

# KEEPING SPIRITUALITY



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## 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 to develop 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 every step of the way. 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 to your world.

## Chapter 1: Spiritual Resolutions Basics

### **Synopsis**

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

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



The following can help you have an indepth 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 means 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 the best "resolution" that you should make is 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 to guide you, and through God's guidance, set realistic goals. Moreover, you need to bear in mind that starting spiritual resolutions 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 with a decision, always think about how your relationship with God will be affected.

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 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 of themselves. Imagine that you made a huge mistake on a particular project at work, creating a burden for your co-workers and yourself, or that you said something dumb on a first date or in 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. It just means treating yourself the way you would treat a good friend.

Many people react to 'bad' situations by chastising themselves for their mistakes. In these instances, you are figuratively beating yourself up. In small doses, self-criticism can actually be very helpful because it motivates people to take more responsibility for 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 oneself with understanding and kindness once you make a mistake or encounter a complex situation; just the way you would treat others you care about.

It is similar with self-esteem in many ways, but it is not about the way you are judging yourself; it is about the way you are treating yourself.

Therefore, whether you are thinking that you are a great individual, or a not-so-great individual 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 these is being able to shift your perspective. Indeed, it may be easier for us to show compassion to others than it is for us to show it to ourselves. In such cases, it might be better if we start treating ourselves 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 being, always deserve to be treated with love and compassion. Building self-compassion can also help you protect yourself from destructive people.

One of the primary keys for you to be good to yourself is to believe in yourself and have faith in your abilities. Do not be too hard on yourself and learn to acknowledge your achievements.

Through this, you will see significant changes 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 not just your most valuable tool; it is your most exceptional asset.

In this life of trials and tribulations, 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 cope. Because God loves all of 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 cannot 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 of 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 go from good to bad in 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 that you have. 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.

People make mistakes every 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 heart.

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 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. All He wants you to do is to keep the faith.

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 a 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 cases, 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 difficult to set aside time for scripture reading, but if you have enough willingness to study the word of God, no schedule is too hectic, and no person is too 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, 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 understand to further your knowledge? Always pray for help in choosing a purpose and you will see how meaningful your scripture study can be.

You may take down notes as you study the scriptures. This can help you to more fully

understand the meaning of the things you have found.

Studying his teachings involves great effort and faith.

## 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.

Setting aside time to Meditate unveils innumerable benefits for your body, mind and spirit.

### **Unveiling the Power of Meditation**

Meditation is a truly valuable tool that helps people foster physical health, combat stress, become more peaceful, feel happier, sleep better and generally improve their lives.

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

Meditation 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 life.

Meditation is really important for your mind. Throughout the day, your mind is filled with infinite thoughts. When you start setting aside time to meditate, you are focusing your attention at the seat of your soul, and this starts to quiet your mind.

Through regular meditation, you are developing a sustained concentration.

An increase in concentration helps reduce tension and stress, improve relationships and renew energy levels. This in turn helps you obtain success in your activities.

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

There is a divine spirit within all of us. The process of accessing this inner spirit, wisdom and intelligence is known as meditation.

## 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 better way of establishing a fulfilling life than through the art of being in tune with your most inspired self – your inner voice. Your inner voice serves as your guide in this complex life. By 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 to listen to it and have faith to be led by it. If you continue to listen

to it, you can start living a life that is meaningful 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 you that can help you to realize your real life expression. It does not shout; it actually speaks and communicates with you from a point of silence within you.

Because it is 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 reminds you of what is important and what makes you happy.

Learn to trust, listen and recognize your inner voice by being in a calm and quiet state. You need to clear your thoughts of the unnecessary banter that serves as a barrier to accessing your inner voice.

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 become loud and clear. What you want will be brought into your life with ease.

## Chapter 7: Change Your Mindset About Being Positive

### **Synopsis**

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

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 realize that there are ways to improve our lives by changing our mindset.

## **Changing your Mindset**

With the challenges and difficulties of our experiences, it can be tough to avoid having negative feelings and thoughts. It is not easy to shift your mind into positivity if things around you are becoming more problematic. However, you have to realize that if you want to end your sufferings, you need to take action, and it starts with the way you think about life.

There are many positive exercises that you can do to develop your positive mental attitude, and it begins with what you think. If you always think that “you cannot”, then you are going to convince yourself that this is indeed true. Think positively and use affirmations.

Set aside your negative feelings like doubt, anxiety and fear, and don't let them overwhelm you. Always focus on the positive side of life. In every difficult situation, there is always a silver lining.

Learn to recognize the silver lining in all experiences and emphasize the positive events 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 to a positive mindset can help you experience a more fulfilling and promising life because a positive mindset attracts positive experiences.

## Chapter 8: Develop 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.

### **Developing Your Grateful Mindset**

Life is full of uncertainties, and when things don't go our way, it becomes 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 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 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 into your life.

To develop your grateful mindset, you need to shift your focus from those things that you lack in life towards the abundance that is available. Always be appreciative and be thankful for even the smallest blessings that you receive. Be grateful for life and all the trials that make you strong. Learn to recognize and focus on the wonderful circumstances in your life.

When you develop a grateful mindset, you will witness positive changes in your life.



You will also know that no matter how hard life can be or how tough your problems are, you can still be happy. 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 events life offers you.

## Chapter 9: Use Affirmations To Stay On Course

### **Synopsis**

*“Affirmations are like seeds 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 will manifest in the kind of life that you have. If you believe and think that you can do something, then you can, and the opposite is also true. Therefore, you need to be careful of your thoughts.

Motivational affirmations can help you get going no matter how difficult your situation

may be. Affirmations are immensely powerful and can change your belief system and attitude and propel you into a happy, fulfilling and successful life.

By using the power of affirmations, everyone has the ability to change the course of their lives.

## **The Power of Affirmations**

You can achieve your dreams and obtain what your heart desires if you believe that you can. Affirmations are statements you say to yourself either in your head or out loud. You are affirming to yourself that whatever things you want will come to pass.

Affirmations work because whatever you repeat to yourself greatly influences your

subconscious mind, and whatever it is that you focus your mind on, you will attract, thereby obtaining what your heart desires.

When using affirmations, ensure that they 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 an outer manifestation 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 businesses effectively. Many artists have also used them to become more creative and to develop original ideas. You too can get benefit from the power of affirmations in every area of your life.

Focused affirmations serve as a perfect way for you to start your day and live the kind of life you want. When you experience pain, feel stress, tension or anxiety, affirmations can change your perspective. The power to control your life is within you. You are responsible for the kind of life you are living.

Affirmations have the power to shape your life and to establish a life of peace and happiness.

Keep in mind that it's only your thoughts that prevent you from fulfilling your goals, and thoughts can always be altered. Affirmations are a valuable tool 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 Resolutions

### **Synopsis**

Spiritual resolutions bring positive changes to 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 world, it may be difficult 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. Now is the perfect time to take a break, pause, and assess your life.

Developing your spirituality through spiritual resolutions can help you bring peace and happiness to your life.

## **The Importance of Spiritual Resolutions**

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

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

Tending to your spiritual life can help you to deal with difficult circumstances. Spirituality can help you build resistance

and a belief that no matter how tough situations may be, you have the to cope.

When you start creating spiritual resolutions, you also begin to experience a life of peace and bliss. You can appreciate the beauty of life and you tend to look at the brighter side in all conditions.

Your spiritual resolutions will help you to believe that there will always be better tomorrows. 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 spiritual resolutions, you can experience a more meaningful and blissful life. Move forward with faith.



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