

Letter 3-S -- Spiral, Stillness



Advantages of viewing your own soul path and your journey through life as being on a spiral path.



Awareness - Viewing your soul path as a spiral path gives you a greater sense of awareness of yourself, who you are and what you have come here to accomplish. Such awareness provides you with an element of stillness, beauty and calm in your own life.



Connection - Viewing your soul path as a spiral path gives you a greater sense of connection to people and your environment as you observe all the spirals that occur naturally around you.



Progress - Viewing your soul path as a spiral path allows you to observe your own progress and achievements from progressively higher levels as you face, overcome and grow from the challenges that arise in your life.



Expansion - Viewing your soul path as a spiral path allows you to further expand your consciousness in energetic waves along an upward spiral that allow you to reach higher and higher levels of stillness, peace, calm and soul growth.



Your soul path is not a linear path. Instead it is a **spiral** path leading you to higher and higher levels of consciousness and **stillness** during your lifetime.

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