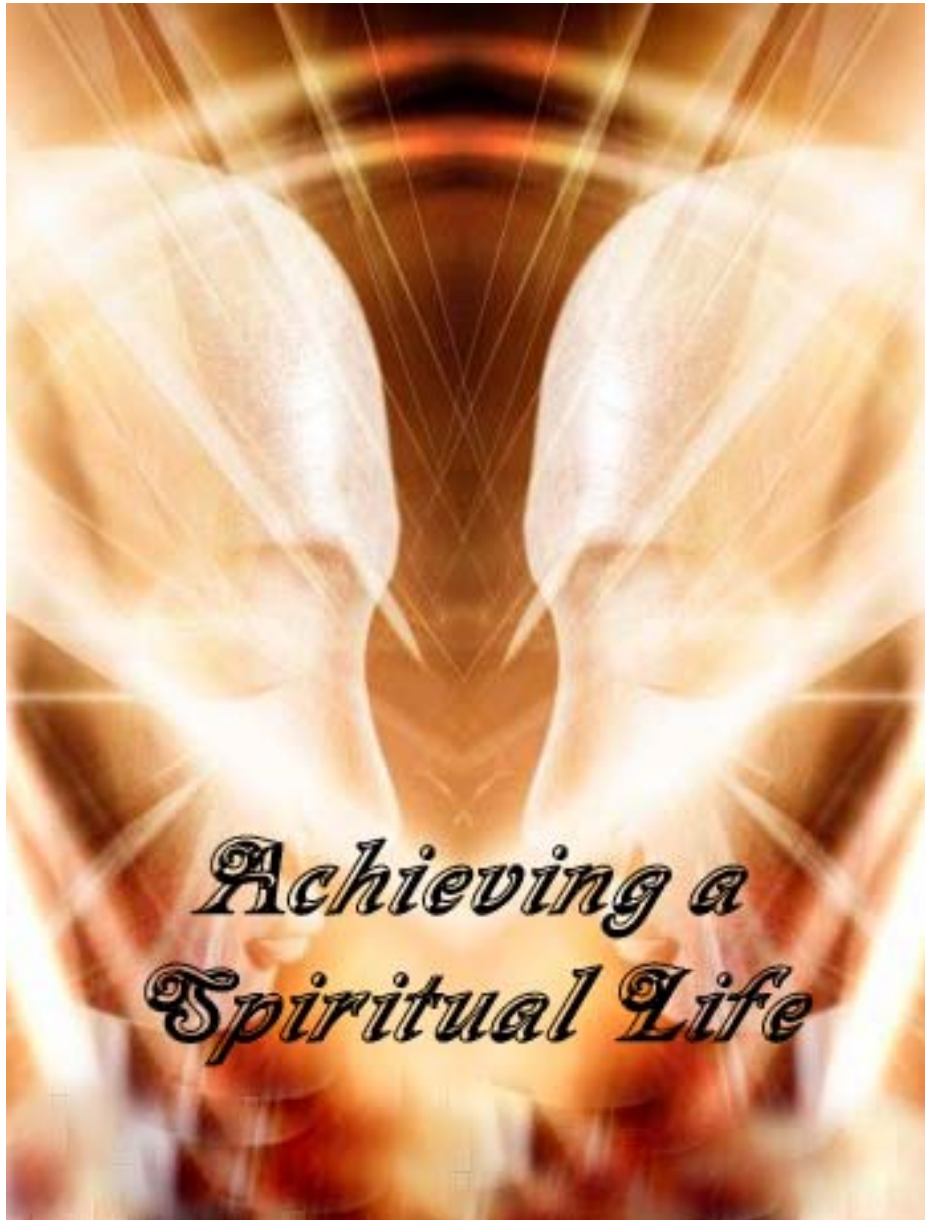


**Achieving a Spiritual Life**  
(Despite fighting for Materialistic Success)



## **A More Meaningful Way of Showing your Appreciation**

It is a normal act for people to send cards whether as a way of inviting loved ones to share a certain occasion or just a way of saying thank you. The traditional way was to send out the card by land and then now in the modern days by the ecards, or email cards. The latter has become popular over the years due to convenience and cost effectiveness. Now, if you want a more meaningful way of sending thank you cards, why not use spiritual ecards? It is a great option for anyone who wants a more spiritual way of sharing the sincerity of the act.

On the internet, there are many options and ideas for thank you e-stationery cards. However, because of the varying options, it is important that you are choosing the right card on the occasion that calls for you to send out an appreciation card for. With the many options, you might find it quite hard to rummage through the thousands of e-cards available on the internet.

There are many occasions that may require you to send an appreciation for. From the simple act of thanking the caterers for making the whole occasion a hassle free activity to the gesture of sending your great appreciation to the people who were part of your life and were always there whether it was a joyous or a sorrowful celebration, the spiritual ecards are simple yet sincere medium to thank them for.

Perhaps, you want to return the good act for a friend who sent you gifts during the holidays. Or, you probably want to return the appreciation because friends and relatives were there to celebrate with your birthday, anniversary, baptism of your child, and any other joyous occasion. Or perhaps, you are forever grateful for them because they were there to comfort you during the funeral of your loved one. All these are occasions that thank you cards will suffice to relay your appreciation.

When sending out the card, remember to email them out within two weeks after the event. The thank spiritual ecards will allow you to do that quick because there is no need to rush over to the local specialty shop to buy the cards and have some wordings of thank you note scribbled on them. As mentioned a while ago, spiritual ecards on the internet come in great options and ideas giving you easier time to find the exact one.

You can put your own wordings together with a certain verse or religious saying on the ecards for a more personalized touch and to have a more impact on the recipient. Some of these ecards will come for free but others with a minimum price. Most spiritual ecards online shops offer great advantages if you shop with them.

These include exclusive and unique designs of the spiritual ecards, an option to modify the card such as adding a logo, picture, or a photo of you, shipping on the same date of purchase, unlimited chances to change design or modification with no additional cost, free more ecards, and unlimited number of views prior to purchasing your orders.

## **Achieving Spiritual Development Despite A Materialistic World**

During the earlier days, people primarily used their instincts as well as their psychic abilities in order to figure out the world and live life in such a way that they will attract positive energy at all times. However, it has become a totally different scenario nowadays, especially that we now live in such a materialistic world wherein scientific technologies and discoveries rule our lives.

Although these things make the lives of human beings much easier and bearable, they have also unfortunately, created a barrier between us and a thing called spirituality. With such blockade obstructing our minds and hearts, we are then limited to what we can only sense and therefore, hinder us from achieving spiritual development.

### **Shield From Temptations And Negative Energies**

Truly, it is very important that we are able to achieve spiritual development in our lives, especially in the world that we live in. Essentially, it can be our tool in shielding us from the temptations and negative energies which the modern life presents to us. With a developed spirituality within us, it can therefore be much easier for us to ignore materialistic fantasies and desires and stresses coming from the busy and hectic demands of the world. What is more, when we have finally obtained a developed spirituality, it only means that we have freed ourselves from becoming victims of the negative energies that surround us. In other words, we can always do something to protect ourselves from the

things that can harm us; not only to our physical bodies but also our mentality and balance as well.

### **Auras Emanating From Within Ourselves**

All of us have an inner spirituality and energy which generally emanate from our bodies. This is what many people call our aura. Basically, our aura comprises of the things which our body holds including our physical, mental, emotional and spiritual being. A person with a lively aura may simply mean that he is satisfied with all of the beings present inside of him. And when a person emanates a negative aura, it means exactly the other way around. However, auras are not only emanated but can also be shared with another person. This means that if a person exudes a negative aura in him, he can definitely influence other people's aura into being in the same state.

### **Negativity Making It Worse For Human Beings**

Furthermore, it is true that our world today is filled with such negative auras and unhealthy temptations. Many people are deprived of spiritual development simply because they are distracted by the countless materialistic things which they think are indispensable in order to survive. And what is more, instead of making people content and fulfilled with their lives, these materialistic things only make it worse for them. And so what happens is that they are ushered into wanting more making them more focused on materialism instead of on developing their own spirituality. Clearly, as long as a person does not recognize that having a fully developed spirituality is necessary, he can never be satisfied and happy with his life.

Therefore, as soon as you feel unhappy about yourself, you must immediately fight that vulnerability to be attracted to all of the negative energies around you. Such a state is very difficult to handle especially if you do not want to open your mind and heart to making your very own spiritual development. One thing is for sure, for as long as you stay in a negative state, you will certainly be geared towards getting engaged in unhealthy and negative activities as well as experiences.

## **Achieving Spiritual Satisfaction**

In a world that is governed mainly by materialism and capitalism, it seems as if there is never enough that a person can own. Even if a human being has already achieved so much of which mostly are material things, it seems that these things do not entirely satisfy his needs, but rather his wants. Such a characteristic that primarily describes more than half of the nation, it is therefore important to take action before people destroy one another for the sole benefit of becoming much richer, much more successful or much more beautiful. These people have to realize that all of the possessions and pleasures in life are only temporary which they can never bring with them when they pass away. However, with a thing called spiritual satisfaction, a person can finally say that he does not want any worldly things to satisfy himself but more of a spiritual wealth.

And while attaining spiritual satisfaction is definitely difficult to reach, such a process is actually the same with people called hermits who choose to live in the mountains in pure solitude and peace. However, considering the world like ours, it is much more difficult nowadays to live like hermits especially that our lives are now basically dominated by materialism. It is then wise that a person does not take being a hermit literally, rather take it as a challenge in order for him to live in simplicity and satisfaction.

### **Disregarding Quantity**

Basically, the first things that you have to do are to think with a divine intelligence and disregard the value of quantity. More often than not, people mistake quantity as the basis for richness and value. However, it is exactly the opposite of it.

### **Living At The Moment**

The second thing that you can do is simply live at the moment. Many people are too concerned with their past or perhaps their future that they soon fail to realize that they are in fact living in the present. Thus, they ultimately forget the value of the things that they have today since they are totally blinded by things that have already happened or have not even occurred yet. In order to live with spiritual satisfaction, you need to live right now and right here without exceptions. Enjoy every moment that has been given to you and make

sure that every second and every minute counts for something important. As long as you are aware of this need, then you can definitely develop into a much more satisfied individual.

### **Accepting That You Are Enough**

The third and perhaps the most important part that you should know is that by being yourself, you are already enough. The act of belittling one's self or perhaps saying that he is not enough can totally hinder him from achieving spiritual satisfaction. As long as you see yourself not worthy, then you are limiting yourself to every possible thing that can come about to you. Remember that as long as you do not see your true image of yourself, then it only means that you are slowly getting farther from the one Creator who has made you from His likeness.

## **Cultivating a Spiritual Relationship**

It has been said that every person in the world is connected to one another in so many ways. Even with a single activity that one person does, it can totally change the lives of other people, even those he does not know personally. Such a thing is called relationship. There are different kinds of relationships which people share with one another and one kind is the spiritual relationship. This kind of relationship basically aims for the greatest good for every person involved. It totally transcends every tangible being and matter in the earth and envelops people with the sole purpose of achieving higher things in life.

### **Disregarding The Physical State**

There are many ways by which people may cultivate a spiritual relationship with another being or with other people. Generally, you need to understand that as a human being, you are not only created with a physical body. So, instead of concerning yourself mainly with your physical being, you should remember that your spirituality is much more important. And in order to see your life in a very different perspective wherein you can truly say that you are capable of cultivating a spiritual relationship with another human being, simply take into account making your spirit and your mind much healthier and richer instead of satisfying your physical body into the worldly and material things.

## **Having Free Will**

The second thing which you need to understand is by being a human person; you are entitled to your own free will. This means that you have total control of your life. However, such a thing is not so simple as it may seem; you will have to have control of your mind and consciousness at all times. Having such free will means that in every situation we are in, it is vital that we find some choices on how we should respond to such a situation. We can therefore have either a positive or a negative response; it totally depends on how we react to circumstances. It is when you believe in the spiritual relationship that you are in, that you will know what your choice will be.

## **Avoid Judging Other**

The third thing that you should keep in mind in order to cultivate a healthy spiritual relationship with other people is to avoid judging others. It is definitely important that you do not judge others as if they are much lower than you are for the fact that every human being is created with the same image and likeness as God. Bear in mind that the moment you judge, you will automatically develop an egoistic mind that will absolutely produce negative thoughts inside your head and therefore, lead you to negative actions and pursuits.

## **Accepting Others For Who They Are**

The fourth thing which you have to do in order to fulfill a spiritual relationship with other human beings is to be able to accept not only yourself but other people for who they truly are. It is imperative that we accept one another for growth to truly come about to each and every person involved in the relationship.

## **Does your Relationship Need Spiritual Awakening?**

Are you currently having a strained relationship? Is it getting more and more difficult as each day passes? Maybe you and your partner need spiritual awakening. What does it do? How do you submit yourselves to a spiritual awakening? Will this help rekindle the old flame of the relationship?

If you are going through this tough chapter of your marriage life, divorce or split ups is not always the solution. Perhaps, both of you need to take a hard, long look on what you have been doing for the past years.

### **Psychologist for clarifying emotions**

Undergoing spiritual awakening can help a lot in restoring the old relationship like you were in the first stage of your marriage life. But before considering that step, couples that have rocky relationship can opt consulting a psychologist or a marriage counselor first. This is a must so to ensure that there was not any psychotic episode that is happening between them. It is also a good way for both parties to understand better what their relationship is going through.

### **Spiritual counselor for spiritual awakening**

Since a psychologist handles on the emotional sides of the couple, it is not enough to help straighten out the trouble that the couple is going through. It is at this point that you need to have a separate consultation with a spiritual, mystic or psychic counselor. A psychologist will help the couple to clarify their thought processes and emotions but when it comes to paranormal and spiritual awakening, they would need a spiritual counselor, a psychic, or a mystic.

The counsel that these professionals will bring to the couple will help dig the better bead in determining the spiritual shortcomings of a person which is one of the factors that cause the strain to their relationship. The spiritual counselor can do things that will help bring out the inner experience that the person has gone through in the past and if the experience is causing the current rift with their partner.

A spiritual counselor, a mystic, or a psychic also has a special power that clarifies the unresolved issues that arose from their previous lives, divine awakening, or communication from someone from another dimension. It will not only help the person to understand better the experience that they were going through but will help to understand and accept what was happening to their partner.

By understanding and accepting, it means that there is a divine awakening happening between them, which are better because it would be a big help for the couple to save the relationship than to get it completely crushed. If the

couple would face their spiritual shortcomings together, it would be easier for them to be closer and this time with more sincerity and meaning.

It is important though to remember that when the couple wants this spiritual awakening, there will be changes in their environment. This is because when one wants a spiritual change, they are resolving to be a better person. And by being a better person, it means they will start giving more time for meditations and reflections and lesser time for other worldly activities.

## **Healing through Spiritual Medicine**

The world in which we live in today consists of countless material possessions and desires. Indeed, it has become a difficult task for people to acknowledge the simple things in life since they are now blinded by the quantity of riches and fame. Remember that however simple these things may be, they are much more important to the lives of human beings than those materialistic possessions you can never ever bring with you when you pass away. These simple things include the concept of spiritual medicine wherein people can truly feel saved and protected from the temptations and evils in the world. With the term spiritual, it is simply saying that we are openly bringing ourselves to our faith to God and restoring our bodies in their spiritual state.

### **Balanced Aspects of The Body**

It is true to say that the human body is not simply composed by the physical being but rather of other aspects as well including the mental, emotional and spiritual beings. These four things should be balanced inside the human being in order for the person to have a healthy state. However, more often than not, one or two parts of the body do not perform well and therefore; the body is left vulnerable to all sorts of negativity.

Most of the time, people do not realize the importance of their spirituality in order to maintain their well being. Especially today that we are living in such a materialistic and egoistic society; people tend to totally forget how to develop their spirituality and thereby, ultimately saving themselves from harm. And when a person experiences a decline in his spirituality, chances are his physical body is also affected. This is when his body can be ill or be inflicted with all sorts of diseases. Although scientifically he can be cured in his physical state, it does not necessarily mean that he is cured completely.

## **Healing a Body Through A Healing Force**

It is during this time that spiritual medicine comes in. It is when a person is healed not by tangible drugs or therapies, but rather by a healing force that is much greater than any medicine that can be found on earth. This healing force comes from the external part of the universe and therefore enters the wisdom of the person and restores his functions and the areas that have been affected by his illness. Such transfer of energy is indeed a mysterious thing that nobody ever seemed to prove in a scientific and experimental manner; however, for most people it can simply be called faith.

With a suffering person waiting to be healed, spiritual medicine can readily exchange the healing force that comes from the outside or from God to the negative forces that are building within his body. Such a method can be done by a healer who has experienced spiritual awakening and development and is capable enough to mediate the transfer of the healing force. As soon as the spiritual aspect of the body is restored into its normal state, the person can already say that indeed, he has finally been cured from the burdens of his sickness.

## **How To Achieve Spiritual Awakening**

Go look at an Indian guru or a Buddhist monk, and you'll observe that there's a dreamy look in their eyes, or a state of bliss that emanates from their countenance. Since most people, especially those living in the city, are pervaded by stress in an environment where deadlines, expectations, and goals are at the forefront of their thoughts, the urge to disentangle oneself from worldly worries and insipid thoughts can take its hold every once in a while. Some resort to travel, and some depend on the company of friends. But after the weeding out of negative thoughts, an individual will most likely find himself in the midst of stress again once he goes back in the strangle of the real world. So what's the best cure after initial attempts to find solace has failed? It can be summed up in two words: spiritual awakening.

### **WHAT IS SPIRITUAL AWAKENING?**

Spiritual awakening is a process that takes place in an individual's being. It involves heightened consciousness, enlightenment, and transcendence. How do we exactly reach this state? Does it involve secluding ourselves in one solitary

room and concentrating as hardy as we can? Maybe so, but the act of achieving spiritual awakening is a much more sophisticated process.

## **SPIRITUAL AWAKENING THROUGH MEDITATION**

A full understanding of how our mind works is instrumental in this endeavor. Everything around us - tangible and intangible - are all products of the mind and its processes. Human perception is limited, and what we sense in our surroundings are its mere products. Take color for instance. Color is just a quality assigned by the brain in accordance to different degrees of wavelengths.

So color in itself is just an illusion, and we can't really tell that red or blue is an absolute truth when describing specific objects. And knowing that our mind is limited by the interpretations of the human brain, we will need to do away with the mind while trying to attempt this exercise. You need to look at the mind like a casual observer, and treat it as something that is separate from our selves. Try to relax and concentrate, and ensure that you are in a location secluded from outside interference.

Imagine that you are in an invisible dome, and that the mind is outside, wherein thoughts and fancies are unable to penetrate. If you achieve this, profound silence will ensue, and you will feel that you are free of the mind. You'll feel vaster, bigger, and encompassing. And in the state of heightened consciousness, you will have a glimpse of reality, as opposed to the false reality that our mind perceives. You will feel peaceful, and a sense of connection with everything will be felt in a more profound manner.

## **PRACTICE IS FUNDAMENTAL**

This takes a lot of practice and discipline. And it is inherent that you give yourself the opportunity to be alone and in a place where nothing can disturb you. Through constant practice, achieving spiritual awakening will be second nature to you and this heightened consciousness will last longer. Most important of all, this practice can help you improve the quality of your life.

## **Spiritual Creating Wealth**

A famous billionaire once said that even ordinary streets are paved with gold if only one will spend the time to see why. Everyone could make wealth but the problem often is that a person is too preoccupied with negativity that the eye fails to see.

The following are misplaced belief systems that are firmly established in the human psyche that blinds the eye hindering the possibility of creating wealth.

The creation of wealth is directly proportional to the amount of hard work that a person is willing to take.

At the start yes, there is no substitute for that. After all, the person that desires to create more wealth will have to conceptualize, experiment, study and will, on many occasions be willing to make mistakes to learn more. Once the hard part is over, (for the most part it takes only a while) the person could hire hands to do the working for him. There is no one person on earth who is a depository of all knowledge after all. When that happens all that the entrepreneur has to do is provide directions based on lessons learned.

### **To amass wealth, you have to be in the right business**

But truly, what is right business and what is not? This principle drives people crazy. When the internet café for example was just starting, everyone scrambled to dip their fingers to have one. The result is to slice the pie thinner every time that ultimately results into weakened earning potentials for everyone concerned. Instead, start a business from things that you love most doing. The interest will be sustained that will be needed when encountering rough times. Even when a craze is started because of that, no one will do it better than the person who started it.

### **You cannot start a business without enough capital**

Again what is enough capital? There are businesses, lots of them that started from nothing. Capital is needed whenever available but when the idea is there, the enthusiasm and the energy is capital enough. No successful businessman today started with large capital. In fact most of them started with almost

nothing. Big businesses are mostly inherited but they too started from almost nothing.

### **The idea has to be right**

Agreed, but if someone keeps on looking for it, a good idea will start somehow somewhere. The best person to be looking for ideas is the self. The things that the person loved doing or the make believe that the person enjoys when still a child is sufficient material for an idea.

### **Education is needed to start a business**

Wrong. Education is needed when seeking employment. When starting a business, goodwill is good enough. All successful businessmen for the last two hundred years were dropouts, have little education, or are simple sturdy people who refused to be satisfied with whatever chance and fortune came their way.

### **I am too old – is again another fallacy**

Many businesses have been established and made successful from retirement money. Age though has obvious limitations. The person may not be able to enjoy most of the fruits of the labor but who cares. When there is the desire to succeed, success it will be.

More than any of these, there should be a desire to do well. Successful businesses that lasted are anchored on that. It is the desire to make a change for the better. To spot a need and to fill that need is easy; to create wealth from filling the need is easier too. To maintain goodwill that aligns us all with every ideal that is best in us is not.

## **Spiritual Enlightenment Its Three Stages**

The basic goal when people undertake spiritual practice is enlightenment. The culminating point marked in the practices is when one already attains the spiritual enlightenment therefore they feel the unity of soul, leaving behind all physical and mental engagements and everything else. It is possessing highly evolved souls, and to share the kind of enlightenment that these spiritual masters experience they propagate it through the world.

For practical purposes, attaining spiritual enlightenment comes into levels. The spiritual masters evolve from the first to the third levels.

The first one is the animality levels to which many individuals have a tendency to degrade themselves. In this stage, you experience and live the reality as any individuals would. You may continuously engage in ordinary activities like talking, gossiping, planning the future, analyzing everything about us, and so on and so forth. You are the normal, ordinary individual walking around just like everybody else.

You are experiencing just like everybody else is experiencing, although in this stage, you are already taking the cue to uplift the enlightenment of your soul towards a more meaningful existence. When spiritual enlightenment is considered, you are at a stage when you are taking just everything as presented but you are also undergoing an effort to detach worldly things from your existence.

In the second levels, you rise into humanity, to which now constitutes the very nature of the human individuals. In this stage, the individual experiences a connection to every individual around them and even to every object surrounding them. The experience makes them like losing their own individuality; however, the culmination is already taking its mark signaling that a merge is happening between their own with the Supreme soul.

As you feel you are no longer the individual that you are and instead one with everything around your environment, you are closing in with the Supreme Soul as everything comes from Him. This is a great experience that anyone can undergo because enlightening of the soul is starting to dawn with more promises to be a lot better later on with the succeeding stage.

In the third levels is the divinity, to which now spiritual masters convene back and unite with the very source where humans came from. In this stage, you don't feel connected with everything around you anymore. And this is not a sense of disconnection, instead you are already realizing that you are that everything. It means the spiritual enlightenment is taking its course up to give you the experience where oneness with God is already culminating.

So after experiencing the humanity, the divinity makes you feel you are everything. Meaning, you are no longer your own body, mind, senses, and your intellect faculty. And in this stage, you are directly undertaking the divine

experience, the attainment of God, which is the highest level that spiritual masters undergo.

When an individual undergoes spiritual enlightenment, all luck is in them for it is that fruit that sets them free from the material wants, wishes, and desires. It does not only make you feel the complete bliss of being free but gives you the experience that rarely is being undertaken by everybody else.

## **Spiritual Growth And Why It Matters**

Spiritual growth has always been integral to an individual's sense of well being, even before mankind has conceptualized the term and digested it in a multitude of ways that it eventually sprung up different methodologies on how one can build upon it. You name it - yoga, karma, or maybe reincarnation. There are so many that they range from the most mystical to the most practical. But whether you are already treading your own "spiritual path", or in deep need of spiritual fulfillment, a deep understanding of what spirituality is can be very helpful in more ways than one.

In order for us to fully comprehend what spirituality means, perhaps it is essential that we discuss the meaning of the root word itself, which is spirit. Spirit is an intangible property, one that alludes to something incorporeal, something mysterious and not bound by the material world. The most hailed scholar and physicist, Albert Einstein, alluded to spirituality through these words: "The most beautiful experience we can have is the mysterious - the fundamental emotion which stands at the cradle of true art and true science." This brings us to the two things that he mentioned - art and science. These two indulgences have dominated human's consciousness in the process of achieving answers to the mysteries that have confounded us about the universe. These two distinct establishments, polar opposites they may be, have paved the way to advancement in the realm of technology and human awareness.

The search for answers is deeply rooted to our innate need to gain knowledge about ourselves, and how we are connected to everything around us. Mundane activities like fixing a car engine or observing an ant farm are unconscious manifestations of that need, and in consequence, related to spirituality. You only have to read Robert M. Pirsig's magnum opus, *Zen and the Art of Motorcycle Maintenance*, to understand what I'm talking about. While this contradicts the idea of spirituality as something not bound in the material

world, these physical avenues are helpful channels that allow us to achieve that transcendence, and in turn present to us a peek into the mysterious.

Some individuals achieve spiritual sustenance through the means of meditation. Meditation is a process of serious contemplation, or turning inward to reach a profound state of peacefulness, focus and awareness. The practice of meditation has originated from the Eastern cultures, and has been adapted by the West in the form of prayer. Buddhist monks are astute in their belief that meditation is the way to Enlightenment, which explains the sanguine temperament by which they deal with other people.

A common misconception most individuals make is having the notion that spirituality is exclusive to religion. While it's true that religion has helped a lot of people to lead spiritual lives, it only represents a few facets that constitute the full meaning of spirituality. Spirituality is a confluence, a heightened understanding of what we are and how we are connected to the whole spectrum of existence, and the discernment that every little thing is equally essential and dependent on each other.

## **Spiritual Holding Nothing Back**

Man's natural inclination is to believe in something higher than the self. This is true across all cultures, a center of the formation of most traditions, where human interactions and laws are based, and where the core of morality is founded on.

True there are people who deny belief in someone higher than the self, in someone who is far more powerful and far more magnificent. It is ironic that people who do not believe in powers higher than they are go to lengths at proving something that they do not believe in. To fight, to struggle, and argue over something that do not exist without offering compelling truths is madness. After all cultures and nations that believe less in spirits and spiritual aids are nations that has the highest suicide rates.

We have the right to be happy. Our constitution assures that, our elders protected us because of that, all our strengths direct us to achieve that. The "hole" that we sink into as we journey through life is the notion that happiness is promoted by acquiring much more than we require. The higher the tag price, the happier we are supposed to be. A shiny automobile, winning the lottery, a

big house in the best location, fame, name it, everything has been tried. Yet even when these have been proven time and again to be the downfall of us, the effort is still to acquire and bank happiness on that which is temporal. As the song goes, 'when will we ever learn'? To some readers, this is a load of crap. But look deep and this is true.

The contention of people who do not believe in spirituality, higher spirits, and us as eternal beings is that wars, sadness, grief, pathos were due to religious and spiritual conflicts. This is bull. The cause of sadness and wars is greed, not religion, not spirituality. It is the desire to outdo the other to get the upper hand, to dominate, to enforce the will that causes grief and conflicts. More than anything else, it is the love of the self while everything else is secondary, if not dispensable.

Are leaders of wars supposed to be above this? They are, supposedly. Overtime, greed and acquisition creeps in and then the cycle goes if not, it is because conflicts were started on the premise of having more, and of righting a perceived wrong that was done imaginary or not, true or not.

Man's only purpose is to be. Always, without exemption, to be is to be creative. We are the only creation that is creative and thereby are co-creators. We are not fully alive unless we create positively. To create positively is to go outside of the self. Notice those who served a lot and gave a lot achieved a lot and is remembered best. They are the guideposts of everything that is good and everything we secretly aspire for. The truth is we are created out of good and will never be happy if we do not aspire for what is good.

The best thing is that the same Creator that made you and I, who keeps on providing for you and I, the source of happiness, wants nothing back.

This same God, whether denied or not, believed or not, keeps on loving even while being blasphemed.

## **Spiritual Inviting The Energy To Create Wealth**

We live in an abundant world. The purpose of the abundance is so that we live happy, contented lives. Everyone has the right to it. That is how life is meant to be. It has often been suggested that every day, fourteen trillion dollars

exchange hands and yet many of us suffer the lack, bowed down by life in fact. Basically, it all boils down to how we perceive money.

Money is a neutral energy. It has a value attributed by society that is a vehicle for us to exchange for materials needed to live. Spirituality that neglects money matters is ignorant spirituality. Mention spirituality that neglects money matters to people bent already from working all day without getting enough to pay for the basic necessities in life and chances are good for being scorned for hypocrisy.

On the other hand, people who have enough money have greater options to pursue better things to enrich the soul. It is the acquisition of it, whatever the cost like trampling other people down in the process and disregarding everything else is what makes it not spiritually edifying. Money and the meaning it brings are directly proportional to how well you are able to tap into the spiritual energy for creating wealth. This does not mean though that people who are very wealthy are spiritual, far from it. In the same manner, it also does not mean that people who have less money are always less happy. There are general principles, though, that improves the chances of tapping into the spiritual energy that prepares us to acquire wealth.

### **To Have or Not To Have**

This is self-image. Whatever we want happens. All of us have the potential to have or not to have, to be or not to be. We could be a vegetarian, a football fan, a family man, a priest, a star or a eunuch. The choices are endless. No matter, it still boils down to how we perceive things and how we react to them. If we believe in our hearts that we could be a millionaire without the self-doubt, we can. Faith and belief that is certain and with conviction, without inner conflicts ultimately prepares all of us to achieve things that other people could only call luck. Believing in who you are and what you are capable of doing starts the ball of opportunity rolling to your direction. All that is left is your ability to recognize it and act on it.

### **Thoughts**

Everything starts with thoughts. Where you are now, how you have become, your house, your job, your wife, your choices are results of thought processes that you entertained years ago. The freedom to choose is not really freedom if the thought process has limited your choices to only those that you think are

impossible. If you think you are the victim, you will act like one. If you think you are the innovator, you will one day find the opportunity to be one. Thinking is power. It directs life to how we should become. It also limits it when we choose to. The first freedom is to choose to free the thoughts from limitations. Then other processes set in. Rene Descartes would not have said it any better – "I think therefore I am".

## **Speech**

Words are very powerful. Speech follows whatever we think. When we say something, we declare to ourselves what we want to become and we believe it. Believing is one of the greatest of motivators and so speak something, declare it, be convinced by it. When doubt is not entertained in the mind, actions will follow.

## **Spiritual Living Abundantly**

All of us want it and yet most of us are bowed down because of the lack of it. Living abundantly, for those who found it, does not take much. All it takes are simple measures that would not cost anything aside from a change in attitude. Honesty and goodwill does it while for the most times, fear of poverty hinders it. Here are proven practical steps:

Give. It is so ironic that people who give are those who have more. It is not true that those who are able to give can because they live on excess, as most people believe. On the contrary, people who give attracts powers in the universe (unbelievable though it may sound) to have more for them to give more. When giving is practiced, without expecting any in return, the person ultimately lives abundantly. Attracting the power of receiving is done through the practice of giving.

This is not easy, because if it is, everyone would have been living abundant lives by now. People who refuse the gift of being able to give have closed fists if you will and are miserable. This is why they are called misers. People who give are raised several notches more, they are happy. They also get the cooperation of everyone around, they get the reputation of being trusted, of being good hearted, and so the opportunity keeps pouring in.

Be Honest. Being honest goes beyond telling the truth. Being honest, is freeing the mind of encumbrances that slows people down. Dishonesty severs relationships and builds the image of untrustworthiness putting other people off. When that happens, opportunities get less, cooperation with other people is not achieved, loneliness sets in, more than that, there is confusion in the mind that affects even the simplest of better judgment further eroding the persons capabilities. In today's world where everything is measured in cents and dimes, honesty is rare. Because it is, honesty is a very valuable asset. Honest people have clearer minds, better dispositions and could spot opportunities, not traps, whenever there is one.

Believe that there is enough for everyone. Scientists agree that the resources of the world could sufficiently provide even when the current world population is tripled. That is more than enough. The most successful people are people who recognized this and came up with ideas to harness the world's resources to work for them. Everyone can.

Be Grateful. Gratefulness is recognizing that you have what you have and pleased to have it. It breeds contentment that enables you to move forward. When you are not pulled back by resentment, you move faster onward. Focusing on the good things in your life is focusing on the achievements that you otherwise would not have made. Focusing on positive things also relieves the mind of anger that have always resulted to having less or not being contented that results to greed which is more deadly. Gratefulness relaxes the mind.

When the mind is relaxed there is peace. If there is peace the person is better prepared to think of better ideas. Positive thoughts are energies. Energies attract the same energy. Positivity attracts the positive. Then you live more abundantly.

## **Spiritual Meaning Of Numbers**

Numerology has been widely utilized and discussed dating back from the time of Pythagoras, who as we all know was an influential mathematician, mystic and scientist throughout history. While numerology is now regarded as pseudo-mathematics, it cannot be denied that its conclusions are a direct result of scientific study. Spiritual attributes have been connected with numbers for a long time and has been interpreted differently by various cultures, that it has

become unwieldy to utilize the spiritual meaning of numbers into practical use. But if you are bent on using spiritual numerology to enhance your success and pave the way to a meaningful life, it goes without saying that familiarity to what the numbers represent is very important.

However, we are not going to deconstruct the significance of each number since overlapping of meanings between values can only cause confusion. A short and concise enumeration of spiritual values that are easily distinguishable from each other is a much better method to establish a concrete conceptualization of what the numbers represent. Below is a short guide to each of the numbers and the values attributed to them:

One: Strong Will, Aggression, Positivity  
Two: Duality, Harmony, Balance  
Three: Magic, Talent, Intuition  
Four: Stability, Groundedness, Solidity  
Five: Travel, Expansion, Journey  
Six: Sincerity, Love, Truth  
Seven: Mystery, Magic, Knowledge  
Eight: Success, Strength, Opportunity  
Nine: Universal Influence, Accomplishment

Now that you are aware of what each of the numbers represent, it is important to realize that each attribute can have a different meaning to each person. The result, positive or negative, is dependent on the perspective of each individual and the environment that he responds to. Factors such as cultural upbringing and unique personality traits affect our perceptions and actions in response to these spiritual values.

Although numerology is an imperfect science, as we just pointed out, it doesn't mean that you cannot benefit from its usage. In a world where everything is in perpetual motion, what is constant are numbers. They can be quantified, and are the cornerstones of everything that is quantifiable, while everything else are just vibrations. Using numerology to your advantage is getting in sync with these vibrations, and utilizing them to the betterment of our lives.

It gives us more perspective in how we view ourselves in relation to everything around us since numerology makes us aware that there are hidden forces that govern the universe's stability. And we notice perfect order in protons, electrons, neutrons, and the DNA since there is always a code - a constant

value that allows them stability starting from the sub-atomic level. Nature in itself is dependent on numbers. Speed, time, height, weight, gravity and other dimensions are what made life possible. They are all quantifiable by numbers.

In our eyes, the world is in constant chaos, or so it seemed. It's true that all is in continuous flux. But if you ever feel confused and disillusioned about your spiritual and need a compass to decide your actions, what are the things that you can trust? You guessed it right. It's numbers!

## **Spiritual Science As Applied To Medicine**

Spiritual Science as applied to medicine is widely known as Anthroposophical medicine, and is being used by many physicians all over the world - more frequently in certain parts of Europe and North America. This methodology in medicine draws its practices and knowledge from the teachings of Rudolph Steiner, a founder and philosopher, who has founded the school of Anthroposophy.

Anthroposophy is a school of thought that relies on scientific approach in spiritual discernment. Anthroposophical medicine, despite its leanings to spiritual aspects, still relies on established facts and the systematic approaches to modern medicine. It uses fundamental principles in ancient medicine, such as Chinese medicine, Tibetan medicine and Ayurvedic medicine. In a nutshell, it is a more holistic approach, which puts emphasis on the spiritual well being, as much as it does on the physiological one.

The systematic model of AM (Anthroposophical Medicine) relies on the "four-foldness" of being. This means that there are four parts of what decides the general condition of an individual. The first one is the physical body, which is the vessel. The life/etheric body, which is the same as the Chinese idea of chi, embodies the second, while the third level is the soul/astral body. Finally, the fourth one resides in the spirit. In this model, the physician ensures that all these four levels are put under careful scrutiny, and he applies his knowledge of modern medicine and spiritual science in their treatment both in separate levels and as a whole. AM physicians use diagnostic tools, but also rely on intuition and understanding of the patient's psyche and overall personality. The medicine often used in AM is homeopathic and medicinal, which makes it non-toxic and less risky.

The only drawback is that there are side effects. These side effects are often referred to as the "healing crises", which results to the temporary worsening of symptoms - such as fever, headaches, nausea, muscle soreness, and many others. This is in harmony with their belief that modern medicine suppresses illness, and not beneficial to a patient's health in the long run. So the rule of thumb is to draw out the illness in order for the patient to get rid of it completely and thus, pave the way to complete recovery.

Anthroposophical medicine also relies on allied therapies, which include massage therapy, eurythmics (otherwise known as movement therapy). Eurythmics is the science and art of harmonizing our inner spiritual movements. Psychotherapy is another branch of allied therapies, which helps in dealing with sickness and disease on a psychological level. During the first visit, an AM physician makes it a point to educate the patient in the overview of Anthroposophy, since it's impossible to make any progress with a treatment that involves the mind and spirit without the patient's conscious awareness. This is in the form of questionnaires and instructional materials, which are given to the patient before the first stage of treatment.

While some fundamentalists in modern medicine have abhorred the practice and made conjectures that it is synonymous to "voodoo", studies have shown promising results. Whatever the case, Anthroposophic medicine continues to improve our spiritual and physical well being, and is definitely here to stay.

## **Spiritual Science Vs Material Science**

Primarily, the world today is dominated by societies with high intellect. Considered in such a trait is the ability of people to fully comprehend a concept based on scientific proof and logic. Without such things, a person can easily disregard a theory and disprove its validity. And as soon as a person can test a concept with the use of scientific methods and experimentation he can finally say that it is in fact a reality. However, with such a method like that, it totally makes it difficult for people to fully understand and believe in a thing called spiritual science.

### **A Thing Called Faith**

Since the earlier days, it has been said that all of the achievements of men are in fact due to the power that we can achieve through our faith; and that such

faith can definitely encompass any material concept we ever dip our fingers on. Basically, faith is what keeps a human being strong and glorious in the end. However, with logic and proof limiting the human mind, it becomes more challenging for people to generally believe in such a thing called faith. With all of the principles that guide material science, it is difficult for men to give their trust on something that they cannot scientifically prove to be true. What is more, with the human mind being hindered by what can only be seen, they are then being taken aback from the fact that spiritual science truly exists.

### **Material Science**

The value of material science especially in today's world cannot be argued upon. A lot of societies and nations depend on material science in order to bring their countries in a developed state. With advanced technological breakthroughs and inventions, the lives of people are generally becoming easier by the day. In addition, such recent inventions and discoveries further disprove old beliefs and traditions that people may have for many generations already even including spiritual science.

### **Spiritual Science**

However, spiritual science is definitely much greater and infinite than material science. Material science can certainly help in the everyday lives of people and generally make it easier for them; however, when man dies, that is the end of it all. What is more, if something fails in the system of material science, it also suggests its end unless it is being swiftly replaced or repaired. But then, spiritual science does not only govern people while they are alive but also when they pass away. With a thing called "soul" belonging to each and every individual in the planet, certainly spiritual science does exist, too. And as man becomes much more obsessed and blinded with material science, so does he alienate himself more from spiritual science.

Really, what spiritual science does to people is that it basically inspires them into achieving greater things in life; indoctrinating them into developing not only as a community or a nation, but a world filled with humanity and faith. With faith as a foundation of human beings, then we are certainly guided into the path of righteousness and supremacy.

## **Spiritual The Voice Within**

Everyone is invited to the Master's table. The voice is calling, unrelenting. Sadly though, not everyone hears, not everyone could get in and have a moment with the One who truly cared for us most. Nonetheless, everyone is an eternal spark in the universe. Once conceived, we are staying for eternity.

In all creation, man alone was created in the image of his Creator, man alone has been bestowed all the graces and the opportunities that would have made the least among us grateful. We are so very special even angels envy us. The same God who created you and I loves with a love that is beyond comprehension, so unselfish that we were bestowed with the freedom to choose to refuse the goodwill of the One who created us. All over the earth, we alone enjoy that privilege. We alone could say no to God.

We are not totally left alone. Throughout centuries of human history we were provided with guides, prophets they call them. These are the men and women who were able to harness and tap energies that prepared them and made them respond to the voice calling from within. Their messages are the foundations from which societies based their civility, morality and laws that have guided us, without which would have made it impossible for humanity to survive.

Often, their lives are the epitome of sacrifices and the world responded many times with ridicule. They plodded on nonetheless and we are what we are now, enjoying what we have now, because they dared to show us the path to a better life and better relationships and to led us to acknowledge powers that are far greater than any of us could imagine. Magnificent powers that could be tapped anytime that never change whether we choose to believe it or not.

Prophets as we know them are not so commonplace now. Modern prophets are for the most part tinged with the stain of commercialism and the taking advantage of the gullible. But man could see through pretenses if not immediately, man ultimately will. The proof of this is that there have been thousands of churches that were established and were defunct over the last three hundred years alone. Modern-day prophets succeeded in throwing people away from churches and better spiritual guidance. Instead of confirmation they sowed confusion.

Yet not everything is lost. Angels guide us. Spiritual beings pray for us. Theirs are the wordless voices that tell us, even compel us to do what is good for us. Theirs is the power that comforts us and which manifests from time to time including moments when we expect it the least. Their voices get louder to those who follow them and hear them. But since we have the choice to reject them, their voices grow fainter every time we say no to them. Then we get lost. Sometimes for the time being, if only to prove to us that the path we insist in choosing leads to suffering.

When we are better prepared, the voices could return. When denied enough, the voices stop. Then we miss the opportunity to sit at the Master's table.

## **Spiritual Warfare Shield And Save Your Faith**

When your faith is being attacked by negative forces, what do you do to shield and save it from becoming crushed? Do you know how to approach these factors, such as poverty, tragedy, sickness, and accidents, so that your faith will respond better in the sense that it wouldn't easily stumble to the ground? A spiritual warfare is very important to counter the bad sides of these forces.

By arming yourself with this warfare, you will be able to respond more responsibly against these negative forces in the way that your faith is not getting pulled down. In the bible, it is always said that there will be many forms of satanic forces that will take advantage of the weaknesses of the people. These forces will come by smallest to biggest form.

Sometimes it would be in the most unnoticeable form that you wouldn't know you are being attacked unless you have a strong spiritual warfare within you. The devices that these negative forces will use are usually those that cause many of us troubles and without being aware of this fact, we always tend to easily blame God for the problems that come our way.

To attack these devices, a strong faith is always a must. The people were created after the image of God and it is for this reason why the enemy doesn't like us. And the attacks that this enemy is forcing upon the humankind are so strong that many of us don't really see them behind those. It is normal for the people to be unconscious of what was really happening at the back of the scenes of their lives.

But then, this is just another attempt of the enemy to hide to the people the fact that they were being misled into the wrong path. Being a part of life though, one has no choice but be ready to shield against the darts thrown upon them. Whether knowledgeable or not, these darts will continue to make people weak until they give in and get fooled by the desires of the enemy.

But God has always been prepared. That is why He has all kinds of words that form the spiritual warfare within us the people. Now, it is up to the people how to use that warfare deep within them so that the enemy would not end up triumphant. The words of God, the faith, and the whole armor that God gave the people will save us from those attacks.

People can never stop the fiery darts from coming, but with the help of those weapons they can be stopped from cursing a lasting effect. Any plans of the enemy will not succeed if by faith, people know how to repel them.

If you have doubt about your own faith, you can just think of the Lord Jesus and how He was able to stand so strong to see what was really happening behind Satan's power of suggestion. He was always quick to respond against the attacks and repel their effects. He was always armed with spiritual warfare that we, as humans, could use too to avoid getting defeated by the enemy.

## **The Importance of Achieving Spiritual Growth**

Among anything else, spiritual growth is very important for people to truly feel satisfied and happy in life. Not only should people content themselves with the worldly and material things that they can find around them, but they should also fill the holes that bear such emptiness inside. Therefore, it is very important that people find both the time and means for growing spiritually wherein they make themselves attuned with their spiritual and mental capacities. What is more, contentment and lack of desire for worldly possessions is the true meaning of spiritual growth. When your perception of life transcends the need for material possessions to quantify your being, then you can proudly claim that you are liberated and that you have spiritually grown.

On the whole, spiritual growth is the process where a person develops his consciousness. In fact, there are scores of ways to achieve such a thing but first, it is important that the person should recognize the world in a truly

different light – that of seeing the world as something changing for the better and not for the worse.

### **Seeing Light In Everything**

Yes, you can say it is very much easy for us to blame the world for everything bad that happens to us. We point fingers to the people who are around when something negative happens. However, such a state of mind can definitely be a hindrance from achieving spiritual growth. But on the other hand, a person who has successfully become spiritually developed can easily make sound actions regarding previous negative experiences. And what is more, he will later on be able to turn them into positive events as well. Really, it is important that a person finds the light in everything that he does and everything that happens to him for him to achieve spiritual growth.

### **Seeing The World In A New Way**

In the same manner, as a person achieves growth in a spiritual sense, he can then better understand the concepts he could not comprehend that time when he has not dealt with developing his spiritual growth. And so, as a person progresses into his journey for spiritual growth, he will surely see a new meaning to every little thing that happens to him and what is more, he will definitely be more appreciative of the world he lives in.

### **Sharing Your Spiritual Growth With Others**

Last of all, it is exceedingly essential to do an extra mile of being a steward for spirituality wherein you will share your spiritual relationship with other people to guide them into achieving the same level of spirituality. Yes, it is true that every person in the world is connected to one another and therefore, it becomes vital that you share a part of yourself to other people at the same time, make them see the world in your perspective.

As you act more of a mentor for them, they will soon realize the value of spiritual growth; learning that they too, can cultivate a much better world—a beautiful world that draws closer to spiritual growth.

## **The Importance Of Spiritual Healing**

With a world that is primarily governed by materialism and science, it is very difficult for people to fully grasp the concept of spiritual healing. People are too concerned into making themselves the best if not the most affluent. There is a race for time and wealth, and in all aspects of materialism that most of the time they already forget the need to fill in the gaps within their souls.

And with all of the material things and richness that engulf a person, there is still the feeling of dissatisfaction and discontentment for reasons he can vaguely quite point out. It is only on such an event that this person truly realizes his needs for something far beyond the riches or fame; and when he can fully say that he is at peace and truly satisfied with his life.

### **Opening Your Mind, Body And Soul**

Although spiritual healing can seem like an old-fashioned belief for most people, it is still an important aspect that should persist over the generations. A lot of people still believe in it and they cannot totally ignore its effectiveness; especially to those who solicit for it. And in order for any person to be healed in a spiritual sense, you will need to open up not only your mind but also your heart and soul. There is the need to feel connected with God and therefore, the need to accept the fact that God exists among us. Likewise, you need to have total faith in Him so that as soon as you accept Him and His healing, you are then right away saved.

And in instances that you develop some physical illness, it is actually an indication that you have a weak soul. If you remember, your soul is always connected to your body and therefore, when your soul is weakened, your physical body is then vulnerable to all sorts of temptations and negative energy.

### **Being Aware Of The Laws of The Universe**

Accept spiritual healing and everything will be well. Whoever will heal the ill person should be aware of the laws of the universe as well as its governing principles. It is important that the spiritual healer follow such laws of the universe and use pure life energy into restoring the ill fated individual into his normal state. Such kind of healing, aside from following the laws of the

universe, also includes different conventional medicine healing that can do well not only to the body but also to both mind and spirit.

Clearly now, the concept and an attitude like spirituality is not something to be done only once but it is something to be achieved for a lifetime. It is important that you, being a person with a keen sense of spirituality, do not forget about it and instead practise it as often as possible. That way, you will surely receive the benefits associated with a high spiritual living. Remember, as long as you understand the importance of spiritual healing, you follow your spirituality; at the same time, you obey the laws of the universe, it will definitely be much easier for you to be one with your body and with the whole of the world. Such a connection is very important to make sure that you can truly live in peace and harmony for all of your lifetime.

## **The Spiritual Power Of Gratitude**

In a world filled with materialistic possessions, it is an often scene to see people showing some displays of ungratefulness for things that other people do to them. Especially today that people are so focused only on thinking about their own selves, the spiritual power of gratitude has finally been lost. Gratitude is an indispensable part of living life to the fullest since it is when we become truly humble of ourselves and acknowledge the good deeds which other people do unto us that we can only be happy, satisfied and contented.

### **Requires No Money And Effort**

Gratitude is indeed very easy despite what others may think. With a simple thank you or a pat on the shoulder, the other person can already feel that indeed you appreciated something that he has done for you. In addition, not only is gratitude an easy thing to do, but it also requires no money and no effort at all. However, even if it requires minimal of these things, it can definitely make people feel rich -- in a much deeper sense that can reach the soul.

### **The Essence Of Practicing Gratitude In Our Lives**

Indeed, gratitude is a necessity in our everyday lives. It is an essential part of life that has already been forgotten by many of us. Most people have already lost the ability to simply sit and contemplate on their lives. They are too busy

worrying about their finances, their work and even their future that they fail to realize the simple pleasures which make up their life.

### **Restoring A Sense Of Positivism**

In addition, most people are always getting the feeling that life is unfair to them and that they absolutely do not deserve the kind of life they are given. They feel that everything upon them is all negative and that there is much more to come their way. If a person feels this way, then perhaps it is time that he acknowledges the spiritual power of gratitude and lays it upon other people in order to restore the positivism around his surroundings.

### **Valuing People Around You**

And another important aspect of gratitude is valuing that or showing appreciation to all those people who surround you and support you through thick and thin; through all your ups and downs. Remember that gratitude is always an action; you must exert all efforts to show it and do it. Otherwise, it can never be felt by the other people whom you want to express such feeling to.

And therefore, as soon as a person acknowledges that he has spiritual power of gratitude in him, then he can say that indeed, the world is a great place to live in; that it is actually bearable and that he is part of it all. As long as he is sincere with his gratitude, he will realize that most of the important parts of his life are those things that he should actually feel thankful for. It is necessary that people feel that they are truly blessed for having such abundance in their lives for only then can they truly be happy and satisfied with themselves.

## **The True Meaning Of Spiritual Symbols**

Most of the time, so many people make the mistake of referring spiritual symbols to the historical and biblical things which can only be found in remote places and in museums. However, such things called as spiritual symbols are in fact the other way around. If you look closely to your surroundings, you can readily see that you are indeed surrounded by many spiritual symbols. These symbols are there touching your life one at a time and are definitely affecting the way you live your life.

It is therefore important for people to realize such truths about spiritual symbols so that they can appreciate the little things they come across in their lives. It is necessary for them to see that these symbols are what guide us into achieving our spiritual development to eventually become a whole human being.

### **Spiritual Symbols Can Only Be Felt, Never Seen Nor Touched**

And on top of most people committing the mistake of not knowing the true spiritual symbols, they also make the mistake of acknowledging them. Instead of seeing, hearing, touching or smelling a thing called spiritual symbol, it can only be felt within the spirit or soul of the body. We cannot always see such symbols in a physical state but we can definitely feel it surrounding us everywhere we go. Our inner soul is telling us that we are surrounded by it and that it gives us the proper power to face each day and each challenge that may come our way. Moreover, with such spiritual symbols present everywhere; we are then being guided into being able to communicate with our inner self or with our mind. Such symbols tell us right from wrong and therefore, become our saviors in times of need.

### **Spiritual Symbols: Perceivable To The Eyes**

However, such spiritual symbols can still be depicted in ways that can be perceived by the eyes. With the touch of art or architecture, these symbols can be replicated into things that our mind can easily understand and comprehend. Even simple shapes like triangles and spheres can have significant depictions to the eyes of those people seeing them. Moreover, things like a halo or a corona can also mean so much more for these people. A triangle can in fact, readily mean grace falling down from heaven, spheres can mean infinity and a halo can mean holiness. There are so many ways to interpret these symbols and for every person, it is a different meaning.

Yes, these spiritual symbols are indeed essential in the lives of people and they definitely manifest some great impacts on the people's senses of spirituality. Not only do these symbols provide meaning to human beings, but they also provide a sense of mystery for these people to explore. While such symbols can readily be found everywhere you go, it still remains up to you to acknowledge and analyze what they may actually mean. Really, with such symbols, lives of people can become more fruitful, happier and contented.

## **Tips In Fulfilling Your Spiritual Awakening**

Basically, spiritual awakening is when a person perceives the world as something else that is definitely much better than how other people perceive it. In a sense, it is when a person develops his inner consciousness and becomes more aware of the value of things which surround him. That is why it is very essential that people should realize the greater need to achieve an awakened spirit rather than dwelling into worldly and materialistic desires. With an awakened spirit, a person can truly feel satisfied not only with himself but with the world which surrounds him in his everyday life.

### **A World In A Different Light**

As our spirits are slowly being awakened, we can then see the world in a much different light. The world that we see as an evil place where materialism and capitalism reign suddenly becomes something that is much more beautiful and worthy of preservation. And what is more, as our spirit is being opened to the true light of the world, we can then understand how it truly turns around; and as soon as we know it, we can already make it evolve into the things that we so desire. Clearly, by mere understanding of how the world works, we can make it work in such a way that our spirits will attract countless positive things.

### **Changing Attitudes**

Therefore, as soon as we achieve spiritual growth, it means that our attitudes also change. The world that we once saw as a negative piece of habitat will actually be transformed into something filled with positive energy. What is more, as we perceive the world as such, we also start to see other people in a different light. We then realize that although we may not know every person living on the planet, everything we do can indefinitely change their lives and the courses of their actions. Therefore, in order to have a much more positive world, we must learn from our past experiences. We must make sure that everything we do is geared towards bearing a positively fruitful result. They do not have to be good for us alone, but of course, for the good of all. Doing so, we will find ourselves humble enough to become true stewards of the society.

## **Teaching Others**

Another important thing is that people should find the will to share and teach others everything they have learned while going through the process of spiritual awakening. It is critical that other people should learn too, all about your realizations in order for positivism to mutate and multiply all over the place. Really, having a positive spirit within you will ensure that you will be able to easily develop relationships with other people.

Bottom line is, if you truly wish to develop your own spiritual awakening, you will first need to have a holistic approach on life based on the things that have been mentioned. And when you have already seized the moment realizing each, then definitely everything becomes too easy for you to handle; saving you from the pessimistic pursuits of the world.

## **What Is A Spiritual Science**

Are you interested in spiritual science? If so you are going to deal with the process where the knowledge of the soul is being derived from the systematic study of things that our senses, like our intuition, perceive. It has no scripture or doctrine and studies on all belief system and religions, and it takes the best things that each of them has to offer.

Spiritual science is a very interesting aspect, as it includes the constant study of one's words, deeds, and thoughts, as well as the meditation practice. It is a philosophical way of living, but in a much disciplined manner.

It teaches that each individual is the master of their own destiny.

Many people are becoming interested in this science. This is because the study is an open-ended thought system, which continually develops as the humankind also continually evolves. The extensive teachings draw on the wisdom that ages provide to the mankind as well as on the frontiers that human knowledge presents. This science teaches further that any individual is its own divine being, being the master of their own destiny.

It seeks to hold all individuals being responsible for their own deeds, words, and thoughts. Their success, peace of mind, and harmony are determined by the way they connect with the Divine Being. The goal of this study is to

encourage individuals not what there is to think but to think, nor what they believe but why they believe in things.

### **On the religious aspect**

It teaches that being a metaphysical expression, the universal truths are revealed in all religions in the world. All religions in the world are acknowledged in this science, having their own value in this world. It doesn't tell us that in order for us to be enlightened spiritually, there is a particular path to take.

Instead, it explains that all are on one or another path, but each will lead us in the same direction, and at the end self-realization as well as God-realization will be achieved. The people who are interested in this science are those that have the sincere and genuine angst over learning the art of truly conscious living.

### **On the philosophy aspect**

It teaches that on the philosophy aspect, the thinking of the people towards the nature in this universe can be determined our relationship with it. Furthermore, humans are capable of expressing their unlimited potential if they understand themselves as being the creations as well as co-creators of this universe. Philosophy has seven branches: metaphysics, logic, ethics, psychology, epistemology, esthetics, and theurgy.

### **On the science aspect**

On the part of science, practitioners have a systematic approach when applying spiritual knowledge over the daily lives with individually tailored practices. It is in this discipline where the human condition and laws of nature are more given awareness and understanding. Therefore, the goal of these practitioners encompasses services to all forms of life including the humanity.

Those who engage themselves in the practice and study of spiritual science are those that lead a life with selfless service. They do and teach the work of God and by example surrender to that ultimate goal.

## **Why We Need Spiritual Science In The Changing Times**

The word spirit and science are two words that are contrary with each other, as the amount of divisiveness the advocates of each can attest throughout the decades in human history. Spirit is an allusion about the soul, while science is something that one can make a hypothesis and conclusions out of after applying the different methodologies of human observation. But if we are going to make an attempt to make an integrated approach to these two fields of study, then one can draw out the term "Spiritual Science".

Spiritual Science can be viewed as both a science and religion, or as an act of mediation - a philosophy. It is based on the teachings of Rudolf Steiner (27 February 1861 – 30 March 1925), a philosopher, social genius, and architect. He founded the movement of Anthroposophy, and postulated a belief system that integrates the material world to the spiritual world. This integration is focused on spiritual sustenance that an individual can achieve in interacting with the physical plane through the gaining of wisdom and knowledge, with the conscious effort of being an advocate of love, humanism and the general well being of mankind. In this approach, one can reach the state of being divine, and be in harmony with the entity of God. In Rudolf's early work on Anthroposophy, he penned the terms "Philosophy of Freedom", which relates to man's freedom to create his own view about mankind and the universe in light of his own unique belief systems that resulted from independent thought and interactions with the outside world.

It's inevitable that we encounter the word 'God' in this discourse, and that is contradicting since it's impossible to find a connection between Science and the idea of an all-encompassing Creator. Creationism is in direct conflict with Charles Darwin's evolutionary theory (I'll leave you to decide for yourself whether it's still a theory), making the debate far from coming into a conclusion. In contrast, Spiritual Science is not adamant in regards to the teachings of different religions.

Rather than contradict religion, it utilizes the universal wisdom and knowledge that one can attain in its study. Spiritual Science couldn't care less about the pervading conflict between the two, because even though it places emphasis on the importance of observation and critical thinking, it still accepts the notion of mystery and phenomena that current scientific processes are unable to explain.

One of the compelling facts of Spiritual Science is that it utilizes many schools of thought that have a foothold on both spiritual and scientific discourse, and the combination thereof, such as metaphysics, chemistry, the social sciences, arts, literature and many others. Its practicality in the ever-changing world and emphasis on progress to a multitude of human endeavors, make it all the more beneficial to humankind. It prevents divisiveness between several demographics because of its universal stance on every facet of all human concerns.

Even if the original organizations that advocate Anthroposophy have dissipated or sunk beneath social awareness, the teachings of Spiritual Science still permeate human consciousness, and are very much applied as a consequence of the changing times and mankind's natural instinct to rise above himself and make the world a better place for everyone.