

Rev Brigid's inspiration:

From article by Thalia Longchamp: [Divine Feminine: When Your Mind Cannot Make Sense Of Your Experiences](#)

Spirituality does not really mean anything except accepting yourself as a Soul that is having a physical experience.

And even that is not spirituality's definition because Spirit, the Soul, and consciousness are not concepts that can really be understood by the mind. And that's a good thing!

Happenings of the "world" beyond the veil are experienced by your soul and consciousness, and your consciousness precedes your mind. The mind can try to compartmentalize, make an equation, and even find a pattern for things that happen on a soul level. And these functions of the mind trying to understand Soul-based experiences may even work for a time but, because consciousness is always expanding as well as our Souls, the mind inevitably will not be able to keep up. And again, this is good!

Surrendering to the limitations of the mind and the limitlessness of the soul is one of the most "spiritual" things you can do.

So much of what [we] miss about spirituality and spiritual awakening is that the path or paths to enlightenment follow **themes and archetypes** that have existed on multiple timelines and dimensions of this planet...

...The human mind, the ego, wants an identity, it needs it to see itself as alive and functioning and a "part of." The Spirit doesn't concern itself with whether it is a "part of" because it knows that it is never, has never, and will never be separate.

**Ancestral Treasure** by Chelan Harkin in *Susceptible to Light*

Your ancestors have passed down  
their wounds like a growing collection of gems  
for your inheritance  
don't resent this.

They weren't ready to be mined and collected,  
they weren't ready to be valued.

You have the technology now.  
You know how to dig deep.  
You know now how not  
to fear your worth.

You know that within every  
bright, shining wound  
is a nugget of compassion  
A jewel of wisdom.  
They have saved up for you.  
Now feel deeply blessed  
to be driven, finally, into these inner tunnels  
of self and history.

Cashing in on this trove  
in the sacred chest of your heart  
will alchemize all old, shameful stories  
into diamonds of laughter and tears.

Cashing in this trove  
will transform the heavy bag of sorrows your ancestor carried  
into tokens of priceless light.