

MySpiritualToolkit.com

Jeanette Bishop, Helen Varga

Daily Spiritual Tools Sherry Woodcock,2011-09-04

Loving Each Day John-Roger,1989-08 The bestselling author of *Spiritual Warrior* and *The Path to Mastership* now offers a book of inspiring messages. Each page delivers a simple truth that can be appreciated at a glance or provide hours of revelation and contemplation.

How to Become Spiritual Without Being Religious Ken Reiners,2013 Recent studies in America has shown that there is a growing trend of non-believers who have given up on organized religion because their spiritual needs are not being met. Ken Reiners' book now provides a guide for those non-believers who still want to grow spiritually. He makes a clear and concise differentiation between organized religion and spirituality. In this book Ken identifies eight, essential spiritual needs for becoming spiritually whole. He shares his personal spiritual struggle of letting go of the distorted religious beliefs imposed on him by his parents and other religious teachers. Discarding of these negative beliefs imposed on him by others and replacing them with positive ones has enabled Ken to become more spiritually whole. This book not only provides helpful insights for non-believers but for anyone who is seeking spiritual wholeness.

My Spiritual Path Dennis J. Wilson,2008-08-20 Spiritual enlightenment is not limited to one culture, and anyone who embarks on a path seeking enlightenment must, of necessity, begin their search from their own cultural base and then expand to incorporate knowledge from all cultural bases. The author started his spiritual quest from the Judeo-Christian culture searching a myriad of sources to bring focus and direction to his search for spiritual direction. The purpose of this book is to share some of the knowledge that has been acquired by one pilgrim seeking spiritual enlightenment with any others who might be on a similar quest.

7 Steps to Finding Your Spiritual Life Lisa Langford Heron,Brian Heron,2005-05 Do you think of yourself as more spiritual than religious? Do you ever feel as though your spiritual identity gets lost in America's religious diversity? *7 Steps to Finding Your Spiritual Life* introduces a way of talking about religious and spiritual life that is accessible to anyone, whether or not you are connected to a particular religion. This workbook guides you into an exploration of your spirituality using seven areas of spiritual life that provide a basic spiritual foundation. Understanding how you express your spirituality in these seven areas, you will be able to identify your spiritual needs and develop concrete and specific ways to express your spiritual identity. This workbook offers a shared language of spirituality to which everyone can bring his or her own experiences, spiritual and religious practices, and beliefs and insights. Finally, this workbook introduces a spirituality that honors your unique spiritual identity.

HOW TO LIVE A SPIRITUAL LIFE IN A MATERIAL WORLD? AiR,2021-11-01 Most of us are lost in the material world and only turn to Spirituality when suffering comes our way. We don't realize that a Spiritual life can liberate us from all misery and suffering. Some people do take the road less traveled, the Spiritual path, and go on a quest to Realize the Truth. But is it even possible to live a Spiritual life in this material world, surrounded by worldly pleasures? Of course, it is! Spirituality is not really about renunciation, but Realization. This book shows the way to that inner voyage of eternal happiness.

My Spirit Is Not Religious Tina Sacchi,2013-03-01 A holistic spiritual practitioner shares tips on how to evolve from traditional religious teachings to a spirituality that reflects your true beliefs. Millions of people today experience guilt, shame, anger, anxiety, depression, or similarly disempowering emotions as a result of their indoctrination into organized religion. More individuals are leaving the faith they were born into and identifying themselves as spiritual rather than religious. *My Spirit Is Not Religious: A Guide to Living YOUR Authentic Life*, will help you eliminate emotional obstacles while providing guidelines for living a heartfelt spiritual life via lessons delivered from personal experiences—Tina Sacchi's as well as those of her many clients and students. The intention is not to dismiss all organized religions, but to guide those for whom they no longer work and laying the groundwork for overcoming guilt, shame, loneliness, blame, anxiety, sadness, disappointment, and confusion. Whether you have a background in religion or not, this book will guide you to living YOUR authentic life. "I highly recommend Tina's book to everyone that breathes and thinks. Tina's book opened my eyes and my soul to areas I had thought I had clarity around my faith." —Wise Women Read

A Guide for Spiritual Living Rev. George L. McLaird,2012-07-27 Religions come in predetermined packages. They come with an approved name for the creator of existence, the name of their superstar, their all-star team, their approved beliefs, songs, and, in some cases, dress codes and dietary requirements. In *A Guide for Spiritual Living*, author Rev. George L. McLaird presents a wide variety of alternatives if you are uncomfortable with or frustrated by your present religious experience or spiritual condition, or if you have no idea where to begin searching for your own personal spiritual path. *A Guide for Spiritual Living* offers a plethora of suggestions for living spiritually living as healthily as possible, every day and in every way. It includes ideas for activities, contemplation, and self-nourishment, as well as advice for addicts to feed the spirit, mind, and body and exercises to help clarify your path. Advocating a holistic approach, McLaird teaches that spiritual living requires flexibility growing, morphing, and constantly being revised, refreshed and reinvented. He helps you structure a spiritual path that is uniquely yours by showing you how to listen to your own internal dialogue and how to use that information for your growth. George is a spiritual guru of the highest order. People want what he's got and this book provides a roadmap for how to get it - a more spiritual, fulfilling, balanced and happy life. I'll be recommending it to anyone and everyone who will listen! William Morrison, Founder, CEO, Alta Mira Recovery Center, Sausalito, CA. www.altamirarecovery.com Many people are served by religious belief/practice. Others are either indifferent or have felt harmed by religion. Georges workbook transcends either experience, by creating a workbook for spiritual seeking that can deepen ones religious practice or blazes a new trail for spiritual awakening. Sonnee Weedn, PhD, President and Founder of the Sonnee Weedn Institute of Integrated Therapies, www.drsonneeweeden.com/

The Call of Spiritual Emergency Emma Bragdon,2012-11-01 A feast of revealing narratives expose the amazing story of how people deal with critical points in personal transformation, also known as spiritual emergency. With the increase of interest in yoga, meditation, mental health recovery, and recovery from addiction there is renewed interest in care that is not based on medication as much as empathy and compassionate companionship. This book helps anyone who doesn't have a language to understand intense inner experiences and confuses them with mental illness. If you have felt disoriented by intense spiritual experiences this book will help you understand where you are and where you may be heading. It is a map of the journey of spiritual awakening written by a psychologist who knows the territory well. Reading it may make the difference between heading off to the hospital to get drugs to stop the symptoms or staying home and knowing you are OK. Just because you have had a conversation with your spirit guide, or talked to the spirit of someone who has passed away doesn't mean you are having a breakdown. It could mean you are having a breakthrough to a higher level of functioning. The author is a psychologist and knows the territory.

Traveling Spirit Diana J. Ensign,2013-06 The book offers a path from suffering to happiness, using techniques from yoga, meditation and t'ai chi and shamanism.

Spirituality For Dummies Sharon Janis,2011-02-08 Want to get in touch with your spiritual side? *Spirituality For Dummies*. 2nd Edition, shows you how to use spiritual principles to understand and improve your life, empower you mind, and nourish your soul. Complete with a CD filled with calming, spiritual music, it is your personal guide to serenity and spiritual healing. Spiritual philosopher Sharon Janis shows you how to discover the deeper calling of your soul, survive and thrive through adversity, and look at the world with optimism. You'll learn how to use meditation, yoga, prayer, and journaling for inward reflection and to spark new vistas as you unfold your own spiritual wisdom and move forward on your spiritual journey in your own individual way. You'll find similarities and differences among a variety basic spiritual concepts from different religious and philosophical traditions, and you'll discover how to: Find your spiritual path Uplift your body, mind, and spirit Fulfill your greatest dreams Spiritualize your relationships Cultivate your spiritual virtues Increase your inner peace and happiness Turn troubles into triumphs Recognize yourself as a co-creator Be a VIP: a very inspired person The companion CD that accompanies this gentle guide brings you more than 60 minutes of inspirational music from around the world. It features the author and other artists performing songs and chants from Christian, Jewish, Buddhist, and Hindu traditions in their native languages. Note: CD-ROM/DVD and other supplementary materials are not included as part of eBook file.

Simply Spirit Joseph Eliezer,2010-07 *SIMPLY SPIRIT* is the first book in the *Words by Joseph* series. It is a compendium of original quotes, dealing with diverse subjects organized in chapters such as Intuition, Relationships and Sexuality, Fear, Money and Success, Illusion and Clarity, among others.

This easy to read guide to Spiritual clarity offers insights into often confusing and perplexing life situations to help readers advance on their spiritual journeys. Written in laymen's terms, thought-provoking and deeply impactful, SIMPLY SPIRIT also invites readers to reflect on their own core beliefs thus allowing them to arrive at their own conclusions and insights with certainty and clarity that will enhance their connection to themselves and the world around them. REVIEWERS' COMMENTS Thought-provoking, loving and non-judgmental... Joseph's book strengthens the inner being and builds confidence in your personal intuition. --Jivi Khehra, TV Host of Winds of Change with Jivi Joseph writes simply and straight from the soul, challenging and beckoning without preaching or patronizing. --Mahalia Eliah, Spiritual Emergence Service Unapologetic and edgy, yet deeply comforting and inspiring, SIMPLY SPIRIT jolted me into a whole new level of consciousness. I love it here. --Liora Steiman, MD, MEd in Couns. Psych., Therapist Author JOSEPH ELIEZER is a psychotherapist, based in Vancouver, BC, who practises a unique form of therapy, called Intuition-Enhanced Psychotherapy. Joseph combines his highly developed innate intuitive abilities with his counselling and psychotherapy training to help his clients gain insight into their unique circumstances and find solutions to many of life's puzzles. Joseph's website: www.1111spiritroad.com

A Daily Guide to Spiritual Living Jim Rosemergy, 2001-10-24 A Daily Guide to Spiritual Living was written to be a companion and guide for the person who wants to not only face the challenges of daily living from a spiritual perspective, but who desires an ever-deepening and unfolding relationship with the Divine Presence. The journey begins with the divine discontent that many people experience in life and quickly creates a sense of hope for the future. On the journey, the reader discovers the sacred human, God's will, the nature of true power, how to unravel the mystery of non-resistance, and much more. There is a lesson for each day of the year, and the reader is not only supported by the lesson, but asked to journal his or hers own thoughts and feelings. There are even exercises that help the reader experience the idea for that day. A Daily Guide to Spiritual Living is practical and yet mystical. It will help anyone find the balance between earthly living and a spiritual life.

Introduce Yourself to God Larry Peters, 2008-11-25 Learn how to uncover your true supernatural nature and spirit being. You will discover how to develop your spiritual intellect through the awareness and use of spiritual formulas, laws and principles that transform your thinking. You improve your conscious contact with God by aligning your human nature and spirit being with His universal plan, position and purpose for your life. Using your spiritual understanding you learn how to examine the toxic core beliefs grounded in fear based socially induced hallucinations and cancel misinformation that leads to habitual self-defeating chatter. You realize your true spiritual self using practical strategies that change your life with the power that is already within you. You will enhance your perception, change your thinking, renew your mind, create the life you want and have the spiritual connection you've been longing. Yes, you can live happy, joyous and free in the love, peace of mind and well-being that you seek using these strategies for living spiritual therapy. • Offers practical strategies for living that work for everyone regardless of age, gender, race, religious or spiritual beliefs -- from atheists and agnostics to devout believers, to those who aren't sure what they believe and have more questions than answers. • Examines key laws and principles that can transform every area of your life – spiritual, emotional, physical, financial and relational. • Teaches you how to release negative self-talk, fear, destructive habits, addictions, depression and toxic core beliefs.

How to Be Spiritual Without Being Religious D. Patrick Miller, 2018-11-01 "Patrick's writing is so clear and heartfelt that it is hard to believe that he did not write the book for you—whatever you are, and wherever you may be on your journey." —Iyanla Vanzant, host Iyanla Fix My Life Authentic Spirituality Without Religion According to the Pew Research Center, approximately 37 percent of Americans identify themselves as spiritual but not religious. How to Be Spiritual Without Being Religious is a book for that sizable number of folks who seek a rich and authentic interior life but find formal religious affiliation unappealing. It is a clear and nondogmatic guide for finding one's own path of transformation, for embracing a vision of a practical faith that enhances a life of happiness and peace. Miller's concise approach arises out of what he calls the spirituality of ordinary life. It is an approach dedicated to exploring the big questions: Why am I here? Who am I? What is the best way to be of use. A spiritual faith is a more practical way to deal with everyday life than cynicism, toughness, or defensiveness...it daily increases its usefulness and reliability. Spirituality is the way out of misery, the way in to self-knowledge, and the way toward a more fulfilling and effective life. —From the introduction Praise for The Book of Practical Faith: Succinct and salutary . . . D. Patrick Miller's thoughtful treatment of faith clarifies why this is such an important part of the sacred adventure of life. —Frederic Brussat, Spirituality and Practice This book offers a gentle, disciplined approach to growth with subtle insight and compassion. Miller names the habitual obstacles that keep us small and opens up a way to greater love, faith, and freedom. —J. Ruth Gendler, author of The Book of Qualities

WTF I'm Trying to Be Spiritual Jeanette Bishop, Helen Varga, 2014-01-13 Winner of the 2015 International Book Awards New Age: Non-Fiction Category Finalist in the 10th Annual National Indie Excellence Awards for New Age Non-Fiction Category Fed up with living life as an opinion of someone else? Throughout this book, readers will discover themselves, or at least what or who they aren't. There's no point in having spiritual answers if we can't stand ourselves, as we layer most things into our guilt and shame cycle, which we seem to like so much. Self-hatred is evident in many of us, from overeating to starvation; seeking and never finding that true love, leaving a trail of broken lives—our own included—shows us we are really seeking ourselves. Never really knowing why that would be, we ventured into the heart of the matter, literally: self-love. Where is it, what is it, and how come we don't have it? The reader is invited to discover how to reveal the power of love within and share it with others by the world's foremost authority—God. The dialogue between God and the book's authors provides insights into some of life's biggest questions and the human condition, not just on a personal level, but also on a global scale. Through these inspiring messages, this book exposes spiritual truths, while providing solutions that can be incorporated into the daily practice of everyday living, to bring a greater sense of peace and awareness to the reader. For more information, please visit our website: www.kissandtellproductions.com. Front cover: photo by Jeanette Bishop (Isle of Skye, Scotland) Back cover: photo by Helen Varga (Cranberry Creek Gardens, Lynedoch, Ontario, Canada) BlueInk Review "While the authors' basic premise (direct communication with a supreme being) may not be palatable to everyone, their suggestions could offer a way back into spirituality for sincere seekers" ForeWord Clarion Reviews "Bishop and Varga have created a jovial and generous guidebook for self-care. The book's largest sections, which focus on loving oneself and healing via that love, offer a blueprint for this reorientation. Trading between practical advice and recalled, meditative conversations with the Spirit, the authors act as creative spiritual gurus." Kirkus Indie Review " . . . there are sound pieces of advice to be gleaned from these pages, even by readers with different beliefs."

Everything I Wanted to Know About Spirituality but Didn't Know How to Ask Peter Santos, 2016-07-27 Calling all spiritual seekers! Whether you are just beginning to explore your path or have read countless books on spirituality, this guidebook reveals practical information that is sure to enhance your spiritual journey. Now in its second edition, it includes questions and exercises at the end of each chapter to help anchor the principles presented and assist you in applying the concepts to your life. If you are interested in understanding how to truly live your Truth versus how to simply exist in the world, this book is for you. For over three decades, Peter Santos has been on a spiritual path studying how the world functions beyond the physical and how we as human beings can begin to understand and actually experience that feeling of transcendence. He leads the reader through basic spiritual concepts underpinning how we can develop and flourish while in physical form, drawing to ourselves what we need so we can come to know and live from our inner divinity. From straightforward principles about the operation of energy to helpful tips on meditation, prayer, and overcoming the ego, this book collects the author's most salient and useful material from years of learning about and experiencing the spiritual truths beyond the physical world. Readers will be empowered by practical suggestions on how to apply spiritual principles for a renewed sense of well-being through embracing the profound possibilities we all hold for a happy, peaceful, and loving life. Easily digestible chapters include: • Overview • A Primer on Energy • Body, Soul & Spirit • Three Energies of Being • God & Ego • Healing • Prayer • Meditation • There Is Only Now • Reincarnation • Perceived Karma • Life Contracts & Free Will • Seeing from a Higher Context • Transforming Baggage • Asking for Help • Reframing • Grounding, Centering & Protecting • Intention & Manifesting • I AM & Affirmations • Trust & Discernment • Attachment, Addiction & Detachment • Judgment • Fear & Forgiveness • Dreams • Distractions • Care of the Physical • Disconnecting to Connect • Being Uncomfortable • Phenomena • Discernment with Teachers • Miscellaneous Thoughts: Mistakes, Channeling, The Christ, The Holy Spirit, Heaven & Hell, Religion, Ceremony & Ritual, Sex, Money, Vegetarianism & Other Diets, Relationships & Children • Our Choice • Summary • Not an End, but a Beginning May you be blessed on your spiritual journey.

Introduction to Spirituality Nicola Hayley, 2024-04-27 Get a guided tour of the world of new age spirituality Ever wondered what channelling is? Or wanted to understand how meridians work? Maybe you've struggled with meditation, or found yourself contemplating your karma. Whatever you're curious about, whether it's breathwork, qigong, energy work or astrology, you'll discover more enlightening details within these pages. Dive into the world of spiritual practices and new age beliefs in this visual guide, packed full of simple explanations and practical exercises that you can begin using in your life right away. Emerge with a solid understanding of the basics of over 100 topics, including manifestation, life purpose, journaling, yoga, auras and Reiki. Other subjects you'll encounter in this book include: Soul mates and twin flames Angels and guides Vision boards Chakras Meridian tapping Intuition and psychic abilities Astral projection Shadow work Spiritual bypassing Clear explanations and practical guides Each topic begins with a simple, plain English explanation, and includes things like: Definitions of key concepts Concrete examples How things work Helpful diagrams Step-by-step processes Tips and traps Benefits and risks Common questions and finishes with simple, practical actions you can take to explore the topic further and begin applying it in your life. What this book is not This book is not complete: That's an impossible task, because spirituality can be very nebulous and is extremely subjective. This book is not deep: There's simply not enough space in a book like this to cover anything in depth. This book is not objective: Spirituality is a highly personal, subjective experience, so you may disagree with some ideas, and that's OK. This book is not right: Nobody has all the answers. Forget right and wrong and instead focus on figuring out what's right for you. What you will need To get the most out of this book, here's what you'll need: Pen and paper An open mind Plenty of time (and patience) Self-acceptance You may also find it helpful to skip concepts that are too out there right now and swap out words you don't like. Kickstart your spiritual exploration When you're done reading this book, you'll have a solid foundation for exploring the world of spirituality. You've satisfied your curiosity about one or more topics, and you've decided what to keep and what to ignore. You're also itching to explore one or more topics in more detail, using the many other amazing resources available to you. You're starting to construct a model of the world beyond the five senses, and you feel more equipped to take your life in the right direction for you. You're excited to apply the ideas and practices you've learned to your everyday experience, and craft a form of spirituality that works for you. Everyone's spiritual journey is unique, including yours. You get to choose what you believe, and what's true for you. No-one else gets to tell you what to think, what to feel or what choices to make, including me. You are free to pick and choose what you please from the pages of this book. Take what works for you, and ignore the rest. Every step you take on this journey is helping you grow, and there's no right or wrong way to do it. Move at the pace that works for you, and gradually you'll create your own unique approach to spirituality. Your approach won't look exactly like anyone else's and that's OK. In fact, that's exactly how it's supposed to be.

COMPLETE SPIRITUAL SECRETS Rev Elizabeth Paddon PhD, 2010-11-25 COMPLETE SPIRITUAL SECRETS came about as many people around the world requested help to awaken their own spiritual abilities. My Spirit Guides directed me to create this book. Spiritual Secrets is written so that no matter where in the world you are, you can receive guidance to help yourself grow spiritually and therefore gain mastery over your life, happiness and success. A Psychic is one who can help you connect with the various secrets of your physical life. Spirituality contains many gifts of God within it. We all have the ability to tap into any part of being psychic. So if you are ready to be your own psychic, then read and experience SPIRITUAL SECRETS for yourself and find the answers to all that you need, are already inside yourself. SPIRITUAL SECRETS will help you connect so you can utilize this gift for yourself.

Spiritual Connection in Daily Life Lynn Underwood, 2013-05-20 How often do you find moments of deep peace and satisfaction in your day-to-day life? How often does connection with other people, the divine, or nature make you feel more alive? How often are you touched by a sense of awe-inspiring beauty, compassionate love, or pure joy? For many of us, these kinds of experiences tend to be fleeting and all too rare. Fortunately, new research is suggesting that a regular practice of paying attention to experiences like these can help any of us find them more often and cultivate richer, deeper, and more satisfying lives. In *Spiritual Connection in Daily Life*, Lynn Underwood introduces her Daily Spiritual Experience Scale (DSES), which is comprised of sixteen simple, multiple-choice questions that invite us to become more attuned to these extraordinary experiences in ordinary life. The DSES is the definitive set of questions for measuring the experience of spiritual connection and has been used in hundreds of studies, translated into over twenty languages, and used around the world by counselors, therapists, nurses, social workers, clergy from multiple faiths, and business leaders. *Spiritual Connection in Daily Life* offers a step-by-step guide to using the DSES to improve our abilities to sense the "more than" in the midst of our days. Embraced by people from many different cultures, religious traditions, and professional backgrounds, the DSES doesn't require any extraordinary experience like hearing divine voices or embarking upon a dramatic religious conversion. Nor does it belabor the exact definition of "spirituality." Rather, it simply invites us to focus on aspects of our daily lives such as deep peace, sense of inner strength, longing, and compassionate love. The sixteen questions also provide a common, nonpolarizing language for communicating with others about the role of the "more than" in our lives. Adherents of all faith traditions, as well as people with no religious leanings whatsoever, have experienced profound and lasting benefits from having these experiences, including improved health behaviors, better relationships, decreased stress and burnout, and improvements in daily mood. Now all of us can reap these same long-term benefits with just a little bit of self-reflection and Dr. Underwood's expert guidance.

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