

Uriel Heals article  
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### The Experience of Wholeness

Our spiritual experience of life is a healing journey, where we commit to leaving the security and comfort of our Home and act as emissaries for the earth's healing journey. Each of us, during the course of our lifetimes, has participated in the creation of the discordant energies on the planet and we return to participate in the process of healing the specific and unique energetic vibration that we have created. By bringing forward our wounds and experiences of separation from our Self and our Source, caused by lifetimes of pain, sorrow, disillusionment, expectations and the belief in the limitations of spirit and the power of ego we indicate our willingness to accept responsibility for our role in the separation and in the reconnection.

By re-membering ourselves with Spirit, we re-join ourselves and the family of humanity to its spiritual roots and allow ascension to occur. Everyone on the planet is participating in both healing journeys, their own and that of the earth. Each lifetime in which we have reinforced the belief in separation creates an opportunity for another to create wholeness. This is a journey of balance, where we allow body, mind and spirit to find a common center so that each operates in full consideration of and participation with the other.

We often think that through this journey we must become more spiritual and that is a definition that has caused us to believe that humanity is a lower aspect, wrong or imperfect and we must overcome our humanity to become spiritual. But we are already spiritual and each of us expresses our spiritual nature to the extent that our soul growth allows us to. When we are being 'in-human' we are fully in the human energy, without spirit, and are totally in the energy of fear. Each step we take towards integrating our spiritual nature into the human aspect we introduce the energy of unconditional love. There is nothing wrong with the human side of us and when we experience problems it is because the human is operating without the balancing energies of spirit.

The mind is not bad, destructive or even defective in its functioning. The mind's purpose is to ensure that the body operates efficiently and effectively, providing memory and a certain level of reasoning within the third dimension. It fulfills its purpose in an exacting and even mechanical way. The mind, however, is limited to its own history, memory and limitations without the higher perspective that spirit provides. Without the body the mind is useless and without spirit the mind functions within its pre-programmed cycles of memory and history. When it works with Spirit the mind expands beyond its third dimensional limits and accesses higher level of awareness.

The body is also not bad or imperfect and it has two purposes, to be a vessel for spirit and to interact with other humans on the earth. The body simply fulfills spirit's requirement for a physical presence on the third dimensional earth. And the body functions in accordance with the mind—it does what the mind tells it to do. Without the mind, the body is merely a collection of tissue and bone, a form that cannot function, as we see in people whose mind has been damaged and who are in a persistent vegetative state.

When we judge any aspect of ourselves, body, mind or spirit, we step out of wholeness and into separation, this time from ourselves. We need each of these aspects of our being to be whole and when we focus on one and neglect the others we limit ourselves and our ability to fulfill our purpose. Because the only purpose of each lifetime is to become whole, with one part not being more important than another, all aspects of our self are inter-related and synergistic and waiting for us to re-member them into wholeness, to bring the parts of ourselves together into a balanced, energetically limitless being working in conjunction with the Universe. When we are whole we are able to co-create because we do so from an integrated perspective.

Through our history as humans we have examples of how limited we are when we ignore our wholeness to focus on a single aspect of ourselves. With a focus on the mind we become intellectuals, ruled by ego and logic with limited compassion. With a focus on the body we

become self-absorbed and our attention is solely on the physical. With a focus on the spirit we ignore our humanity and can no longer interact on a human level. And with a singular focus on any aspect of ourselves, we are in judgment and continue the energy of polarity and separation. Our journey to wholeness requires that we honor all aspects of ourselves because our mission is to become spiritual humans, incorporating spirituality into the third dimension to raise ourselves beyond humanity into an integration of all energies beyond the third dimension. We can do this in our lifetime and indeed, we are doing it now.

When we focus on one aspect over another we ignore the importance of each part and the contribution that each part makes to the whole. If we focus on one part over another, such as the body over the mind or the spirit over the body, we are out of balance. Our experience of wholeness is about being in balance, body, mind and spirit having an equal presence and participation in our reality. Jeshua reminded us of this when he said that we were to be "in the world but not of the world". We cannot ignore one part of ourselves for another nor can we judge which part is more important. We are the trinity, body, mind and spirit, and it is through the synergy of the trinity in balance that we complete the ascension process.

It is through the body and mind that we receive confirmation of the fulfillment of our soul purpose. And it is through the body and mind that we transmute energy for ourselves and the planet. As we raise our energetic vibrations we transform the body's third dimensional presence into its higher potential. Our multiple strands of DNA are ready for awakening once we are able to physically carry their energy. We do not have to do anything for this process to occur other than remember who we are and allow the ascension process to occur. Our only limitation in this process is our ego's fear that it will be overcome by spirit and die in the process. That is not the case for our journey into wholeness is one of integration, not domination. It is the lack of trust in spirit and the ignorance of our spiritual heritage that creates this belief. The human energy, when focused on itself, believes its power comes from domination, fear and external power. The energy of Spirit adds balance, centers us and carries the highest vibration, unconditional love.

It is the combination of all aspects of the self that creates the spiritual human, which is what our journey into wholeness is creating. Just as our body contains all of the aspects necessary to function as it needs to, it functions at its highest potential when it integrates all other aspects of our being. Without spirit, neither the body nor the mind can embody our soul purpose, to complete our mission of bringing heaven on earth. The spirit remembers the soul contract and how we have completed it in the past. That is why our connection to spirit is so important because it alone remembers why we are here and how we can fulfill our mission. And our journey into wholeness brings us to our objective, to create heaven on earth, to interject the energy of spirit into the human experience so we are balanced, body, mind and spirit and co-creators with the Universe of Home on earth, spiritual masters operating in the miracle vibration.

### **About the author**

*Jennifer Hoffman is an intuitive, spiritual healer, mentor, teacher and author and channels the energy of the Archangel Uriel. Jennifer's intuitive abilities go beyond psychic and into the realm of soul level communication, accessing a client's soul's desire for peace, joy and unconditional love. She is able to view the soul's lifetime purpose, identify the soul contract, describe blocks, karmic imprints, negative patterning, messages and images and facilitate the ascension into the miracle vibration, where life becomes an effortless flow of joy and fulfillment. Her ability to view the dynamics of the soul's journey allows her clients insights into how to achieve their highest possible vibration, miracle mastery. Everything that stands in the way of this goal can be transformed with willingness to change one's life story from victim consciousness to spiritual mastery.*

*In her readings, Jennifer works with the Archangel Uriel, angels, guides and departed loved ones to help her clients gain clarity about their life purpose. Jennifer has helped many people through the Shift through her unique insights and counsel, facilitating their healing journey. Jennifer is the*

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