

Watching virtues arise naturally

Once you understand, realize, and experience the greatness that is your divine birthright, spiritual virtues come naturally. Therefore, the easiest path to cultivating virtues is to stay focused on your life as an expression of pure spirit. With an expanded spiritual awareness, you naturally speak, think, and act with greater strength, confidence, self-respect, and integrity.

Spiritual awareness guides you to move in harmony with this conscious universe. A solid spiritual nature protects you from the muddy waters of desire, greed, and other not-so-spiritual qualities that can bring you down.

One way universal guidance increases your virtues is by presenting you with situations that challenge you to rise into greater levels of honesty, goodness, generosity, and purity. When your intention is focused on spiritual development and growth, life's challenges also come along with the grace to benefit and evolve from them.

Your inner peace, spiritual happiness, and self-respect are powerful tools for growing into new virtues. Have you noticed how when you're feeling happy and full of love, you're naturally kinder and more generous with the people around you? In the same way, when you develop greater respect and love for yourself, you discover, day by day and year after year, that you naturally become more virtuous. And these virtues will be real — not plastic, manufactured, or ready to fall apart at the first gust of the winds of challenge and temptation.

Spirituality in Action

Krishna's list of virtues

Chapter 16 of the *Bhagavad Gita* offers a powerful list of spiritual qualities to contemplate and cultivate. You can use these positive words to create an empowering affirmation. Go through this list of virtues and say, "I have fearlessness; I have purity of heart; I have steadfastness in higher knowledge," and so on:

"Fearlessness, purity of heart, steadfastness in higher knowledge, charity, control of the senses, sacrifice, study of scriptures, austerity, straightforwardness, harmlessness, truth, absence of anger, renunciation, peacefulness, absence of crookedness, compassion towards beings, freedom from covetousness, gentleness, modesty, absence of fickleness, vigor, forgiveness, fortitude, purity, absence of hatred, absence of pride."