While in India I've once again turned my thoughts to spirituality, and been assessing any correlations it has with being trans. It was my shift in consciousness and my world view in 2000-2001 that helped me find my own self acceptance.

In 1998, before I came out as Brianna Austin, I first heard the concept that we are not really physical beings in search of spirituality; but rather, spiritual beings living a physical existence. This prompted me to then wonder "why are we here, on Earth, in this human form?" Understanding form may help understanding transgender form. Like those on spiritual pilgrimages, we too are conflicted by the spiritual vs. the physical; the mind and soul vs. the body.

According to many of the eastern religions, to seek the path of spiritual enlightenment one must learn detachment from Ego, the physical self, and all Earthly desires, possessions and distractions. Similarly, a transperson -- to reach self-acceptance -- must also learn detachment from Ego to learn humility, and detachment from their physical body; to get in touch with who they are beyond what they are; more accurately, beyond the condition they have. Only then are we prepared to address being transgender.

Throughout the world there are followers of a wide variety of religions and philosophies. Many of you yourself may be church-going religious people. While the individual doctrines between Christianity, Islam, Hindu, and Buddhism are varied, spirituality is not: in every religion their is God. Some believe God to be the ultimate father figure, while others interpret God, the OneSource, OneGod, etc. to be the supreme universal life force of all things: i.e. The OneGod resides within me.

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