

Spirituality is about following your heart

Spiritual Wisdom

Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens.

—Carl Jung

The spiritual journey can be summed up in two phrases:

- * Purify your heart.
- * Follow your heart.

Spiritual practices and exercises such as prayer, meditation, yoga, contemplation, scriptural study, and devotional rituals (covered in Part II of this book), as well as spiritual qualities such as compassion, honesty, steadiness, and unconditional love (covered in Part III) contribute to this process of purifying your heart and following the guidance of your pure heart.

With a purified heart, you're better able to hear, trust, and follow the still, small whisper of universal guidance that speaks softly in every moment if you have the ears to hear.

Be Careful

If you follow your heart before first purifying your heart, some of your inner promptings may in fact be regular old thoughts and desires disguised as inner inspirations and divine guidance!

Discovering your smiling soul

When you shift into spiritual awareness, you may appear to be living the same life as before, with the same ambitions, joys, and sorrows as before. However, inside, you have a radiant smile that may or may not be visible to the world. Your spiritual soul smiles through the good times and the bad. In fact, as your smiling soul shines more and more into the world around you, the world also begins to reflect your smile back at you.

Do you ever find yourself smiling even when no one else is around? If not, try it! Smile to yourself. Smile at being alive. Smile to God, who is always present where you are — closer than your own breath.