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Spiritual Practices Offer Peace and Acceptance

By Teresa Proudlove

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Facing career transitions and our daily lifework challenges can leave us feeling lonely, stressed and anxious. How do we manage to deal with the financial and emotional stress of having a home, a car, work (or no work), kids and a spouse in this too-busy world? Certainly, getting some caring support and guidance is helpful - but ultimately we have to find peace and comfort within ourselves.

Listed below are three simple spiritual practices which can help us live life from a supportive, comforting perspective. These practices can help us shift from habitually reacting to life's problems, to walking a path of more peace and acceptance.

We Do Not Need Fixing

Self-improvement and much of the network marketing industry bombards us with the ideas that if we fix or change our beliefs, attitudes, old wounds, thinking, goals, financial situation then we will be O.K. or a success. We are further burdened with blame and shame for supposedly having created our so-called "lack or negative situation" with our thinking, beliefs or unaddressed childhood hurts.

These egocentric doctrines hurt us. Where is the room for God's infinite plan, our soul's work, indeed our lifework; within such narrow thinking? There is much at work, far beyond our control or our imagination, shaping our lives. At times, we are but frail dust swept within the winds of change. During these difficult times, like career changes and lifework challenges, we need compassion for our human condition... not self-incriminating lectures.

Paradoxically, there is an element of truth in the school of thought that our beliefs, thinking, attitudes and old hurts can affect our quality of life. However, our lives are not a problem to be fixed and we are not to blame for every life occurrence.

"Events occur because conditions are right, and your action only contributes to one of many conditions." Lieh-Tzu

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Often I hear people lamenting their lives; saying they should be further ahead in their careers, relationships, financial situation, and even in their self growth. Yet, creating change involves much more than decision-making and setting goals. We are planting the seeds which grow our being. Often we have to grow into the being which can make the changes we wish to have. Growing a being is the work of a lifetime not ten-easy-steps-to-a-new-you.

This is why career change or any type of life transition can take much longer than we planned. The more time I spend on this planet, the more I realize how very little is really within my control and how rarely things work out according to my time line. More and more, I am aware of the hand of God orchestrating life, with us but players upon a great stage. Wherever we are right now, is exactly the place we are meant to be.

This doesn't mean we have to hopelessly accept harmful or unworkable situations in our life. However, there is a flow and timing to all things. Disdaining our lives and believing we can only be happy when we have the great career, lose fifteen pounds, find the right love, make more money... does not facilitate change or happiness. It only creates more discontent. We can only experience peace and well-being now, in this moment.

Following, are three simple spiritual practices which foster our sense of well-being and peace now. The first practice, "A = Ask for Help," begins with calling upon our higher power for help. The second simple practice, "B = Breathing Being," reminds us to return to our breathing, our bodies and our God. The last step in this trio, "C = Call for Compassion," teaches us a kinder, more compassionate way of dealing with life, ourselves and others.

At times, acronyms for learning can seem overly cute and annoying, however, I could not ignore something that was revealed to me prayerful meditation. Also, practicing these spiritual ABC's has shown me the value of using simple, easily remembered practices during stressful moments and dark days. May these spiritual precepts add as much goodness to your life as they have to mine.

Spiritual ABC's

A = Ask for Help

- * Ask God for Help: "Please help me navigate through this. Thank you for helping."
- * Help Yourself by Living with Gratitude: Give thanks to God for everything and everyone, always.
- * Reach Out to Others: End your isolation by reaching out to others for help.

B = Breathing Being

- * Breathing In and Breathing Out Ten Times: Everyone has time for transformative, ten breath countdowns.
- * Be Still: "Be still and know that I am God." Stillness is the doorway to God.

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* **Being in the Body:** Through being still we begin to hear our bodies' needs and learn to care for our bodies, now.

C = Cultivate Compassion

* **Pray for Compassion:** "Please, God, help me find compassion here. Thank you for helping me."

* **Seek the Big Picture:** When we make a mistake rather than beating on ourselves, we need to reach for a larger perspective.

* **Reframing the Story:** We continually spin one-sided stories in our mind explaining every situation which often, has little to do with the greater truth of a situation. How else can I see this?

If you enjoyed this introduction to the Spiritual ABC'S go to

for the indepth

version.

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Teresa Proudlove has been inspiring, supporting, and guiding over 3000 people upon their lifework path for over fourteen years – with compassion and heart. Visit Teresa at

listen

to your inner guidance and navigate through life and work with more acceptance and peace.

What Is The Spiritual Path?

By Saleem Rana

What Is The Spiritual Path? by Saleem Rana

For many years of my life, I thought the spiritual path had something to do with following one of the major world religions or pursuing an Eastern practice. I even thought it had something to do with morality and ethics.

Today my comprehension of the spiritual path has changed completely. Instead of the complexity of any of the disciplines to becoming a good person, I have found that the path is simple. In fact, some of the greatest atheists have followed it better than many theists. An example that comes to mind is the famous British Philosopher Bertrand Russell, who lived an impeccable life of wisdom, compassion, and grace..

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"Do unto others as you would have them do unto you." That is the spiritual path. Everything else—all the theology, philosophy, and practices—lead you to that singular ideal.

Physically, do you like to be murdered, wounded, beaten, or raped? Emotionally, do you like to be humiliated, disenfranchised, betrayed, abandoned, disrespected, alienated, and cast aside? Mentally, do you like to be cheated, swindled, lied to, vilified or misinformed?

Of course not. In fact, your whole body just cringes at the thought of such mishap.

Yet, this is what we do to others. If we are truly savage, we abuse others physically. If a little more sophisticated, we abuse others mentally and emotionally.

And in this process we abuse ourselves.

In actuality, there is no enemy, for we are all connected at the collective unconscious, and the

misperception that "they" are different from "us" has been the historical cause of most human suffering. Often this abuse is perpetuated from the collective rules referred to as ethics and morality. What is ethical and moral is defined by who is making up the rules.

Yet the bell that tolls for another, also tolls for thee.

Why do we act in a way that injures others?

It is because we feel a deep void inside of us and we lash out like a wounded animal. We relate to the world from the wounds of apathy, grief, fear, lust, anger, and pride. By striking out, however, we only deepen our own anguish. Although we are only trying to survive, we achieve only more peril.

A spiritual person, however, comes from a completely different perspective. He or she is motivated by feelings of courage, acceptance, and peace.

What does the spiritual path have to do with good psychology? Everything. A sound mind in a sound body.

Can the spiritual path be defined in an even simpler way? Yes. It can be defined as love.

When you love, love, love—you'll be happy, healthy, wealthy, and wise.

The opposite of grief, misery, and unending travail is the spiritual path. While many disciplines may lead to it, the heart will show you the way. Once we shed our habitual narcissism, then the way to courage, acceptance, and peace becomes possible.

Saleem Rana, M.Sc., is a psychotherapist in Denver, Colorado. His articles are appreciated by hundreds of people from around the world. He loves to share inspiration and motivation for personal development. If you're interested in signing up for a free 35 week NLP Mindset Success Course, please

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