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The Top 10 Benefits of Spiritual Environmental Design

By Bea Fields

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What would your life be like if you were surrounded by "feel good" people, places, and things so that your spirit really gets the chance to soar? This top ten, taken from CoachVille's Personal Environments Community at <http://cid384.cvcommunity.com/?tabInx=webpage> , explores the benefits of using the art of environmental design in the realm of spirituality.

1. Assess and Create Sacred Space

We all have spaces that we declare as being sacred...those places and in our homes, hearts, offices, communities, network, in families, and in nature that we can call our own and that represent that which is spiritual in our lives. Whether it is a grand cathedral, an intimate corner in a shared room or a park bench by the water, sacred spaces are a vital part of our expression of our inner selves. The things we surround ourselves with are a direct reflection of our inner spiritual being. What do your surroundings reflect about your level of spirituality?

2. Increase the Energy Vibrations of Your Surroundings

The energy of your surroundings, known as "chi" can be free flowing (high energy) or it can be stagnant (low energy). Nothing affects the chi energy of your spaces more than clutter or unfinished business. "Chi" is similar to the blood of the body. If the blood of the body becomes clotted or "cluttered," major health complications can occur (heart attack, stroke, high blood pressure.) Imagine that the piles of clutter, books, and "stuff" in your attic are clogging the arteries or the flow of your home. Is it time to raise the energy vibrations where you live and work?

3. Work Effectively With Color

Our reactions to colors are led by a combination of biological, physiological, psychological, social and cultural factors, and yes...color has an affect on the way we operate and our ability to connect to our spiritual being. Certain color effects seem more universal, such as that of "warm" and "cool" colors. Warm colors include magenta, red, orange, yellow, and yellow-green. They speed up our perception of

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time and produce feelings that are warm and cozy. These colors are associated with excitement, happiness, boldness, and comfort. Cool Colors generally include violet, blue, light blue, cyan and sea green. Emotions associated with these colors include peacefulness and can also represent sadness, withdrawal and repression. Are the colors you wear and have around you working for you or against you?

4. Resonate with Harmony and Joy

When vibration is timed to be in synchronism and it is noted that less and less energy is required to then excite the system, resonance is said to occur. Pure resonance occurring in a system will allow a system when started vibrating to continue indefinitely. Resonance is a basic principle that affects everyone and everything. This same principle applies for a person in need of physical healing, and/or

mental and emotional transformation. The correct frequency reminds the body's energy field of its original design, and brings it into harmony. When we are in the presence of a person who is expressing joy, the energy field of their joy brings our own joy to the surface, so we resonate together. There will be certain people, sounds, ways of being, music, foods, and objects that create resonance in your environment. Who or what are these? Find ways to include more of them as a way to enhance your spiritual well being.

5. Eliminate Emotional and Spiritual Blind Spots

Emotional and spiritual blind spots can create energy which is draining. For example: You are judging someone for their religious beliefs, which is actually a judgment against yourself (maybe you are struggling with what you believe.) Your cultural background tells you that a certain "belief is wrong," so you project your feelings about belief systems onto others. Education and a great deal of understanding of others can go a long way with overcoming emotional and spiritual blind spots. What are some of your blind spots and how might they be robbing you of energy, spirituality and joy?

6. Reconnect with Your Intuition — Your Deeper Self

For centuries, many cultures have focused a tremendous amount of effort in the direction of developing the mind. We don't all grow up learning how to trust our gut or look closely at our dreams and instincts. Instead, we are taught to grow our minds, and to ignore our deeper selves. Our intuition can create tremendous energy, and can guide us to a place which is healing in all areas of life...the physical, mental, emotional, and spiritual well being. What are you pretending not to "know"?

7. Uncover and Dissolve Your Tolerations

Some of the most common tolerations in the Spiritual Environment include: My own judgment of myself and others; low spiritual energy...frustration, anger, doubt, fear; I don't know what I believe or where I get my energy...I sometimes wonder if there is a higher power; overwhelm and the inability to tap the intuition; and I feel disconnected and alone. What do you often tolerate in your spiritual environment that keeps you from enjoying peace and a sense of spiritual fulfillment?

8. Be Source

By enjoying a spiritually supportive environment, you come to see yourself as a positive source of energy and trust in your ability to create positive energy sources. You begin to understand that you are responsible for what you manifest, be it joy or sorrow, and you chose wisely. Are you conscious of the energy you take with you when you walk into a room?

Do you want to feel "unplugged, out of sorts, in conflict, and tense," or do you want to feel "love, joy, harmony, and a feeling of peace?" In the world of the five senses, we often find ourselves in conflicting situations, because we have strongly held opinions and beliefs about what is right and what is wrong. "She is cheap, or he is stupid, or they are arrogant, or she is a dizzy blond" are not who they really are – they are your judgments. As Wayne Dyer says " When you judge another person you do not define them. You merely define yourself as someone who needs to judge." It will be difficult to bring spiritual stability and harmony into your life as long as you accept the notion that one way is right and one way is wrong. By bringing an open and non-judgmental soundness to your interactions with yourself, your

relationships, and to each life process, your own spiritual energy will be raised.

10. Achieve Authentic Empowerment

Many people find their connection to the world through the five senses. This is a connection to the external forces of the world, and relying on these five senses alone can create an amazing amount of fear. Many people believe that someone who is spiritually evolved has moved beyond the five senses and is able to fully see the dynamics and currents which cause anger, hate, and frustration, and those which create love, happiness, and a feeling of contentment. Spiritual experts agree that our souls are designed to thrive in spaces filled with love, creativity, abundance, happiness, and a feeling of peace. When the ego begins to serve the soul completely, authentic empowerment is achieved.

This piece was originally submitted by Bea Fields, who can be reached at bea@coachville.com, or visited on the web at <http://cid384.cvcommunity.com/?tabInx=webpage> . Bea Fields is the Vice President of Sales and Marketing for CoachVille and Visionary for CoachVille's Personal Environments Community.

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?

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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 otherwise we may fall under the ego's wants, or our wishes and desires, or our fears. Many people who first traverse the spiritual path get lost in these things. They lose 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.

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>



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