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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

8 Ways to Plant Spiritual Ideas Deep in Your Heart

By Thomas Russell

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The fundamental aim of spiritual study is to get facts and principles into the Heart's fertile ground. Ideas must get through habitual and familiar filters; otherwise, the information is diverted from having its full power. It's not how much you read or hear that counts, but how much you take in and make your own.

How can you receive knowledge deep in your core so the principles work for you in far higher ways? Here are eight proven methods that work wonders:

1. Write your own book of development. Gather pearls of wisdom as you read, listen to audio programs or attend talks. More importantly, when YOU have an insight, get it down! You'll find as years go by that the notebook you've created is filled with wisdom that has special resonance for YOU.
2. Contemplate. Picture yourself flying a glider. The tow plane lifts you. Now it's your time to soar. You pull the connection and you're on your own. The winds lift you higher and higher.

The glider is a perfect parallel to the art of contemplation. Focus on a single word, sentence, illustration or experience that matters to you. Put the spotlight of your attention on it. What's in this idea that isn't presently seen? What does the experience REALLY mean?

Then, let go of the thought. Soar in the silence. It is the silence following the focus that reveals the core. The silence takes you beyond what you already understand. Transcend the word, concept or experience and move from theory to revelation. Soar to a higher level of deep and rich understanding.

3. Read aloud. Read enthusiastically and with conviction. You may even wish to stand and gesture freely. You can imagine that you are addressing a large and attentive audience, like your own thoughts that now wish to change. Reading silently exercises your intellect, while reading aloud combines both your intellect and your power of speech.

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4. Read with repetition. Take four or five pages from a good book, and read these same pages every day for a week before going on to the next four or five pages. Read them more than once, if you have the time, but at least once a day. Just before going to sleep at night is an ideal time. Something marvelous happens when you do this. Information seeps through old patterns.

I first learned of this method from Og Mandino in his classic book, "The Greatest Salesman in the World." The benefits are enormous.

5. Be a metaphor hunter. This is wonderful fun. Simply be alert to daily life experiences, historical examples or encounters with nature that have a resemblance or connection to a spiritual principle. For example, let's say you're on a hike. You observe an old tree that has fallen into a stream. The tree is lodged but the flowing water gradually breaks it away and takes it downstream. You think with delight how the flow of Truth clears away old thinking that no longer serves your Heart.

Again, it all comes down to what you plant in your Heart. The same experience happens to two people. One seizes the experience and plants the lesson deep within, the other lets it just bounce off the old and familiar mental patterns.

6. Express the knowledge you gather. See yourself as a conduit of information, like a lake that stays pure by taking in fresh water on one side and releasing it on the other. Refuse to be a stagnant pond! Find ways in harmony with your talents and interests to live and express what you learn, even though you may sometimes be criticized. Write, speak, paint, dance, start businesses, raise healthy children. These are all ways to express spiritual knowledge in action.

7. Transform your automobile into a rolling cosmic university. So much good information is now available on audio CD. Drive time on the less crowded open roads is a great place to absorb these treasures. It doesn't all have to be spiritually focused material. Helpful ideas can be found in programs on efficiency and vocabulary, for example. In all your listening, however, don't forget the enlightening value of a quiet drive as well.

8. Make the most of group meeting opportunities. A group where sincere men and women meet to delve deeply into life's great questions can be a powerful venue for collecting more knowledge. Just be aware that not all spiritual and wisdom groups are true and healthy, and some take dreadful wrong turns. More than a few foster dependency to support the endless insecurities of the "leaders."

For example, they pry into people's affairs. Never forget that your privacy is your sacred right and must never be sacrificed. Just because you participate in a group activity does not mean that you owe them any explanations concerning your private affairs. This prying is a sure sign of a false group.

With self-reliance, what is best and true for you has an amazing way of finding you. Groups are temporary vehicles that can be valuable, but only if there is genuine value in the group.

Use these eight methods and watch your secret garden start to bloom in your Heart. You'll feel joy and cheerfulness reach you at unexpected moments, and more frequently.

Tom Russell is the host of www.SuperWisdom.com and the editor of the SuperWisdom E-zine, read biweekly by more than 20,000 people in 42 countries. He assists professional salespeople, entrepreneurs and home based business owners live with greater energy, creativity and spiritual insight. He has been interviewed on more than 200 radio and TV talk shows.

Spiritual Compass In Your Life

By Dr. Drew Henry

Why people need compass? People use it as an important equipment to steer them the way to their destination, whatever the conditions encountered. Similarly, when we embark on our spiritual journey, we need a spiritual compass to help us steer our way through the "minefield" of life's hurts, failures, and defeats that the Great Deceiver uses to lead us astray.

Man has always used his conscience as a guide in his spiritual journey, but in today's world of compromise, our conscience is not always a sure guide. It is like the magnetic compass needle that points to the magnetic North, but never the true North; there is always a magnetic variation, which needs to be corrected by constant reference to the mariner's chart.

Similarly, our conscience needs to be constantly corrected by reference to the Word of God. The Bible is therefore, the spiritual compass of our life. How we use spiritual compass? We use it to:

1. Enter into a personal relationship with God so that his mind and heart is revealed to you. This can be accomplished if you read the Bible, not only intellectually, but with deep longing in your heart for God to reveal himself to you.
2. Nourish your spirit and to avoid being infected by the values, principles and ideas of the world that are contrary to the will of God. "Man shall not live by bread alone, but by every word that proceeds from the mouth of God" (Mt 4:4).
3. Learn God's will in your life. Although God speaks to us in various ways, the Scriptures are the one sure place where God reveals his will to us. And he does so in two ways:
 - (1) When we study God's Word, it will reveal to us our basic vocation and what we are going to do with our life, just as God revealed to aged Abram, in Haran, a new direction in his life (Gen 12:1). As we read and reflect on the Scriptures, we will realize that God is never ever finished with us, for he constantly extends and expands the horizons of our life.
 - (2) When we study God's Word, it will help us to recognize his presence and to hear the promptings of his Holy Spirit, amidst all the hustle and bustle of every day life.
3. Grow in your Christian faith. Somebody said that the word BIBLE is an acronym for "Basic Instructions Before Leaving Earth". How true! Our lives have been created by God and he is the best person to teach us what we are to do, not only when we have a break-down in our lives, but also what to do to attain the Kingdom of Heaven.

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4. Grow in your prayer life and have a regular dialogue with God. Prayer and the Word of God go together. They are like the two wires of a telephone connection which makes it possible for us to listen to God, and to speak to him. The more we listen to the voice of God and understand what he wants to reveal to us, the more our prayer becomes inspired and soaked with the Word of God, which is pleasing to him.

Dr. Drew Henry maintains a number of psychic websites, including

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, and

. Please visit his

websites and find much more interesting articles about psychic.



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