

A close-up photograph of a human hand reaching upwards, palm facing up, towards a bright sun. The sun is partially obscured by a dense layer of white and grey clouds, creating a dramatic, high-contrast scene. The light from the sun filters through the clouds, casting a warm, golden glow over the entire image. The hand is positioned in the lower left foreground, with the fingers slightly curled. The background is a vast sky filled with textured clouds.

Your First Steps On Your Spiritual Path

Rev. Ali Bierman

**Your First Steps On Your
Spiritual Path**

A Special Report

by

Reverend Ali Bierman

Welcome to my world. So glad you came to explore—to go within where your wealth, wisdom and power lie.

Peace, joy and bliss create the foundation for abundance across your world. Remember that how you do anything is how you do everything. Once you get it—you got it!

My Blessing For You...

*May you always see with your heart
and hear the words not spoken.*

*May the gifts and opportunities that surround you in every
moment easily appear in your awareness.*

*May every lesson leave you feeling joyful—once you make it
through any pain.*

May you trust yourself.

*May your faith grow ever stronger as you move forward on
your unique spiritual path.*

*In Joy, Love and Light,
Rev. Ali*



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Define Your Spirituality

The concept of holistic beings no longer hides in the whispers of those "weird new agers, who believe all those strange things." Today, aware people know, to truly be happier in life, one needs to be healthy physically, emotionally, and spiritually.

In fact, with the other elements in place, someone who has not yet defined their spiritual needs or beliefs, may seem lost without that guiding direction to take them to their ultimate dream life. They will tell you they have everything they could want, yet something gnaws at them, something they cannot put their finger on.

Well, that something is not concrete, so it escapes factual left brain thinking. Spirituality is not something you read about in books and instantly "get it."

Spirituality lives in your heart and finds its origins at the very essence of your being. It is not about religion, or ceremony, or even ritual. See it as a knowing you likely cannot express in words.

AND it is a knowing-individual for each person. No one can tell you how to be spiritual. They may share how they do it. But what they think and do may not relate or click for you.

So how do you fulfill your spiritual needs and claim that missing element of your whole life? First realize, I am talking about a journey, usually of many days-or years-or even decades.

This journey takes you within, within yourself. The easiest pathway in is through silence or meditation. Do you know what just being means? Can you live in silence-no radio, no television, no music or conversation, for an hour or two each day? How about starting with once or twice a week?

Your Little Voice will battle you when you move into silence. It will shout and wreak havoc trying to prevent your finding the clarity that comes from your inner journey. Your Little Voice will lose its power over your life when you connect with your Spirit, and add your spirituality to your daily way of being.

Another way into your inner realms is meditation. Meditation is simply a way to focus on something other than the noise in your inner and outer

environment. You can meditate in a variety of ways-none is better than any other, none is right or wrong. Do whatever works for you, whatever takes you away from the hustle and bustle of your day, allowing you to hear the messages, or see the visions, or feel your answers.

When you learn how to go within, as your contact with your Higher Self and with the Creator increase, your answers will come to you more and more easily. Ask for guidance or ask specific questions before you go into the silence, or before you meditate. In time your solutions will easily appear in forms you easily recognize.

To become spiritual just chose a practice-then practice. You will notice the shift. I cannot describe it for you as I have no clue how it will come to you. And I am certain it will come to you.

I wish you well on your journey to be happier by adding spirituality to your life. Remember, be well and happy. In the end, nothing else matters.

The Spiritual Aspect of Creating Your Reality

When thinking about how you create your reality, you want to include an exploration of your view of spirituality. Have you ever stopped to think, define, what Spirituality means to you? What does that word mean for you? I can't tell you what it means for you. I can only know what it means for me.

What I can share is, Spirituality is not religion. You can be a completely highly Spiritual person and not believe in or practice any sort of religion at all.

You can be a highly devout proponent of some religion, practice it diligently and have absolutely no Spiritual aspect to your living. And, of course, you can have both religion and the Spiritual aspect to your being. You alone define how you feel and what you believe, and what you want to share with others.

So what then is Spirituality? Spirituality is all about your Spirit. Your Spirit is your Soul. It's the eternal part of you whether you believe in life after death, whether you believe in reincarnation, whether you don't believe any of it at all, and see your soul as something that just exists while you're here in this lifetime.

Ask yourself how your Spirit functions in the Universe? And, during this lifetime, how does your Spirit function in your human body?

Now firstly recognize that you are a Divine Spirit choosing to have a human experience, and your Divine Spirit came here from some energy source - you might call it God, you might call it The Light, Creator, the Universe. Whatever it is, the fact is something breathes life into all beings whether it's a person or it's an animal.

You go into a high-tech lab and you assemble the carbon, the hydrogen, and the oxygen of which all things on earth are made. But you can't make something come alive. You might be able to synthesize what appears to be a plant. But you cannot make it live. You cannot make it exchange carbon dioxide and oxygen. You can't make it create photosynthesis and grow. When something that was living dies, you cannot make it come to life again. Only the Universe can do that.

So there has to be some force that is outside of you that creates, that sustains, that causes the Universe to exist down here as we see it and as we experience it. Your concept of how you relate to that Force defines the key aspect of your Spirituality as well as how you create your reality.

How To Discover Your Life Purpose

You create your reality according to your spiritual beliefs. You experience your spirituality through your own personal filters--your unique personal interpretations of people and events.

Just as you hear everything I say on any topic through your personal filters (which you automatically do without awareness), you live your own unique experience here in this lifetime.

You are a Spiritual Being who came here to fulfill a purpose. I don't know what your purpose is. I do know there's no one else on the planet *now* who serves the same purpose as you.

You ask, "How could I be here, me, to serve some kind of big, special purpose?" You know what? Some people come here just because their smile lights up a room. Some people come here just because they are so, so, so completely filled with love of themselves that it oozes out of every pore. Their very essence is love. When you're in their presence, you feel yourself enveloped by their love - and they don't even have to say a word.

I don't know why you came here. What I do know is that there's something that you do, and you do it better than anybody else on this planet.

Look at all the things that you're good at in life. In fact, grab a pen and paper. Make a list of all the things that you are really, really good at in life. Take the time and do that now. If you put it off, you know you won't get to it until later-and later never will come.

List everything that you do well whether it's smile, whether it's being friendly or maybe you make people feel comfortable when you meet them. Maybe, you write music. Maybe, you write stories. Maybe, you tell stories.

Done? Okay, now you have a list of all the things you're really good at. Now, make another list. On this list write everything that you absolutely love to do, to experience.

Again, I want you to stop reading and make a list of everything you do that you just love, that you feel so good when you're doing it you lose track of time, and seem to go into another world while you're doing it.

You forget to eat. You don't even know if you have to go to the bathroom because you are so, so, so very much enjoying that activity. That activity could just be simply being - not even doing anything.

Take the time now. Write a list of everything you love to do.

Okay now, neither of those lists is the definitive be all nor end all. Leave them out for at least a week and, as things pop into your mind, add to each of the lists. If nothing extra pops up, that's fine too.

Now, take the two lists and see if there's anything that appears on both lists -any activity that you absolutely love to do that you do really well. When you find the thing that you love to do that you're really good at, meditate on it, or think about it, or do whatever it is that you do for getting answers. Discover if your life purpose has something to do with the thing that you're good at that you really love to do.

You see, when you know your life purpose, it gives you a direction in your everyday living. You will create your reality consciously with an end in mind.

Power of the Spirit

One of the most impactful experiences of my life came in the care-taking of my mother during the last ten months of her life. In addition to the devastating physical deterioration caused by cancer, my mom's mental functioning was like that of a two-year old. She was unable to do anything for herself. She thought I was her mother. She clung to me and was uncomfortable when I was out of her sight.

When my mom had the mini-stroke that took away her ability to live on her own, I was just completing a three-year struggle to rebuild my own life following a brain injury. There I was, 49 years old, just ready to take on living my own life again for the first time when I became my mother's parent around-the-clock.

I felt cheated and very angry. I resented having to put my life on hold yet again--indefinitely. (I did not know she had cancer at the time. To me, this was the ultimate unwilling sacrifice that could last many years.)

I threw a major pity party for myself. I made the situation all about me and how my mom's illness affected me. No matter how I looked at the situation, all I saw were unfair circumstances coupled with cruel timing.

I received a priceless gift when I heard someone say, "It is never about you. It is always about the other person." While the words came from a salesman teaching how to make sales, the message instantly changed my world.

I thought about what it must be like for my mom, this amazing woman who had run all three of her boss' businesses and single-handedly raise my brother and me at a time when women did not work outside the home. In that moment, and for the rest of her life, I felt only love, honor, respect, and never-ending gratitude.

I held my Mom and hugged her all day--and most of the night--for the last three months of her life. I did everything for her. I was completely drained. Caring for my mom constituted a physical and emotional challenge of unfathomable proportions.

Those three months taught me the true meaning of unconditional love. Caring for my mom was one of the greatest gifts of my life.

Remember I said gifts come in unexpected forms? On two separate occasions during those last three months, my mom had long periods of being completely lucid. I was talking with the mom I had known all my life until her mental state shifted at age 80.

We had the most meaningful conversations we ever had in those precious moments. We said everything we needed to say to each other, so all wounds were healed and my mom could leave this lifetime knowing how much she was cherished. I could live my life knowing I did all I could do for her. More importantly, she was aware of that truth.

In those two moments, when time seemed to stand still, I learned another invaluable lesson: the soul perpetually exists as a perfect and intact entity. The soul is omnipresent. Regardless of the physical or emotional or mental state of the human being, the soul knows exactly what is happening. The person may not be able to communicate. The soul, being the True person, always knows every minute, in great detail, about that Divine spirit.

We really are Divine Beings living human experiences. Even through all that horrific suffering, I knew my mom's soul remained at Peace. I feel so grateful for that knowing, for that present.

Now I live my life being in service to others, no hidden agendas or expectations. I feel free to love people just as they are and just as they are not. Now I really understand that people come here to work together to create our world. In every encounter, we are at once teacher and student. We come to share our gifts with others. We also come to receive gifts from others.

Be Happier by Giving - 5 Ways You Benefit From Giving

Giving is one of my favorite topics simply because it presents a priceless path to be happier. Your giving not only allows the receiver to be happier in some fashion but also benefits you. Specifically, giving benefits you in these five ways:

1. At times you look at what you have and think you don't have enough of something. You feel like your lot in life does not measure up to where you thought you would be at this point in your life. Then, you find someone who has far less than you. Now you get to feel gratitude for all you have currently.
2. When you share the little you have of something that is important to you, when you see the look on the face or hear the smile in the voice of that person-or even if you never know who received your gift-you feel special, because you impacted the life of another in some small way. You don't have to give millions of dollars to make a difference for another person and impact society.
3. The Universal Law of Giving comes with a second part-the Law of Receiving. When you give something, you must, by law, get something in return. That something usually does not come from the receiver of your gift. Nor does it usually come in the same form as what you gave. Usually what you receive is something equal, or better, in a form you will appreciate and use. You may never make the connection that this gift came because of what you gave. Does it matter?
4. Giving connects you to the community of man. Humans were never meant to live in isolation. We came here to be of service to each other, to make this planet whole and healthy by improving the lives of every person.
5. When you give away stuff, you make room for new and different, often better stuff, to come into your life. The Universe abhors a vacuum. So clearing your kitchen cupboard of old pots and pans leaves space for new pots and pans to come into your life. Same with old clothes or cars. When material possessions flow out of your home, new material possessions will flow in to replace them-usually in like kind. So if you give away your car, you probably will not receive a Jacuzzi.

Take an inventory of what you have. Firstly you will recognize how very much you have to be grateful for and, secondly, you will find things you no

longer need or want that someone else can use now. Your gift will lighten your load and lift their spirits. Net result? You, and they, get to be happier.

Happiness is Giving and Receiving

This Universal Law impacts us in ways that allow us to live in abundance or keep that abundance from us. It's the "Law of Giving". The whole concept of whatever it is that you want to have in life, give it away to others and then the Universe, completing a cycle of giving and receiving, will bring it back to you.

So the Universal Law of Giving goes hand in hand with the Universal Law of Receiving. It's a cycle that must be completed. If all you ever do is give, give, give, give, give, and when people want to give to you--you don't let it in, you don't accept it--then the Universe is going to not let you give anymore. It will take away what you have so you won't be able to give.

And if you're somebody who's just receiving, receiving, receiving, the Universe will stop the flow toward you because you're not giving. You're here to receive for the sake of sharing.

For instance, if you want more love, give love to others. If you want more money, then give what you have - if you have extra food or extra clothes. Do you really need three winter coats? Give to others.

Oh, one note on that subject...I used to work in a homeless shelter. Realize that people are people and they have pride and self esteem. When you're giving something to a shelter or some kind of shop that will then give it to people who don't have, be sure it's clean and in good condition. Let somebody maintain their dignity. Well actually, no place is going to give away something that isn't clean and crisp that a person can feel good wearing. That's just a comment to consider when giving away used items.

So that's the Law of Giving going hand-in-hand with the Law of Receiving. Realize when you give something to someone, you're not necessarily going to get it back from that someone. You're not necessarily going to get it back in the same form. So that if you're giving somebody, say, some clothing you no longer wear, somebody might offer you a chance to spend a week with them on their boat out in the Caribbean or something like that.

My point is, it isn't a 1-for-1 match what you give and what you receive. Always give that which you seek so the Universe can bring it back to you, and return it to you ten-fold if you're giving from your heart and you're giving because you really want to.

It doesn't work if you're giving because you figure "Well if I give \$10 away and I get it back ten-fold, so that's \$100 back" and that's why you're giving it. No! No! You give because you want to give - because it's going to make a difference in how you feel about yourself impacting another's life - and how that person is going to feel about themselves. Whenever you're making any decision about anything, consider how you're going to feel and consider the impact it will have on everyone concerned.

Give and Receive

The more you give to others, the more you reap yourself. When you share what you know, you will find that you grow according to the number of seeds that you sow. Such is the one secret to be happier in life.

Spread cheer and teach others to do the same. People will gather around you to hear your wisdom, and feel your love. They will come to receive your sharing of what is inside you, all around you, and the messages coming from above.

Life is all about giving back. It is not about heartache or lack. Count your blessings every day. Put them in a stack that grows higher and higher, 'til it sets your spirit on fire with joy!

Life is good when you stand up for what you believe. When you enrich the world with your truth, then you will receive all that is good and wonderful. All that is grand will come to you, too. All it takes is living from your heart to understand how the cycle of giving and receiving works. Ah yes! You will discover endless perks!

For many people today, especially women who are socialized to give and give of themselves, and told they are selfish if they want to do something for themselves, the cycle of giving and receiving gets blocked. When a person gives and does not receive, then the energy flow gets cut off.

Every person must receive, as well as give. Nature intended for that balance in creating that particular flow. Now why would that giving and receiving be a natural law? Because all people need to open themselves to receiving. In receiving you tell yourself you are worthy and deserving of what life has to offer.

You are, you know. You deserve the best of everything life has to offer-not because of anything you do, not because of anything you give. You deserve the best simply because you exist.

If you ever find yourself giving and giving, then stop. Choose to receive something just for you-even if the gift is something you give yourself. In fact, make certain to gift yourself, in some way, every single day. Love yourself first, and you will easily share your love with others. The path to spiritual success includes both giving and receiving.

My Ordination Speech on The Law of Giving and The Law of Receiving*

There's a Universal Law the Law of Giving
You gotta come from your heart
 where sharing and caring are living

You want to know
 to go with the flow
 you must also learn to receive
The Law of Receiving
 goes hand-in-hand
 with the Law of Giving

It's a dynamic flow
Takes you where
 you want to go
 in life.

Uh um.

Only give when you really want to
Only give when you're
 truly moved to do so
A gift is given freely
 to another
A gift is about loving
 each other
 and honor and respect
It's a way to connect
 heart-to-heart

Take part in the joy of life
Don't keep yourself apart
No keeping score on
 who owes what or how much
Giving is always unconditional
No agenda lurks in the background

In fact, anonymous giving
 leaves an effect
 so profound
You can change a life in a minute
Whether you're giving or receiving in it

Actually both benefit

'cause giving from your heart
does befit

The grandeur
of community
The connectivity of humanity

Smiles and a warm glow inside
showing someone you care

You offer them pride
in their deserving
in your respecting

In every way

When you give what you say is,
I care. I care. I care about you.

I care. I care. I care. I care what you do

I care. I care. I care how you feel.

I want you to know
how real
you are in the world

I want to see banners unfurled
banners of love
banners of joy

Oh Boy!

I want you to know
When you love you so
You want to give
You want to receive

When you receive
You gift another with the joy and love of
giving to you

Two smiles gracing two faces
Two hearts moving into one space
Up with the human race
Up with the people who grace
our lives
touching us
every day

Did you know

A gift can be a simple smile
that saves a life?

Smiles can open
a closed heart
eliminating strife
forever

You never know
What another feels
You only know
How you feel inside
when you give
when you receive
isn't that the way
you'd like your life to be?

*I invite you to share the special moment of my ordination speech as filmed live
at [here](#)

In Joy

Look at your life. Do you see problems? Do you see solutions? They are always there. Every problem comes with the solution-many possible solutions. Step out of the box and beyond your five physical senses to find them.

You always get both sides of the coin, good and bad. You get to choose how you feel. Do you feel happy or sad? Why waste time and energy keeping the past alive?

Instead of seeing a challenge, choose to see an opportunity. Your life is only hard when you expect it to be, so don't you think it's time for you to let go? You don't need to work at letting go. You don't need to try to let go, you don't need to try really, really, really hard. Just let it go-over and done.

Relax, listen with all your being. Know that you only see 1% of reality. The other 99% dwells in spirituality.

Pay attention to that feeling in your gut. Choose to act immediately. No delay! That feeling is your intuition. It knows what is best for you in your life. It speaks in whispers. Sometimes you cannot tell whether the voice you hear inside your head is the critical Little Voice or your intuition.

Your intuition provides your direct connection to your spirit. In the silence you can hear it guide your every move. Slip easily into the groove and float along in the current of life. You will find it easy to release and finally let go of struggle and doubt, of wondering what it's all about, and how you can get yourself out of the doldrums.

Rather than worrying about anything, just step into positive forward action.

Welcome to the sunshine.

Welcome to your bright new day.

Welcome to living life your way.

In Joy!

Enjoy!

InJoy!

Rev. Ali Blerman

