



Eight Life Structures

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The Eight Life Structures as taught by Michael Beckwith.

Spiritual
Ego
Livelihood
Relationship
(Physical) Body Temple
Financial/Livelihood
Beliefs
Community

Life Structures are the fundamental areas of living where our growth and development are revealed. We may be more evolved in some structures and less evolved in others. The stabilization of our life structures keeps pace with the evolution of our consciousness. Our evolution of consciousness is dependent upon the depth of our inner practices. Stabilization of our life structures provides the courage, tenacity, and capacity to genuinely empower ourselves to become a beneficial presence on the planet, a contributor to planetary evolution.

A structure that is well aligned becomes a gift and an asset. A structure which is out of alignment is a liability or an energetic drain from giving your gifts.

These structures are not linear. You may be in frequency four in relationship and in frequency two in livelihood. We can also move between frequencies within a particular structure.

Spiritual: Our spiritual practices of meditation, affirmative prayer, spiritual study, introspection, and service are the ground out of which all else evolves. All other life structures are mirrors reflecting back to us how we are progressing in our journey towards self-realization. Everything begins and ends in the Self. Stabilization of our spiritual life structure results in accepting our candidacy for enlightenment.

Ego: This structure is about self-respect, self-worth, and self-love. When our ego is healthy there is no experience of inferiority, superiority, or even equality. We don't live comparing ourselves to others because we accept our intrinsic precious worth as a human being. We know that we are as cherished by the Whole as are all enlightened beings of past and contemporary times.

Livelihood: This structure is beyond simply having a job. Livelihood is stabilized when it is a true expression of our creative purpose, a vehicle for delivering our talents, skills, and gifts on the planet. We may find it necessary to change our livelihood as we discover areas in which we have been hiding out, suppressing, or repressing our natural talents.

Relationship: This structure is about expressing unconditional love, compassion, and forgiveness, beginning with the relationship to one's self and expanding to include one's immediate loved ones, community, and world. When this structure is stabilized, we no longer seek relationship to make us happy; rather, we bring happiness to our relationships.

Body Temple: This structure reveals our relationship to the body temple as a vehicle of the Spirit that lives in, through, and as us. When stabilized, the body is provided balanced nourishment from food, water, exercise, and sufficient downtime. The fundamental wholeness of the body temple is a law unto the health of every cell, organ, and limb.

Financial: This structure acknowledges Spirit as the source and substance of supply, and the law of circulation as its vehicle. It recognizes that money is an energy exchange that supports us in living our vision and contributing to the good of others. Stabilization of this structure results in being conscious stewards of our financial resources. Money is not "spent" because it then runs out; instead, money is circulated.

Beliefs: Until we begin to wake up, our life structures are comprised of beliefs and concepts that do not recognize our limitless nature or the limitless nature of Existence. As we expand and deepen in consciousness, beliefs and concepts mature and stabilize into trust in the fundamental goodness of the universe and in ourselves. When this structure is stabilized, we no longer feel compelled to convince others believe what we believe, but rather we are comfortable in our own beliefs without thinking that our way is the only way.

Community: This Life Structure is about conscious recognition of our interconnectedness with all beings. When stabilized, the constricting boundary of living life on the "me plan" expands into the larger Self, into a sense of being a global citizen. We also realize the value of coming together with other like-minded individuals who support us in our walk towards spiritual awakening.