

## Ascending the Steps of the Sacred Life

By Gita Saraydarian: February 12, 2026

The Sacred Life is achieved when we are able to express beauty rather than ugliness, rage, indifference in our physical life, our speech, emotions and thoughts. This step alone sets the tone of our daily life and changes the way we see life and are able to gauge a response that has in its core, the beauty of the soul. God the Beauty is now shining out of our life.

When we choose to be good instead of being a thief who is using life to satisfy our own personal needs at the expense of others, we take a second step into the Sacred Life. God the Good, the Love eternal, is now embedded in our hearts.

When we are righteous in all our dealings — considerate, unselfish, forgiving; when we see how to bring light and healing in dealing with others, we take a third step into the Sacred Life. God the Truth now flows out of every part of our being.

When we find our joy and rely on our inner joy, it means we are able to tap into the eternal inside of us. We are able to comprehend a life situation as it is eternally, and we will remember that what we may be experiencing is a temporary wake-up call, then we will be able to hold on to our joy and take the fourth step toward the Sacred Life. Joy is the fulcrum of the Sacred Life; it is the one key ingredient that knits the mundane life to the Sacred inside each of us. God the Creative Power fills our life with joyful possibilities.

When we are free from clinging to past traumas, painful memories, attachments and identifications of the past, consciously distancing ourselves, choosing freedom rather than entrapment in pain, we will take the fifth step into the Sacred Life. God the detached observer is now actively showing us the way.

We then strive to hold on to the distance we have travelled, the depth we have comprehended, the understanding that perfection is a never-ending process, we have firmly stepped on to the sixth step of the Sacred Life. It is a path we never give up, never waver from, and with a firm commitment, we embrace all that striving entails. God the Committed Giver of Life is now showing us how to commit and never give up even when we are faced with seemingly insurmountable obstacles.

And, when we are ever-vigilant, letting go of what is no longer needed, letting go what is no longer essential, able to sacrifice the personal agendas in all that we do, we see how our ego and vanity, glammers and illusions, start to slide out of our life. We emerge as triumphant warriors full of soul light. We radiate the light in every direction. We become a way for others to achieve. We share every part of our journey with all of life; we embrace all of life into our fold. We know without a doubt what and to whom we serve and how best to serve. We now serve the facilitation of the Sacred in all of Life in every step we take, the seventh sacred step. God the Sacred has now embraced us, and we are part of that One Life.

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