

Vulnerability as a Strength

We are called to fully participate in our own lives, to act courageously and to live whole-heartedly.

The Thing Itself within us is pure Truth and irresistible.

Until we awaken to our real nature, there may be a **tendency to accept negative race beliefs about ourselves that we are not enough**, that we need to protect ourselves from attack, that the universe is an unfriendly place, etc.

YET

As we **awaken** to our real (Eternal, Divine) nature there is no “other” and nothing to fear.

AND

Seen from a spiritual perspective, vulnerability is strength and leads to living a courageous, compassionate, connected life. The life we were meant to live, one of contentment, freedom, acceptance and love.

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"If one would take time, once a day at least, to let go of all that is not true and lay hold of Reality; let go of doubt, distrust, worry, condemnation and fear, and lay hold of Life in Its expressions of beauty, truth, wholeness, his mental congestion would be healed."
~ Ernest Holmes



Om Center for Spiritual Living

Rev. Suzette Wehunt
7951 University Ave,
La Mesa CA 91942
858.213.7061

www.OmSpiritualCenter.org

SUNDAY PROGRAM

9:15 Meditation
10AM Sunday Service
Inspirational Speaker
Live Music
Friendly Spiritual Community
Weekly Classes
Wednesday Night Programs

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