

## Read Uplifting Words

Many wonderful ideas and heartfelt spiritual expressions are available to read today. Sure, some spiritual writings come mixed with certain less helpful words and ideas; however, you can train yourself to be a good editor of what goes into your mind (see Chapter 5).

### Consider

Reading uplifting words before going to sleep can help give you good dreams and can also color and brighten your day ahead. You don't have to read for a long time. Just open any page of a powerful and positive book and read a few lines or paragraphs. Then close your eyes and allow those uplifting thoughts to come with you into your nighttime adventures.

During the day, you can also take positive thought pauses and fill your mind with uplifting spiritual words and ideas. You can even post favorite quotes around your work or home space to remind you to spiritualize every aspect of your life.

### Consider

One of the great modern tools for finding uplifting words to read is the Internet. Along with all the gossip, news, politics, and distasteful elements that pervade the worldwide Web are gems from spiritual teachers, scholars, saints, and sages of all traditions — including spiritual scriptures, poetry, questions and answers, articles, videos and audios of lectures and music, photos of exquisite nature and holy shrines, and the writings of all kinds of great and somewhat-great beings.

Just go to a search engine, type spirituality-related words that are of interest to you, and surf through worlds of spiritual information and inspiration. If one Web site doesn't interest you, just click your mouse and go somewhere else. This modern resource of the Internet brings instantaneous entrance to amazing online treasures of interesting and uplifting words and ideas.