

Cultivating Spiritual Virtues

Topics in this Chapter:

- * Improving your life from the inside out
- * Letting virtues arise naturally
- * Unfolding your honesty, compassion, and humility

Spirituality is not just about learning new ideas or doing spiritual practices. It also requires applying what you learn to your daily life. Spiritual is as spiritual does.

Thoughts and actions that bring your soul and the world higher are called virtuous. Hold your decisions and actions up to the light of spiritual wisdom and ask: Is this action right? Is it kind? Is it helpful? Is it just? Is it harmonious? Is it educational? Is this action or decision taking into consideration the bigger picture of the world? Is it enlightened, intelligent, beneficial, honest, humble, and compassionate? Do your actions express the best in yourself rather than the lower pulls of the senses or base emotions? Are your actions being guided by spirit? Are they offered with a clear mind and a pure heart?

Don't worry if you haven't always been virtuous in the past. Today is a new, fresh day. If you weren't spiritually virtuous yesterday, you can be spiritually virtuous today. If you didn't act with spiritual wisdom yesterday, today you can be spiritually wise. If you were a thief, today you can stop being a thief. If you've done something wrong in the past, today you can do things right.