

Spiritual Living

As you integrate spiritual principles into your life, every aspect of your experience becomes uplifted and transformed into a spiritual field of experience. Virtues such as honesty, humility, and compassion are not just a set of uncomfortable rules that you must push yourself to follow, but with spiritual awareness, these virtuous qualities become natural ways of living that improve your life in countless ways.

You can apply spiritual principles to different areas of your daily life: work can become grace-filled service; limitations can open up into spiritual freedom; anger can melt into forgiveness and then into the great healing gift of gratitude.

Greed for material acquisitions can mature into a state of abundance and lasting fulfillment, and relationships can transform into blessings of good company and divine love.

Regardless of who you are and how spiritual you become, trials and tribulations are always a part of life. In fact, without any struggles and challenges, you wouldn't be able to grow as well and beautifully as you do when you strengthen your spirit by going through troubles with a commitment to turning them into triumphs. (See Chapter 12 to find out how to approach challenges with a positive mindset and strength of spirit that allows you to not only survive, but also thrive through the inevitable storms of life.)

Part of spiritual living is to make good choices in all the small and large decisions of your life. To make decisions that are focused on your highest goals, you need to discover and honor the deeper calling of your soul and tap into divine inner guidance. Honoring your individual nature and style also opens the doors to experiencing and expressing your creative spirit, so you can give something great to this world through whatever you do. (Chapter 13)