the future and our judgments of the past, we enter the present moment.

Practice: Focus on the moment that you are in, doing just what you need to do for that moment. Let yourself stay neutral and not judge or project into past or future moments.

These principles can guide our daily lives, letting us focus on the deeper layers of connection and shift our thought processes from the unconscious to consciousness. When life is guided by these principles, our consciousness begins to be open to the bigger matrix of life and we gain the experience of wholeness or true interconnectedness. From this place, we begin to experience life through the spirit inside. This allows us to participate in our spiritual journey. As we allow our focus and perception to be shifted by these principles, we find ourselves engaged in the spiritual journey.

As the planet is changing and expanding, its inhabitants evolving and growing, we can be a participant in this shifting, adapting world. By engaging in our spiritual journey, guided by these principles, we can be a part of the shifting of consciousness in this world. And with all of the challenges ahead of us, this may be paramount in assuring we survive the great turning.