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# Foreword



Practicing spiritual wellness is the key to living a life of fulfillment, success, peace, love, prosperity, and joy.

All the same, you don't get to this level of enlightenment overnight. It calls for discipline, but the advantages are definitely worth the effort you put into it.

So what are a few of these practices? There are a lot of them but these are some of the most crucial ones.

***Healing: Inside Out And Outside In  
Finding Zen Through Spiritual Healing***

# **Chapter 1:**

***Mindfulness Exercises***

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# Synopsis

It's crucial to listen to the silence on a regular basis. The outside world is filled with too much discombobulation. You have to learn to pay attention to the Divine Voice inside and learn to trust it. It's likewise useful to practice being in the here and now. The practice of mindfulness may bring a lot of advantages to your emotional and physical health, as well as to the relationships in your life.

Mindfulness is an astounding tool for stress management and overall wellness as it may be used at virtually any time and may quickly bring lasting results. The following mindfulness exercises are easy and convenient, and may lead you to a deeper experience of mindfulness in your daily life.



## Be Mindful

### Meditation

Meditation brings a lot of advantages in its own right, and has been one of the most popular and traditional ways to accomplish mindfulness for centuries, so it tops the list of mindfulness exercises. Meditation gets to be easier with practice, but it need not be hard for beginners. Simply discover a comfortable place, free of distractions, and calm your mind.

### Deep Breathing

That's correct: mindfulness may be as easy as breathing! Seriously, though, among the most uncomplicated ways to experience mindfulness, which may be done as you go about your day-to-day activities (convenient for those who feel they don't have time to meditate), is to center on your breathing.

Breathe from your belly instead of from your chest, and try to inhale through your nose and out through your mouth. Centering on the sound and rhythm of your breath, particularly when you are upset, may have a calming effect and help you stay grounded in the here and now.

### Listening to Music

Listening to music has a lot of advantages — so many, as a matter of fact, that music is being utilized therapeutically in a fresh branch of complimentary medicine known as music therapy. That's part of why listening to music makes an excellent mindfulness exercise.

You are able to play soothing new-age music, classical music, or a different type of slow-tempo music to feel calming effects, and make it an exercise in mindfulness by truly centering on the sound and vibration of every note, the feelings that the music brings up inside you, and additional sensations that are happening "right now" as you

listen. If additional thoughts creep into your brain, congratulate yourself for noticing, and gently bring your attention back to the present moment and the music you're hearing.

### Housecleaning

The term "housecleaning" has a literal meaning (cleaning up your actual house) as well as a non-literal one (doing away with "emotional baggage", letting go of things that no longer serve you), and both may be great stress relievers! Because clutter has several hidden costs and may be a subtle but significant stressor, housecleaning and de-cluttering as a mindfulness exercise may bring lasting benefits.

To bring mindfulness to cleaning, you first have to view it as a positive event, a drill in self-understanding and stress relief, instead of merely as a chore. Then, as you clean, center on what you're doing as you're doing it — and nothing else.

Feel the warm, soapy water on your hands as you rinse dishes; experience the vibrations of the vacuum as you cover the area of the floor; enjoy the warmth of the laundry as you fold it; feel the freedom of relinquishing unneeded objects as you put them in the donations bag. It might sound a bit silly as you read it here, but if you approach cleaning as a drill in mindfulness, it may become one.

### Honoring Your Thoughts

A lot of stressed and busy individuals find it hard to stop centering on the rapid stream of thoughts consuming their mind, and the idea of sitting in meditation and holding off the onslaught of thought may really cause more stress! If this sounds like you, the mindfulness drill of observing your thoughts may be for you. Instead of working against the voice in your head, you sit back and "honor" your thoughts,



instead of becoming involved in them. As you notice them, you may find your mind calming, and the thoughts becoming less stressful.

### **Make Your Own!**

You're likely now getting the idea that virtually any activity may be a mindfulness exercise, and in a way, you're correct. It helps to practice meditation or a different exercise that truly centers on mindfulness, but you are able to bring mindfulness to anything you do, and find yourself less stressed and more grounded in the procedure.



# Chapter 2:

## *Words of Spiritual Encouragement*

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### Synopsis

Studying and listening to spiritual sayings from enlightened people may help you keep your focus steady and your belief strong. They're wonderful companions that you are able to take with you wherever you go. You are able to utilize them on a daily basis.

Spiritual development may often be a hard and rocky road. At those times, words of spiritual encouragement may be the perfect thing to help you feel better.



## **The Gift Of Words**

Wherever you're on your journey, uplifting quotes may make it easier for you to continue on your path. I've been on a spiritual path for over 20 years. I can't count the number of times that I've turned to spiritual sayings to help me restore my faith. They're powerful tools that I turn to over and over again.

I'm honored to share some of the wisdom quotes from some of my favorite spiritual teachers. Read these inspirational expressions, savor them, and let them fill your heart with hope.

### **Spiritual Encouragement About Wellness**

Spiritually, you have always been healthy, only there have been lapses in your knowledge of this.

We must forever rid ourselves of the idea that it's the personal man who does the healing. We have to know that it is not I but the Father that dwelleth in me, He doeth the works.

Man is not a body bearing a mind; he's a mind operating through a body.

### **Spiritual Encouragement About Personal Might**

No individual, no place, and no thing has any power over us, for “we” are the only thinkers in our brain. We produce our experiences, our reality and everybody in it.

The Law of Pure Potentiality ... is centered on the fact that we're, in our essential state, pure consciousness. Pure consciousness is pure

capability; it's the field of all possibilities and infinite creative thinking.

You are Life – and life is bigger than the way it conveys itself. This means what you are exceeds the way you're living as a human being, what you've achieved and what you intend to achieve.

God has given you everything. All is yours, and you know that all you have to do is to reach out your mental hand and take it.

### **Spiritual Encouragement About Abundance**

You determine your financial flow. Your cash represents your thinking – conscious and subconscious mind. You're your own paymaster, the only paymaster.

There's a Divine Mind counterpart for each human need. There's an answer for each issue, substance for each financial requirement, a job for every willing worker.

We weren't born to suffer. We were born to live life lovingly, gleefully and to multiply our good.

### **Spiritual Encouragement About Faith**

God forever works with you when you ask Him to and when you've faith that He is doing so. Then your prayer can't fail. It is God who's changing things and not you.

Regardless what the condition, how hard or how impossible you feel it might be, God will see you through.

Remember this: want in the heart for anything is God's sure promise sent in advance to indicate that it's yours already in the limitless realm of supply, and whatever you wish you may have for the taking.

### **Spiritual Encouragement About Love**

I'm sustained by the Love of God.

Love isn't a payoff we get when we become good. Love is the essence of our being, regardless how we're acting. It's the power of goodness that's always in us, ready to let us make something more out of it.

Love is the equalizing, harmonizing, balancing, adjusting force that's ever at work throughout the universe. Working in these ways, love may do for you what you can't humanly do for yourself.

I sincerely hope you've enjoyed these spiritual sayings and I invite you to read them frequently.



# **Chapter 3:**

## ***Day-to-Day Affirmation***

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### **Synopsis**

Saying a day-to-day affirmation is an excellent way to stay in a state of spiritual wellness. You and I are so bombed with negativity day-after-day. Positive and healing affirmations may help you feel better about your life and more optimistic about your future.





## Use Affirmations



A lot of individuals ask me if saying a daily affirmation on a consistent basis may make a positive difference in their lives. The answer is decidedly YES.

What is a day-to-day affirmation? It's a positive idea of something you would like to believe about yourself which you don't believe today. For example, if you would like to trust that you're confident about your ability to handle yourself in

any state of affairs but you don't believe that today, a great daily affirmation may be – "I'm now confident that I may successfully handle all states of affairs in my life."

We all talk to ourselves each day. A lot of the things we tell ourselves are damaging and limiting. They prevent us from executing things and having things that we truly want in our lives.

A positive affirmation begins to get you to alter your ideas about yourself and what is possible in your life. It's essentially a form of positive self-talk that you're utilizing on a steady basis. You're training your mind to think differently about yourself.

Affirmation rules of thumb. It is positive - An affirmation has to be positive. If you're shy, you would not say that you are no longer shy. You wish to affirm what do wish, not what you don't wish. Utilizing healing affirmations like, "I am really comfortable when I am with individuals," or "I may easily talk to new individuals", are good example\* of affirmations that you may utilize.

It is utilized in the present tense – Words of affirmation have to be said in the present tense. You're affirming in the present tense what you would like to believe about yourself in the future. Your subconscious mind takes what you state about yourself literally. If you continually tell yourself "I'm smart and I learn new things easily", eventually you'll discover that you're able to comprehend fresh ideas easily and without conflict.

It ought to be done on a steady basis – You are attempting to change your unconscious thoughts about yourself with favorable self-talk. This isn't going to occur overnight. You have to say your positive affirmation on a steady basis for it to have any affect. It is really an excellent idea to pick out a daily affirmation and say it to yourself a lot of times throughout the day so it starts to seep down into your subconscious thinking.

Ways to discover ideas for words of affirmation – you are able to utilize words of spiritual encouragement or inspirational sayings to help you develop a day-to-day affirmation. For example, the idea that



the higher power loves all of its creations may be turned into “I’m lovingly supported by Spirit in each aspect of my life.”

The inspirational idea that there is no limit to what the mind may conceive and accomplish may be turned into “I am able to easily and successfully accomplish anything I set my mind to.

Assortment is fine, but take it slowly – you are able to utilize a different one for assorted aspects of your life. You are able to say one for health, one for your job, one for your relationships, one for your finances, or any additional things that are significant to you. Just be heedful to take it slowly and not overpower yourself. Your thoughts about yourself are the result of a lot of years of thinking a particular way. It is going to time to alter your thinking.

Pick out a few that you wish to work with and stick to them till you feel they are working for you. Then you are able to let those go and work with others.

### It's an Ongoing Process

Stating a daily affirmation isn't something that you do for a week, a month, or a couple of months -- at least not if you're serious about altering your life for the better. It's a tool that you ought to continue to use on a regular basis.

Your life is an expression of your thoughts. Utilize healing affirmations to alter your negative thoughts so you are able to make your life a whole lot better.

# Chapter 4:

## *Communities*

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### Synopsis

Being with other spiritual individuals is among the best things you are able to do to maintain an attitude of spiritual wellness. A lot of individuals are so centered on the material aspects of life. They believe spirituality is something you only do one day a week.

Seek out like-minded individuals so you feel comfortable with your spirituality.



## **The Right People**

Today while I was working and chatting with some acquaintances, I brought up some ideas. Turns out that one acquaintance had the same idea and had in reality started acting on it. We began talking about it and now a fresh project is now in the works. It made me think just how crucial it is that you have to have the correct individuals beside you.

Now don't go thinking that you ought to surround yourself with just "Yes Men" as you'll certainly fail when somebody tells you it's a great idea to do something really stupid!

Having individuals who think differently and individuals who think alike are equally as crucial to getting a decision made. If the individuals are in a team with you, you need to make certain they're there for your success as well as their own.

I have a few individuals in my life who take a valued interest in my success. And there are on both sides of the coin as far as thought procedure goes. There's obviously my loved ones, wife and youngsters, who want me to do well.

And then a few close acquaintances of mine believe very differently from me, but still wish me to genuinely succeed. My wife will be the first one to stand up and tell me how dull my ideas are! She thinks different than I do when it comes to some of my ideas. Yet her view is really significant to my goals and me. I count on her opposing earnest opinion to help guide me to a better decision in the end.

My acquaintances I hang out with have a similar thought processes like mine. We like the same things. When we get together to plan out something we hear this phrase: “Man, I was just thinking the same thing!” This comes in handy as we attempt and move ideas along. Being able to see someone else’s vision as your own counts a lot.

To sum it all up you have to have like-minded individuals on both sides of you. The like-minded part comes in mind when we talk about moving you forward in accomplishing your goal and spiritual wellness. If you align yourself with people, make certain that there is a goal to accomplish success and that every person wants to see the other succeed as well!

One last key is that the individuals around you ought to always motivate you to do what is right and move ahead! What types of individuals do you want in your team and how does it impact what you do?



# **Chapter 5:**

## ***Spiritual Cleansing***

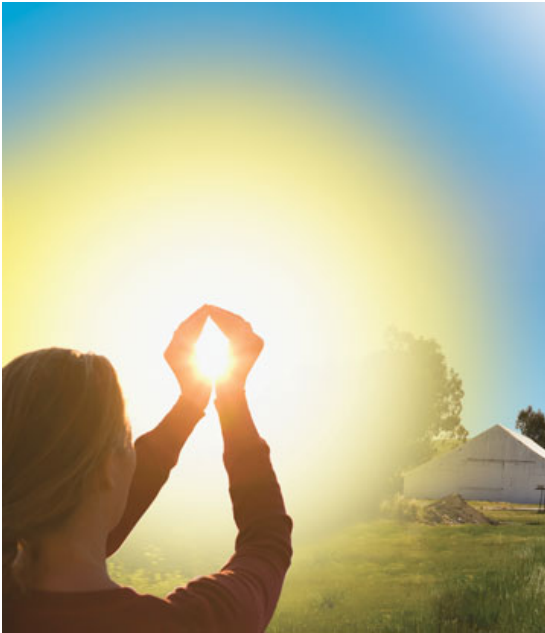
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### **Synopsis**

It's crucial to pay attention to your thoughts and to let go of those that are damaging and limiting. You need to replace them with ideas of Truth – ideas about the higher powers love and blessings that are available for you. It's crucial for you to release ideas that don't serve you.



## Cleaning



Spiritual cleansing is a process utilized in psychic readings to dispel damaging energy. A lot of people feel that negative energy surrounds us and it responsible for a lot of difficult things that occur within our lives and psychic reading or tarot reading may help.

An aura is a subtle, luminous radiation that surrounds an individual or an object. It's similar to a halo you may see in a religious painting. If you practice meditation and are acquainted with chakras, you likely know how a clean aura may have an impact on your life.

To a lot of individuals, an aura cleansing may be sensed around individuals who are having a really difficult time and are surrounded by negativity. If these individuals don't take the time to cleanse their aura, other people might offer to do it for them.

Spiritual cleansing practices deviate greatly. What a few individuals believe is a spiritual cleansing might be considered gibberish by another. Believing in spiritual cleansing is half the battle in achieving it.

How spectral cleansing is accomplished:

There are many ways in which to utilize spiritual cleansing to cleanse an aura. A lot of individuals will utilize the help of a spiritual guide or teacher. Others will seek out the help of a close acquaintance or confidant. While strategies vary, the same ending is what is desired.

Here are a few tips to help you utilize spiritual cleansing to cleanse an aura of another individual.

1. Organize the room. Many feel this is the most crucial part of the aura spiritual cleaning procedure. Clean the room, sweep the floor, and smear or fume the room with sage to locate the positive vibration.
2. Meditate and check your chakras prior to your friend or loved one arriving for the spiritual cleansing. It's best to be a positive as you are able to be before you start the aura-cleansing project.
3. When they arrive, have them lie down and unwind. Have your acquaintance close their eyes and start to breathe in and breathe out rhythmically. Ask your friend to remain centered and not to talk during the cleansing.
4. Start the cleansing by holding your hands about 6 inches from your friend's body. Open yourself to his aura and energy. Beginning at the very top, work your way down to the feet. Remember any places that appears cold or hot, or that you sense an issue with. Have your acquaintance roll over and repeat.
5. When you've finished with this part of the aura spiritual cleansing, utilize your hands to fluff up the aura. This process is similar to how you would fluff up someone's hair. Do this step without touching your friend's body.

6. Now, beginning at that the head of the body, visualize wiping off the damaging energy. Shake your hands as though they're wet and you don't have a towel. This will help remove the damaging energy that might cling to you.

7. Go back to the head once more and start locating the hot and cold areas from earlier. If it feels hot, then attempt to project coolness and the other way around. Once complete, wipe your acquaintance down again and shake your hands as frequently as you feel you need to. It does no good cleanse another's aura, only to need a further spiritual cleansing yourself.

8. Talk to your acquaintance. Advise them to speak with a physician if you feel the hot and cold areas had something to do with your friend's health.

9. After your acquaintance leaves, be sure to cleanse the room once more and your own aura as well, to remove and trace of negativity.

### Spiritual Cleansing Bath

The minerals in a spiritual cleansing bath will serve to pull the toxins out of the body and bring them to the surface of the skin, where they'll be washed off. A spiritual cleansing bath will boost detoxification, leaving you feeling scrubbed clean, and your skin feeling silky soft.

Things required:

- 2 cups baking soda
- 1 cup sea salt



- 1 cup Epsom salts
- A few drops of food coloring of your choice
- Glass or plastic container with a sealed lid or zip-seal bags
- Glycerin
- A couple of drops of essential oil of your choice

1. Mix the baking soda, sea salt and Epsom salts in a big mixing bowl, stirring till they're completely blended.

2. Stir in food coloring a couple of drops at a time till you get the color you wish. You may mix the colors if you want a color such as purple, lavender or lime.

3. Store the spiritual cleansing bath mixture in a plastic or glass container or zip-seal bag. The mix will keep indefinitely if it's stored in a sealed container.

4. Use about 1/3 to 1/2 cup of spiritual cleansing bath mixture in every bath. When the tub is filling, add 2 tbsp. of glycerin to make your skin silky and a couple of drops of you favorite scented essential oil.

If the spiritual cleansing bath mixture builds lumps, just break them apart with your fingers.

Avoid hot baths and salt baths if you're diabetic, have high blood pressure or heart trouble.

# ***Chapter 6:***

## ***Spiritual Thinkings***

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### **Synopsis**

When you're able to have positive thoughts regardless what is going on – when you are able to see the higher power in all individuals and in all situations – you are well on your way to spiritual health.



## **Notions**

A lot of times we spend hours and hours dwelling and ruminating on the damaging and fearful things in our lives. Rather, our focus and attention needs to be on the favorable, the good, and on thoughts that will move us in the right direction. Read one of these statements to yourself each day -- and dwell on it.

If you pay attention to the dark, you'll never find the light.

If you study and relive your past experiences, dissecting them, and "getting in touch with your feelings" you'll only reinforce those feelings. If you want to get away from an issue, you shouldn't focus on it. Center on the good, the positive, the beautiful, the nice.

A happy individual is totally caught up in the moment --and isn't thinking about the past or the future.

Too much thinking and dissecting just makes any issue worse. Today is a fantastic day – live it in the here and now.

Why do little youngsters think ghosts, goblins, and monsters are real? As grownups, we know they aren't. Your thoughts aren't "real" in either the sense that you "produce" and reinforce them -- and the emotions that go along with them. Your thoughts are only what you decide to trust in and continually reinforce in your brain.

For instance, you're sitting alone in the dark in your home. You're down, depressed and thinking damaging thoughts. All of a sudden the phone rings and it's an acquaintance you haven't talked to in 6 years. You become alert, your mood picks up, and you've a nice

conversation. Then, after you've hung up, you get depressed again and fall back into a blue mood. How come?

Hint: Even though we don't feel it – we have more might over our thoughts than we believe. We may decide to stay "up" after the phone call by doing everything we can to keep from dropping off back into the quicksand of contemplation and despair.

If your thoughts start to change, you'll feel better.

If you act in spite of your feelings, your beliefs and emotions will follow behind.

There is so much in life I can't control. However, this is my life and I've decided to be happy. I may choose to be happy regardless of my other conditions. It's not "when I receive a promotion, I'll be happy..." or "when I may speak in front of a small group of individuals, I'll be happy..." The focus ought to be on learning to be happy straightaway. Tap into your inner peace and contentment in the way that works best for you.

Happiness is a result of a choice to be happy.

Your emotions and feelings are produced by your thoughts.

Unhappiness can't exist on its own. It happens because of thoughts, which may be altered.

Your past thoughts are about issues that are no longer true. That bad experience occurred yesterday (in the past) and is over. It's at peace and exists solely in your brain. Now is a fresh day, a better day, and

fretting about the past simply dooms us in the here and now. It's how you process it now that makes a difference.

You are a thought-producing machine. When you recognize this, you are able to start to slow your thoughts down and let your anxieties and fears rest.

Your automatic damaging thoughts are only thoughts: they're not real.

Our inclination is to think a bit much and to paralyze ourselves with our contemplations. We have a choice: recognize what we're doing to ourselves, get up, find a distraction, and do something interesting (favorable).

Happy individuals understand that to enjoy life you live it -- you don't think about it.

Watch a roomful of preschool youngsters. They're enjoying life as they're centered on the moment and are not thinking of it. They're immersed and engaged in living.

Analysis produces paralysis.

Anxiety killing you? Quit thinking about it, take that step, and simply do it.

Thoughts grow with attention. If you center on damaging thoughts, they'll grow and grow and get bigger. If you center on your progress and the fresh thoughts you're learning, they'll grow stronger and take "automatic" control.

Even if you understand and know why you've a problem, this won't help you in solving it. Going over and over the reasons for your issue is like pouring salt in an open sore.

The only factor making you distressed is your own thoughts. Relax, eject them, and let them go.

When you observe self-limiting and self-defeating thoughts playing again and again in your mind, state, "STOP! I will not give you any more power over me! I have greater things to accomplish!"



# **Chapter 7:**

## ***Forgiving Other People***

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### **Synopsis**



When you comprehend how the power of forgiveness may release you from negative states of affairs, it will become one of your most potent ongoing practices.

This includes forgiving other people, situations, and likewise yourself.

## **Let Go**

Forgiveness is a gift you give to yourself. It is not something you do for somebody else. It is not complicated. It's simple. Merely identify the situation to be forgiven and ask yourself: "Am I willing to squander my energy further on this issue?" If the answer is "No", then that's it! All is forgiven.

Forgiveness is an act of the imagination. It dares you to envisage a greater future, one that's based on the blessed possibility that your anguish won't be the final word on the issue. It challenges you to forfeit your destructive thoughts about the situation and to trust in the possibility of a greater future. It builds up confidence that you may survive the pain and develop from it.

Telling somebody is a bonus! It is not essential for forgiveness to start the process that heals the harm. Forgiveness has little or nothing to do with a different individual because forgiveness is an inner matter.

Choice is forever present in forgiveness. You don't have to forgive AND there are consequences. Refusing to forgive by holding on to the anger, bitterness and a sense of betrayal may make your own life deplorable. A vindictive mentality produces bitterness and lets the betrayer claim one more victim. There's nothing so bad that can't be forgiven. Nothing!

"The weak may never forgive. Forgiveness is the attribute of the strong." Mahatma Gandhi

The biggest misconception about forgiveness is the belief that forgiving the offense, like an affair, means that you excuse it. Not



true. As a matter of fact, we may only forgive what we understand to be wrong. Forgiveness doesn't mean that you have to reconcile with somebody who poorly treated you.

Another misconception is that it depends upon whether the individual who did you wrong apologizes, wants you back, or alters his or her ways. If another person's miserable behavior were the primary determinant for your healing then the cruel and selfish individuals in your life would retain power over you indefinitely. Forgiveness is the experience of discovering peace inside and may neither be compelled nor stopped by another. I trust that to withhold forgiveness is to decide to continue to remain the victim. Remember, you forever have choice.

When you forgive, you do it for you, not for the other. The individual you've never forgiven. . . owns you! How about an affair? Simply because you choose to forgive, doesn't mean you have to stay in the relationship. That's only and always your choice. The choice to forgive is only and forever yours.

When you feel that forgiveness is essential, don't forgive for "their" sake. Do it for yourself! It would be great if they'd come to you and ask forgiveness but you have to accept the fact that some individuals will never do that. That's their choice. They don't have to be forgiven. They did what they did and that is it - except for the aftermaths, which THEY have to live with.

The hurts won't heal until you forgive! Recovery from wrongful conduct that produces genuine forgiveness takes time. For a few, it might take years. Don't rush it. Constantly reliving your hurt feelings gives the individual who caused you pain power over you. Rather than

mentally replaying your hurt, it helps to center your energy on the healing, not the hurt!

Compassion is among the key ingredients of forgiveness. Learn to seek and appreciate the love, beauty and kindness around you. It's there, and you might have to alter your thinking and behavior to discover it. To have compassion for other people, you have to first have compassion for yourself.

Fit relationships are not possible without forgiveness! You can't have a loving and rewarding relationship with anybody else, much less yourself, if you continue to hold on to things that occurred in the past. Regardless of the situation, making peace with past love partners, your parents, youngsters, your boss or anybody who you think might have "done you wrong" is the only way to better your chances of a "healthy" relationship with yourself or anybody else for that matter! It isn't possible to truly be present and available to a fresh relationship till you heal the hurt and upsets of the past.

Forgiving somebody else is to agree inside yourself to overlook the wrong they've committed against you and to move on with your life. It's the only way. It entails cutting them some slack. "What?" you say! "Cut them some slack after what THEY did to me? Never!" Let go! March on!

Non-forgiveness keeps you in the battle. Being willing to forgive may bring a sense of peace and well-being. It lifts anxiousness and delivers you from depression. It may enhance your self-regard and give you hope.

Forgiveness is a journey. You might never forget AND you may decide to forgive. You may forgive and tomorrow you might feel the pain all over once again. As life goes on and you decide to remember and feel the pain, then is the time to over again remember that you've already forgiven. Mentally forgive again if necessary, then move onward. When we allow it, time may dull the vividness of the memory of the hurt; the memory will finally fade. Always remember that you're human. Occasionally individuals do and say hurtful things. It's crucial to center on what you've done to learn from the experience.

Forgiveness is a creative act that changes us from captives of the past to liberated individuals at peace with our memories. It isn't forgetfulness, but it demands accepting the promise that the future may be more than dwelling on memories of past harm. There's no future in the past. You may never live in the present and produce a new and exciting future for yourself if you always stay stuck in the past.

Start again! It's truly impossible to begin new and to make clear, healthy, life giving choices till we have let go of past injuries, confusion and resentments. Old injuries have a drawing power and pull our attention to them over and over, claiming energy and hope from us, preventing us from beginning again. Old wounds raise awful specters of the same thing occurring again in the future. For this reason, it is so crucial to spend time understanding the true nature of forgiveness, and what it truly entails.

To forgive means to "give up", to release. It likewise means to restore oneself to basic goodness and health. Once we forgive, we're willing to forfeit resentment, revenge and obsession. We're willing to reconstruct faith not only in ourselves, but in life itself. The inability

or unwillingness to do this, causes damage in the one who's holding onto the anger.

If you're at war with other people, you can't be at peace with yourself. You may let go. . . and forgive! It takes no strength to release. . . only bravery. Life either expands or contracts in direct proportion to your bravery to forgive. Your decision to forgive or not to forgive either moves you closer to what you want or further away from it. There's no middle ground. Change is constant.

Want peacefulness? Forgive. The same power you utilize to hold on (to not forgive), is the same power you need to produce a fresh and exciting life. Forgiveness is the most crucial single process that brings peace to our soul and harmony to our life. All of us, at some point in our lives, have been injured and wounded by the actions or words of another. Occasionally the grievances have been so capital we thought, "no way, this I can't forgive!" Resentment and hostility may run so deep that forgiveness becomes really hard. We believe we have a right to our outrage!

But, living from resentment takes such effort. It produces an enormous void in and around us. All the toxic feelings of hate and bitterness remain suppressed inside and eventually seep into all the areas of our life with the result that we get bitter, angry, distressed and frustrated. And so, living from forgiveness becomes an essential. Not that this is simple; it isn't. But we can't keep ourselves in the flow of good if we hold some other in un-forgiveness.

Forgiveness isn't something we have to do, but something we must leave flow through us. When we step away from the awareness of our human nature, and allow the divine or the higher powers grace to

express through us, to forgive through us, we may at that point, feel the beaming and warm rays of the flow of divine love breaking up all hurt, all resentment, all sense of injustice. We get aware that we're free and we may project that love outward into our world.

Forgiveness helps you move ahead. No one benefits from forgiveness more than the one who forgives! Afford yourself the gift of forgiveness. The very word forgiveness is built upon the root word give. Forgiveness frees people from your criticism and likewise frees you from being imprisoned by your own damaging judgments. It isn't surrender, but a witting decision to cease to harbor bitterness. In affect, it takes the poison out of your body. It cleans your system of the poison that will certainly fester and induce illness and continued misery if not released. You can't take the poison and expect somebody else to die. They'll go on with their life and you'll be the only one to continue to suffer.

Forgiveness is the key to your own happiness. Forgiving somebody else takes moral bravery. Its power may change misery into happiness in a moment. Forgiveness means deciding to release, move on, and favor the positive.

Forgiveness is a sort of love inside the context of a personal crisis. To forgive is, in a way, to love one's enemy. When forgiveness is afforded because you think you ought to, it no longer is forgiveness but an act of self-concern.

The act of forgiveness constitutes a mental bath, releasing something that may only poison us inside. It produces the freedom to create a fresh future beginning today!

# Chapter 8:

## *Attitude of Appreciation*

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### Synopsis

This is an enormously powerful spiritual wellness drill. Say prayers of thanksgiving on a steady basis. When you're grateful for the good that you already have it paves the way for more good to flow into your life.

What do you have to be glad about? Getting to this gratitude, all the same, isn't always so simple. Being able to authentically express appreciation requires you to shift your focus away from the things that are damaging and toward those things that you feel grateful for.

And as you already know, it's really simple to forget to be thankful for all the astonishing things we experience on a daily basis.



## **Appreciation**

Many of us living in western society tend to center on what we don't have. We believe we don't have adequate money, we don't have adequate time, we don't have the mate we're seeking etc. And in this exercise -- which may frankly dominate our daily thinking if we're not careful -- we tend to disregard those astonishing things we do have. So the more we may step back and have a look at what we already experience that's valuable to us, the more we may center on gratitude and the more we may accelerate our own inside healing as a result.

Here's a list of a few of the things for which you might find plenty of appreciation:

- Your wellness. Even if it isn't perfect, you might be grateful for the health you have.
- Your loved ones.
- Your freedoms (freedom of speech, and so forth.)
- Your intelligence, awareness and consciousness.
- Your memories! (Life without memories would be freaky...)
- Sunshine and nature -- the great outdoors.
- Food and seeds, a few of the many remarkable presents from Mother Nature.
- Your occupation, business or job which supplies the revenue you require.
- Your curiousness and want to learn new things.
- A spiritual awakening, or realization or philosophy that you abide by.
- Your pets / creature companions.

In fact, if you consider it, there are likely a great many things for which you may feel great gratitude -- the little plants in your windowsill, the knowledge about wellness that you've accumulated through studying, and even the fact that the sun will indeed arise tomorrow.

Take a couple of minutes and consider what you're grateful for. You might even wish to take a couple of moments to jot some notes for yourself. With your list of those matters you're grateful for, I'd like to invite you to allow just one minute per day (or more, if you wish) to recap that list, to verbalize your gratitude and to very take in your gratefulness for those things that you do have.

Literally say it aloud: "I'm grateful for the garden in my back yard and the chance to grow a little portion of my own food" for instance. In just sixty seconds per day, if used daily, you'll produce an attitude of appreciation, which will lighten your mood and uplift your daily experience of life as it lets you refocus your attention on those matters you appreciate instead of those things you may despise.

Each type of energy that you express to somebody else is reflected in your own interior experience. So if you express hate toward another individual or subject, there's an element of that energy that's likewise expressed internally in that instant. To detest somebody else is to subject yourself to some reflection of that own hatred, put differently.

At the same time, to love something else -- or to express gratefulness toward it -- causes a reflection of that favorable energy to be felt inside yourself, too. So the mere act of conveying appreciation is a sort of self-healing.



As an individual who's written both favorable and negative stories for a lot of years, I'm acutely aware of this dynamic. When I compose negative stories, the energy that's reflected back is frequently negative in its tone, particularly from the parties being criticized. But when I compose favorable stories, the energy that's reflected back to me is really positive.

What's intriguing about all this is something the Buddhists will tell you: In terms of self-healing, it doesn't truly matter what you express appreciation towards -- the positive feedback and forces on your own healing are still present.

You may find a rock on a dirt path and convey appreciation toward the rock and you'd still get a measurable benefit from it. You may, in fact, convey appreciation towards any thing or any individual in the world -- even if such appreciation isn't necessarily justified -- and yet experience the benefits of that appreciation in your own mental and physical healing. This even works if you convey appreciation towards larger concepts like "life", the higher power, or the universe"

Anger is a destructive emotion as it induces stress, adrenal depletion and tension throughout the body. But you may learn to replace anger (or other damaging emotions) with appreciation, and anger can't coexist with appreciation. In that way, appreciation may begin to nudge out the other damaging emotions you may be experiencing. This doesn't mean you have to run around blindly grateful for everything without discerning times when critique or anger may be called for, but the more you may find the appreciation in daily things, the more you'll set off and support your body's inner healing procedures.

# Wrapping Up

Living a life of spiritual wellness calls for bravery, discipline, centering and doggedness.

Make no mistake about it – it is hard work.

Nevertheless, it is utterly worth all of the work you put into it.

When you try it, you will never be able to go back.

