

Chapter 9

Nourishing Your Spirit

Topics in this Chapter:

- * Entering the holy space of spiritual union
- * Praying for yourself and others
- * Honoring sacred images
- * Singing with devotion

You are an emanation of spirit that has descended as you into the events and circumstances of your physical, mental, and emotional life. Because of your divine heritage, the material things of this world can never fully satisfy the longings and aspirations of your soul. Only spiritual nourishment will fill the deepest parts of your being.

Be Careful

Don't spend your entire lifetime collecting baubles of this earth that can dissolve and disappear with the slightest gust of karmic winds. Take time to connect with that eternal, loving, divine spirit that exists inside of you and behind the appearances of this world.

If all you do after reading this book is to add a one-minute pause somewhere in your daily schedule for connecting with spirit, then you'll have gotten your money's worth. With a combination of self-effort and divine grace, may you be fortunate enough to enter the holy experience of union with spirit.

Think about spirit. Relate to spirit. Speak to spirit. Listen to spirit. Remember spirit. Feel spirit. Love spirit. Enjoy spirit. Entertain spirit. Receive blessings from spirit. Learn to trust spirit. Learn to see spirit. Learn to be spirit.