

SPIRITUAL PRACTICES ...HOW TO ENJOY YOUR LIFE

- Take 15 minutes of your day to experience nature.
- Share kind thoughts with others.
- Make time for your self to be alone.
- Share your thoughts with God, and listen for the Divine
- Seek God's presence and guidance in all situations.
- As long as you have fear, you cannot love. Learn to let go of fear.
- Balance work family, and recreation. All of these together create your wholeness.
- You need one full day each week from the responsibilities of everyday life to renew and re-energize.
- People are different from each other and we need the differences to make an effective world.
- Be kind to yourself. Celebrate your life and your possibilities.
- By helping others you are helping yourself.
- Do something kind for another person without looking for credit.
- Reframe your perceptions. You can truly see a brighter world if you so choose.
- Experience the present moment. Do not allow the past to contaminate it.
- Listen to music. Music enhances your mood and affects your learning. Indulge yourself in sound that has a positive effect on you.
- Don't look back with regret; don't look forward with fear; look around you with awareness.
- Find the funny side of life. Learn to laugh at yourself and with others. Don't take yourself too seriously.