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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
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**Spiritual Skepticisms**

**By Judi Singleton**

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As we traverse this spiritual journey there are several skills that we must incorporate into our repatare of spiritual beliefs if we are to grow on the spiritual path. I think that the most important is the balance we have between the esoteric and the "real" world. This balance is often called "Being Grounded." What does that really mean? I think it is being involved in the physical world and taking the teachings one learns from the esoteric into the physical world and manifesting them. How does one do this? I think starting with putting spiritual knowledge to work in our families, then our work, physical exercise, eating healthy foods, and just plain laughter and fun. If one spends time each day in prayer and mediation one will find that balance. This balance is really important as other wise we may fall under the egos wants, or our wishes and desires, or our fears. Many people who first traverse the spiritual path get lost in these things. They loss perspective of the reasons they are going each day to the spiritual plane is to better live on the physical plane. When we are in this balance or being grounded we are less likely to fall prey to flights of fantasy.

When embarking on a spiritual journey people need some just plain good

old common sense. In exploring the many subjects of the esoteric realm one can lose perspective. It is always a good idea to keep a

skeptical attitude toward some of the things that are presented to us.

The internet is always presenting a new theology or a new way to

magically have the life you want.

## Spiritual Skepticisms

So investigate, think on these things, meditate, pray ask the angels and your Higher Power what is real, what is for you.

That brings up a really good point since we are created to be very unique spiritual beings our truths are not the same. So no matter what is revealed to us or how much we believe that you have found the answers keep in perspective they are your answers and not someone else. Each of us must come to our answers for ourselves. My beliefs tell me that the whole purpose is to live the best we can on this physical plane and use our spiritual knowledge in creating a more wonderful place. The best way to do this for me is to know myself and only try to change me. Think what would happen if each of us sought

spiritual truth daily and lived it to the best of our ability. Pray for one another to find their truth but do not impose your truth on others.

About the author: Judi Singleton is the publisher of nine lists including subjects of business, spiritual journey, angels, art and writing, her.bs, creating your world, and goddess religion. You can join her lists at <http://www.motherearthpublishing.com>

### **Spiritual Gifts**

**By Joyce C. Lock**

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I was minding my own business, the other day, or at least, I think I was ... just getting a few chores done. I'm not sure if I was listening to a Christian radio broadcast or not, or what else would have even prompted this thinking. But, this verse came to mind ... love one another, as I have loved you. John 15:12.

I already knew however God has loved us is the way He wants us to love and that doing so is our way of thanking Him for how He has loved us.

Though, the thought came to mind that, except for the ways God has loved us, it is impossible for us to know how to love. I think I already knew that. However, somehow, the word 'impossible' stood out and, suddenly, it dawned on me ...

If it is impossible to love, other than how God has loved us (and that does seem logical, as love is who God is) that would also mean that (in the area of Spiritual gifts) we would have first had to receive a Spiritual gift before we would have the ability to share that gift with others.

And, I thought, duh! Will we never be done learning that we don't know as much about God as we think we do?

## Spiritual Skepticisms

Then, God showed me this verse. As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God, I Peter 4:10. And, right there it is, in black and white! You aren't just given a gift. You actually have to receive one and with it comes the ability to give it again.

So, that tells me that, in order to have the gift of miracles, for example, you would have first had to receive the gift of miracles. And, if you have received a miracle, you have the gift of miracles ~ whether you know it or not.

Many of us have likely taken Spiritual Gifts Discovery Tests in attempt to determine our Spiritual gifts. But, this is a sure test in which we can 'know' our gifts and is also a measure by which we can determine if we are being good stewards, using those gifts, or not.

So, you just might want to think about it. You could have abilities you haven't yet discovered!

Joyce C. Lock is a published author, poet, and columnist. In addition, she founded and maintains the e-mail ministries "Heavenly Inspirations" <http://groups.yahoo.com/group/HeavenlyInspirations/> and "Share a Smile" <http://groups.yahoo.com/group/smilesaring/>. Joyce's writings encourage us in our relationship with God and each other.



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