

*When a strong man, fully armed, guards his own house, his possessions are safe. (Jesus)*  
Luke 11:21

The story of David and Goliath is one of the most familiar of all Bible stories, and it is also the one from which many practical lessons can be drawn. Today we look at the metaphysics of this story as well as some of the spiritual teachings from Michael Singer's book *The Untethered Soul*.

Metaphysically, David's triumph over Goliath represents our spiritual ability to overcome our fearful thoughts. This story takes place in Judah which symbolizes the house of spiritual consciousness. The Israelites are the descendants of Jacob and the tribes of Israel. They are the total of our spiritualized thoughts. The Philistines characterize erroneous thoughts that are fearful in nature. Goliath is a symbol of huge fearful thoughts of disaster which keep us frightened into submission. David is often referred to as a type of Christ. David represents divine love individualized in human consciousness. David faced the giant with no armor because he stood in spiritual strength. He represents that part of us that gets power from our trust in divine intelligence. Goliath represents any huge problem that looms before us and for which we have no remedy in the outer. When we meet it in the consciousness of the God within us it is solved easily and quickly.

Charles and Cora Fillmore, Teach Us to Pray: *We live in a world where fear is taught as essential to safety. To begin with, we are told from infancy to fear God; then to fear evil in all its forms. With our mind crammed with fear images working night and day, how can we expect anything but the multitude of disasters that follow?*

*Here are some ideas from The Untethered Soul:*

- You must decide that you want to enjoy your life and that there is no reason for stress, inner pain, or fear. Every day we bear a burden that we should not be bearing. We fear that we are not good enough or that we will fail. We experience insecurity, anxiety, and self-consciousness.
- You are either trying to stop suffering, controlling your environment to avoid suffering, or worrying about suffering in the future. This job has broken the mind and disturbed the entire psyche. It has created fear, anxiety and neurosis.
- When Buddha said that all life is suffering, this is what he was referring to. The prerequisite to true freedom is to decide that you do not want to suffer anymore. To end suffering you must first realize that your psyche is not okay. You realize that the advice your mind is giving you is psychologically damaged advice. Your mind's thoughts are disturbed by its fears.
- The root problem is that you don't feel whole and complete within yourself. If you don't identify the root properly, you will seek someone or something to cover it up. The mind is simply a computer, a tool. But you, in your lost state, told it to spend its time conjuring up outer solutions for your very personal inner problems. When you see the mind telling you how to fix things, don't listen, withdraw your attention and the thinking mind falls away. Simply be aware that you are seeing it.
- This path of letting go allows you to free your energies so that you can free yourself. Right in the midst of your daily life, by untethering yourself from the bondage of your psyche, you actually have the ability to steal freedom for your soul. This freedom is so great, it has been given a special name – Liberation.

*Affirmation: Freedom is mine through the indwelling presence of God.*