

# KEEPING SPIRITUALITY



# Terms and Conditions

## **LEGAL NOTICE**

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

# Table Of Contents

Foreword

Chapter 1:  
Spiritual Resolutions Basics

Chapter 2:  
Be Good To Yourself

Chapter 3:  
Keep Up With Prayer

Chapter 4:  
Set Aside Time Every Week To Study Teachings

Chapter 5:  
Set Aside Time To Meditate

Chapter 6:  
Learn To Listen To Your Inner Voice

Chapter 7:  
Change Your Mindset About Being Positive

Chapter 8:  
Get A Grateful Mindset

Chapter 9:  
Use Affirmations To Stay On Course

Chapter 10:  
The Benefits Of Your Spiritual Resolution

# Foreword

Sometimes, you might wonder if the teachings and lessons of the Bible have meaning in your life today. You might also wonder if you have time a better relationship with yourself, others and with God. This is actually the most perfect time for you to consider empowering your spirituality by starting to live a life with God always in your heart and mind. Always consider the kind of relationship that you have with Him and with the people around you.

Never make promises that you cannot keep. You can look honestly at your past, and you can forgive yourself. You can choose to become pitchers or batters. You can also break those vicious cycles, and most importantly, you can make decisions to move into a more meaningful, deeper relationship with God. He will guide you in every step of the way. Just always remember Him, and always think of Him each time you make decisions in your life, and you will see how He can bring significant changes in your life.

# **Keeping Spirituality**

# Chapter 1:

## *Spiritual Resolutions Basics*

---

### **Synopsis**

With regards to resolutions, particularly failed resolutions, most people get caught up in the past mistakes and failures so much that they spiritually paralyze themselves. You have to keep in mind that you are human and you can always make mistake.

Remember that it is not your mistake that defines you, and those mistakes do not have to define your future, but they can always help you focus your future. To improve your spirituality does not mean being pious; just a few changes in your life can bring significant effects to your life that can help you towards your goal of empowering your spirituality.

The following can help you have an in-depth understanding on how you can enhance your spirituality:

## ***The Basics***

As you ponder every new year, and you think about the changes that you would like to see in your life, it might be best if you get your priorities straight. Consider your priorities this year.

You might want to quit smoking, exercise more or lose weight. You might want to eliminate your unhealthy relationships, or start developing a stronger relationship with your partner, friends or family. Whatever you want, remember that your greatest priority should always be to develop stronger relationships with God.

One of the most important things that you need to remember is to forgive yourself of your past. Loving yourself actually mean having the ability to forgive yourself of the past mistakes that you have committed, and then, by placing your priority on loving ourselves and God, you can start relying on Him for your guidance.

When you start placing your priorities on getting closer to Him, and once you seek first God's kingdom, He will always guide you. Perhaps, it is only the best "resolution" that you should make – to strengthen your relationship with God and seek His kingdom.

This is the best time for you to make a special commitment to spend time thinking about Him and always consider God in every choice that you make and every action that you do. Spend time with God in prayer as well as meditation each day.

Spend some time reading the scriptures and allowing His Words guide you, and through God's guidance, set realistic goals. Moreover, you need to bear in mind that starting a spiritual resolution is not all about reading the scriptures; it is also about considering Him in every decision and choice that you make.

Use your better judgment and your wisdom in choosing. When faced in a decision to do good or the otherwise, always think about how your relationship with God will be affected in every decision that you make.

When you commit mistakes, never allow yourself to get bogged down, especially when you stumble. Always maintain the right attitude. Rather than thinking that you are the worst batter, just think of yourself as you're the best pitcher. You also do not have to do things alone. This is the reason behind your community of faith. You will always have a source of strength to support each other.

# Chapter 2:

## *Be Good To Yourself*

---

### Synopsis

*“Be gentle first with yourself if you wish to be gentle with others.”* – Lama Yeshe

Sometimes, people are very cruel and unforgiving to themselves. Imagine you made a huge mistake on a particular project at work, creating another burden for your co-workers and yourself, or you might accidentally said dumb on a first date or an important meeting. How would you really react?

You have to keep in mind that being good to yourself does not need to include a calendar full of spa treatments for yourself. It just means treating yourself the way you treat a good friend.

Many people would react in such situations by chastising themselves for their mistakes. In such case, you are figuratively beating yourself up. In just a small dose, self-criticism can actually be very helpful because it motivates people to take more responsibility of all their actions, and it encourages them to further improve themselves. However, excessive self-criticism can be self-defeating and debilitating.

## **The Road to Self-Compassion**

Self-compassion is really important. It means treating one's self with understanding and kindness once you commit a mistake, or go through a complex situation, just the way you treat others you care about.

This is quite that same with self-esteem in some way, but it is not about the way you are judging yourself, but the way you are treating yourself. Therefore, whether you are thinking that you are a great individual, or a not-so-great one in a certain moment, you can have compassion for yourself. For instance, you might say that it is fine to make a mistake; you will just try harder the next time.

There are lots of different approaches towards building self-compassion, and one of which is being able to shift your perspective. Indeed, it is quite easier for us to give compassion to others than it is for us to give it to ourselves. In such case, it might be better if we start treating yourself better.

You can pretend that a person you care about is in your shoes. Think about the things that you would say to them. You might actually say something kinder and better than what you would be saying to yourself. Variations of these exercises involve adopting a new perspective.

You also need to remember that one of the most important prerequisites for self-compassion is having the belief that you, just like any other human beings, always deserve to be treated with love and compassion. Building

self-compassion can also help you protect yourself from those destructive individuals.

Perhaps, one of the primary keys for you to be constantly good to yourself is to always believe in yourself and have more faith in your capabilities. Do not be too hard in yourself and learn to acknowledge your achievements. Through this, you will see the significant changes that will happen in your life.

# Chapter 3:

## *Keep Up With Prayer*

---

### Synopsis

God provides us with a lot of tools to survive, but none can really compare to the ability of communicating with Him in prayer. Prayer is actually not just your most valuable tools; it can likewise be your most exceptional asset.

In this life of trials and difficulties, it is quite hard for people to remain unshakeable. Things are becoming tougher, and without a particular source of strength, you may not be able to survive in this life. Because God loves all His children, He equips people with a valuable tool that they can use to become stronger individuals – Prayer.

Prayer is one of key ways for you to communicate with Him and approach Him. It is an important vehicle for a daily conversation with God. The significance of daily communication with God through prayer can't be overestimated. Now, for you to fully understand its value, you have to take a closer look at its real essence, and the importance of keeping up with prayer.

## **The Importance of Keeping Up with Prayer**

Prayer provides people with the opportunity to share all aspects in life with the Heavenly Father. Life's circumstances always change on a daily basis, and the future is yet to unfold. As a matter of fact, things can always go from good to worse in just a very short period of time. God wants people to bring their problems and concerns to Him, and He wants them to become closer to Him all the time.

With every blessing that you receive in this life, prayer provides you with an opportunity to express your gratitude for all the things in this life that He gives. Of course, you must constantly give thanks to God for everything He provides. You pray to acknowledge all the blessings and abundance that you have because of Him.

All people commit mistake each day, and they all sin every day, whether they are aware of it or not. You are not perfect but God wants you to recognize your sins and repent, and you can only achieve this through prayer. This offers the platform for you to confess your sins and repent. Through prayer, you give yourself a perfect chance to unleash the burden that you carry in your hearts.

Prayer is also an act of obedience and worship. In Thessalonians 5:16-18, you can identify the importance of praying on a daily basis. "Be joyful always and pray continually; give thanks in all circumstances for this is the will of God for you in Christ Jesus." It is the will of the Lord for all His children to give thanks and pray to Him. This is an act of obedience and worship that

brings great joy to God. He loves to see all His children following His commandments.

A lot of people know that there is a supreme being who is in control of things and of their lives, and through prayer, they acknowledge this reality. God is supreme and nothing really happens without Him knowing about it. Every day, you need to learn to acknowledge His right place in your life. Praying is actually something that all people should want to do every day. Through prayer, you also express your love towards Him.

If you want to achieve something, prayer is also one of the best tools that you can use to achieve what your heart's desires. However, people sometimes feel that God doesn't answer all their prayers. You need to keep in mind that God knows everything, and He knows what you want even before you ask for it. All He wants you to do is to be faithful in Him.

If you have been asking the same thing, and it seems that God is not answering your prayers or not granting what you want, He wants you to learn something. God actually answers your prayers in three ways – Yes, No and Wait.

He would answer "Yes" if He knows that it is appropriate for you, "No" if it will bring no good for you and "Wait" because there is right time for everything. He also wants you to establish your faith in Him. You also need to be patient. He loves all His children and He knows exactly what they want even before they ask it. God knows what is best for us; all you have to do is to have faith in Him.

# Chapter 4:

*Set Aside Time Every Week To Study Teachings*

---

## Synopsis

Oftentimes, people feel that things are becoming even worse and more complicated. They pray daily but it seems that God is not answering their prayers. In such case, it is important for you to assess your life. What is lacking? What are the things that you need to change and do?

If you want to enrich your spirituality, praying is not really enough; it is also highly important to study God's teachings through reading the scriptures. Setting aside time every week to study God's teachings will bring changes into your life, especially if you put what you have learnt into practice.

However, the problem with many people is that they lack time due to their busy schedule. But if you really want to improve your life, you can always find time. To help you manage your time and understand more of His teachings, there are some valuable things you need to keep in mind.

## **Planning Daily Scripture Reading**

Oftentimes, people find it hard to have time for scripture reading, but if you have enough willingness to study the word of God, no schedule is hectic, and no person is busy.

You need to dedicate time to study His teachings. Always set aside a particular amount of time at least each week to study the scriptures. If you are serious about understanding the scriptures and deepening your knowledge about God's word, then you also have to be very serious about studying it.

God wants His children to study His words, so He is helping us to study all His words; all we need to do is to turn to Him and always ask Him in prayer. Keep in mind that the Word of God and Prayer always go hand in hand. These are both important when studying.

When you start studying His words, you need to have a purpose. What do you want to learn? What principle would you want to further your knowledge? Always pray for help in choosing a purpose and you will see how meaningful your scripture study will be.

You may take down notes as you study the scriptures. This can help you more to fully understand the meaning of the things you have found. Studying his teachings also involves great effort and faith, so you need to understand these things, and you will see how your life has changed.

# Chapter 5:

## *Set Aside Time To Meditate*

---

### **Synopsis**

If you are seeking joy, vibrant health, positive relationships, fulfillment in your life and calmness, you can obtain these things through the power of meditation.

This provides innumerable benefits for your spirit, mind and body. Setting aside time meditate brings several benefits aside from such things, and they are wished to be unveiled through digging deeper into this chapter.

## **Unveiling the Power of Meditation**

Meditation is a truly valuable tool that helps people foster physical health, combat stress, become more peaceful, feel happier, can help them sleep better and it can help you improve your life.

However, on a deeper sense, meditation is an important doorway into the unknown. This can help you to get a sense of the whole mystery of your identities and who you really are.

When you set aside time to mediate, you are also helping yourself towards achieving the ultimate goal of meditation, which is enlightenment. It is the realization of your mind's true nature. Through drawing deeper into your consciousness and directing your mind, you can discover reality, and by cultivating such practice, you can start developing a positive approach to your lives.

Meditation is really important to your minds. Throughout the day, your minds are filled with different thoughts. When you start setting aside time to meditate, you are focusing your attention at your soul's seat, and then you start to quiet your mind.

Through regular meditation, you are developing a sustained concentration. Such increase in concentration joined with reduced tension and stress, improved relationships and renewed energy can help you obtain success in your activities.

Meditation is a spiritual experience that empowers your soul, and enables you to rise into different dimensions of higher consciousness. By focusing your attentions within, you are actually able to experience those inner realms and you connect with God, thereby fulfilling the real purpose of your existence.

What is within each of us is actually a divine spirit. The process of accessing such inner spirit, wisdom and intelligence is known as meditation. You can empower your spirituality by setting aside time to meditate.

# Chapter 6:

## *Learn To Listen To Your Inner Voice*

---

### **Synopsis**

You can establish great wisdom by spending some time every day in grateful communion and learning how to listen to your inner voice.

There is no any better way of establishing a fulfilling life than through mastering an art off being in tune with your most inspired self – your inner voice. Such voice serves as your guide in this complex life. Through learning how to listen to it, you will know the great changes that it can bring into your life.

Every individual has an inner voice; all you have to do is to learn listening to it to be able to be led by it. If you continue to listen to it, you can start living a life that is true and fulfilling. To help you stay in tune with your inner voice, there are some valuable things you need to bear in mind;

## **Listening to Your Inner Voice**

You have an inner voice, and it is not a critical parent, an addictive personality or a compulsive spender within your head. It comes from the part of who you are that can help you to your real life expression. It does not shout; it actually speaks and communicates with you from a point of silence within you.

Since it's a subtle voice, you need to be still and calm to be able to hear it. If your mind is filled with worry, extraneous thoughts, longing, resentment, stress, grief or fear, you will never hear this voice.

It actually takes some practice to be able to listen to this voice. It is not easy to hear the desires of your heart. Sometimes, your passion will come as a serendipitous event or a whisper that will remind you of what is important and the things that can make you happy.

This is quite the same to what's meant by trusting or listening to your inner voice. Learn to recognize your inner voice and you can do this by being in a state of calmness and quietness. You need to clear your thoughts with those unnecessary things that serve as a barrier to listening to it.

One of the greatest secrets of staying in tune with your inner voice and understanding its messages is actually having a heart that is filled with love and gratitude. Open your heart, open it with great gratitude, and you will see that your inner voice will even become louder and clearer. What it wants will be brought into your mind with ease

# Chapter 7:

## *Change Your Mindset About Being Positive*

---

### **Synopsis**

Your way of thinking has significant effects in your life today and to the days to come. If you focus your mindset into the positive things in your life, you will also have a happier life than you could ever think of.

Changing your state of mind about being positive can also bring affirmative changes in your life. This will enable you to improve your current situation. It will give you hope that a better tomorrow awaits you. Shifting your mindset into optimism will enable you to view a brighter side of life no matter how tough or complicated life may be.

If you continue to have a positive mindset, you can create a more positive life. However, with the difficult situations that people are experiencing, it becomes quite hard for them to think about the positive side of this life; but each of us need to think that there are ways to improve your life, and one of which is to learn to be positive and change our way of thinking.

## **Changing your Mindset**

With the challenges and difficulties that most people experience in life, it is quite harder to avoid having negative feelings and thoughts in this life. It is not easy to shift your mind into positivity is things around you are becoming even more difficult and tougher. However, you have to realize that if you want to end your sufferings, you need to make an action, and it starts with the way you think about life.

There are many positive exercises that you can actually do to develop your positive mental attitude, and it first begins with what you think. If you always think that “you cannot”, then you are trying to convince that it is indeed true. Think positive and use words of affirmations towards yourself and towards life.

You need to push out all the negative feelings that you have in you. Don't let those negative feelings like doubt, anxiety, fear, and the likes to overwhelm you. Always focus on the positive side of life. You need to bear in mind that in every difficult situation, there is always something better you can get. Learn to recognize those things. Always think about the positive things in life.

Another thing that you can do is to use words that induce strength, power and success. Fill your mind with words that will make you stronger and feel happier. Changing your mindset about being positive can help you experience a more fulfilling and promising life you always want. Be positive and you will also attract great things in your life.

# Chapter 8:

## *Get A Grateful Mindset*

---

### **Synopsis**

When you learn to develop a gratitude mindset, it will become nearly impossible for you to experience emptiness, sadness and frustration. The whole universe is energy and energy is an everlasting power. Thereby, what you want come from energy.

To ensure that you will obtain the positive things in life, you also need to develop a grateful mindset.

## **Developing your Grateful Mindset**

Life is full of uncertainties, and when things don't go your way, it becomes more difficult to focus on the positive side of life. However, if you want to improve your life, and ensure a positive future ahead of you, you need to change now. Get a grateful state of mind and constantly develop it.

When you're genuinely grateful for an event, a situation, a person or a thing, you are sending a great state of energy into the universe and then, the universe will respond to it. If you continue to develop a grateful mindset and look at the brighter side of life, the universe will also bring positive changes in your life.

To develop your grateful mindset, you need to shift your focus from those things that you don't have, or you lack in life towards those abundance that you obtain. Always be appreciative and be thankful to even the smallest blessings that you receive. Be grateful about life and to all the trials that you receive everyday that make you strong. Learn to recognize the best things that are happening in your life rather than focusing on the otherwise.

When you develop a grateful mindset, you will positive changes in your life. You will also feel that no matter how hard life can be or how tougher your problems are, you still live a happier life. Keep in mind that your happiness does not depend on others; it always depends on you. How you think about life today will manifest in the future. Always be thankful for what you have, and focus on the great things life offers you.

# Chapter 9:

## *Use Affirmations To Stay On Course*

---

### Synopsis

*“Affirmations are like seed planted in soil. Poor soil, poor growth. Rich soil, abundant growth. The more you choose to think thoughts that make you feel good, the quicker the affirmations work.”*

~ Louise L. Hay

What you continually think and speak about life will manifest in the kind of life that you have. If you believe and think that you can do something, then you can, so you need to be careful with your thoughts.

Motivational affirmations can help you get and just get going no matter how difficult your situations may be. Words of affirmations are greatly powerful that you might think. It is your belief system and your attitude that can develop your life and will make your become successful.

If you want to stay on the course and continue to live the kind of life that you want, you need to use the power of affirmations. All people have power to change their course of life, and using affirmations, you can bring significant changes into your lives.

## **The Power of Affirmations**

You can achieve your dreams and obtain what your heart desires only if you believe that you can do so. Affirmations are actually statements you say to yourself or you say aloud. You are affirming to yourself that whatever things you want will come to pass.

Affirmations work because whatever you repeat to yourself will greatly influence your thoughts, and whatever it is that you focus your mind on, you will attract, thereby obtaining what your heart desires.

When using affirmation, you have to ensure that your affirmations are positive statements. Use such statements to reflect the things you want to happen or goals you want to achieve.

You have to keep in mind that your life is actually outer manifestations of your inner beliefs and thoughts. Affirmations are easy and simple yet very powerful. A lot of professional businesspeople have used them in order to run their business effectively. Many artists have also used them to become more creative and to be able to come up with great ideas. You too can get benefit from its power in every area of your life.

Focused affirmations serve as perfect ways for you to start your every day and live the kind of life you want. When you experience pain, feel stress, tension or just any type of anxiety, affirmations can always make you feel great. The power to control your life is within you. You are responsible for the kind of life you have.

Affirmations are greatly powerful, and they have power to shape your life and potentially to establish a life of peace and happiness.

Keep in mind that it's only your thoughts that can prevent from fulfilling your goals and such thoughts can always be altered. This is a valuable process that will change not only the way you view life, but also the overall quality of your life.

# Chapter 10:

## *The Benefits Of Your Spiritual Resolution*

---

### Synopsis

Spiritual resolutions bring positive changes in your life. You may not know it but by establishing spiritual resolutions, you are helping yourself to improve your life and develop your spirituality.

In this complex and wicked world, it is quite hard to think about your spirituality. Most of the time, people are too busy with their lives and they forget the most valuable aspect of their existence. This is now the most perfect time for them to take a break, pause, and assess their lives.

Developing your spirituality through spiritual resolutions can help you bring peace and happiness to your life. To help you fully understand the changes that this can offer you, the following are the benefits of spiritual resolution to one's life.

## **The Importance of Spiritual Resolution**

When making a list of resolutions, many people mostly forget one important aspect – their spirituality. You need to bear in mind that spiritual resolution can become an important asset in helping you fulfill your goals, or cope with a lot of things within your life you want to be changed.

This is the best moment for you to make valuable spiritual commitments that can help you improve your life, relationship with your family, friends, partner, and your relationship with God. When you begin to make spiritual resolutions, you can experience a happier life.

People also tend to forget all the worries in life, and they establish the belief that no matter how tough situations may be, better things in their life always outweigh the sufferings that they experience.

When you start creating a spiritual resolution, you also begin to experience a life of peace and constant bliss. You can appreciate the beauty of life and you tend to always look at the brighter side of everything.

Your spiritual resolution will help you to believe that there will always be better tomorrow than today, and this will help you to always move forward with faith in God. Spend time understanding God's teachings and never cease praying until you find an answer to your prayers. Create a life of faith and love.

Life is never perfect but if you start establishing a spiritual resolution, you can experience a more meaningful and blissful life. Move forward with Faith.