



## **This is Not a Spiritual Test**

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Imagine you are a student and it is the first day of class. You are given a test. You stare at the problem and have no clue how to solve it. You tap your foot nervously. Raindrops of sweat cover your forehead. Trembling, you scribble something on the paper. You know it is the wrong answer.

After months of learning, you are ready to graduate. On the last day of class, you are given the same test. Memories of the past resurface. You break out in a cold sweat. Trembling, you reach for a pencil. But then you remember... you know this material! All you need to do is apply what you have learned to the problem. You write on the paper with confidence and arrive at the right answer.

And *this* is how you pass a spiritual test. Let me explain...

One night I am lying in bed staring at the ceiling. For days, fear and doubt have bubbled just below the surface of my awareness. Tonight “the monster” emerges out from underneath the bed. Gripped by fear, my eyes well up with tears. “What is going on?” I mumble to myself. I reflect on the past few weeks. It’s true, I am in the midst of huge changes in my career and family. But this lack of faith that I will be cared for, is troubling. If this is a test then I am failing miserably. Discouraged, I manage to whisper a plea for help before falling asleep.

### **Dream**

*It is current day and I am with my former husband. We stand before one another, older and wiser. We decide to make a commitment to each other again. I am content with this decision*

*because I understand that going back to an old situation and applying all that I have learned, will transform it into a loving expression of my wiser Self.*

*I have a strong knowing that before making this commitment again, we must write down a pledge. I am 100 percent certain that if we are not clear about who we are now and what we are going to do differently, we could slip into old ways. The dream ends with both of us agreeing to write a pledge.*

Upon waking, I have an epiphany. I am not lacking faith. I am slipping into old ways.

In the past when making huge changes, I struggled with fear and doubt. I feared that pursuing a different career meant I was abandoning my spiritual goals. I lacked confidence in my gifts and abilities. I was terrified of letting go of the familiar and embarking on a new path. I felt guilty for wanting financial security, believing that the need for material things was not very “spiritual.” I did manage to make the change despite the fear and doubt, but the road to transformation was rocky.

Now, when facing a similar situation involving change, instead of breaking out into a cold sweat, I need to apply what I have learned and do things differently this time. I immediately sit down with pen and paper and write my pledge. Here are a few of the promises that made the list.

I solemnly pledge to:

- Honor and value my unique abilities and gifts, and let them be used for the highest good of all.
- Let change happen without clinging. Remember that changes are always for the better and when I let go, I learn to trust.
- Experience financial security with a grateful heart, recognizing that God can meet my needs in a variety of ways.
- Follow guidance even if it means moving toward the unknown.

I solemnly pledge to do the following things differently:

- When I am angry or afraid, I will comfort and care for myself without judgment. I will love whatever is coming up and give it to the Spirit for healing.
- When I find myself wishing for something, instead of negating the desire I will imagine what it would feel like to have it. In this way I honor everyone’s right to receive what they need to fulfill their spiritual destiny.
- Whenever I am pushing or forcing something to happen, I will stop and remember that everything happens in perfect timing according to my will and God’s. I will then ask, “What would You have me do now?” And follow in trust.

I have been using this pledge and it has made an amazing difference. Because it expresses perfectly my willingness to listen to guidance and trust that where I am now is perfect, I am free of judgment, fear, and doubt.

Now, instead of the familiar dread when facing a change, I am excited to apply what I've learned.

Whenever you are challenged by life events, remember this is not a spiritual test. Here are a few contemplation questions that can help transform old situations into new, loving reflections of who you are now.

- Is your current challenge similar to something in the past?
- What struggles, beliefs, fears, and/or confusions did you have back then? Are these old ways resurfacing?
- Notice how this current “test” is an opportunity to apply all that you have learned to the problem.
- Now that you are older and wiser, what promises can you make to yourself when dealing with this situation?
- Write down what you pledge to do differently that reflects who you are now and all that you have learned.

For more information on spiritual dreaming and my upcoming book *Dreaming Miracles*, click on the Dreams and Visions link at [www.pattifields.com](http://www.pattifields.com).