
FRONT COVER:

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Table of Contents

Chapter 1:

The Basics on Spirituality

Chapter 2:

Identify Where Your Spirituality Has Issues

Chapter 3:

Understand Oneness

Chapter 4:

Calming Your Mind

Chapter 5:

Using Mantras

Chapter 6:

Using Yoga

Chapter 7:

The Benefits of Spirituality

Chapter 8:

Staying Motivated for Spirituality

Chapter 9:

Staying on Track

Chapter 10:

Making Resolutions for Spirituality

Chapter 1:

The Basics on Spirituality

Synopsis

What is spirituality? How do people discover their spirituality? If you don't know the real answer to these questions, you need a complete reference to expand your knowledge. This is the reason why you have to read this guide.



Spirituality Defined

Spirituality has various meanings. Some books defined it as a journey of self-improvement and self discovery. Others also define spirituality as the opposite of religion. For better understanding about spirituality, here are some of its definitions:

- The concept of a process of learning not only who you want to be, but also who you are.
- It is the connection to you and to other people. Spirituality is personal and rooted in the connection with the people around you.
- Refers to purpose, meaning and direction. It helps in reaching conclusions, embraces the idea of moving forward and searching in the direction or meaning for your life.
- The dispute of achieving beyond your limits. It maintains an open mind, trying to accept the beliefs of other people and questioning current viewpoints.

Through understanding the real definition of spirituality, you can easily say how important it is. The main question is, how you can develop your spirituality. Improving your spiritual aspects is not as hard as you think. If you are not aware on how to develop it, you don't have to worry about. Just continue reading and start learning.

Developing Your Spirituality for Better Life

Spirituality provides various benefits to your life, both physically and emotionally. This is the reason why you have to develop your spiritual aspects. Through this, you can easily know your purpose, figure out what you really love and a lot more.

According to experts, positive beliefs can help in improving your health. If you develop your spiritual life, you have a chance to understand your exact needs and the needs of other people. For your guide, here are some ways on how to develop your spirituality:

1. Community Service - This can help in expanding your understanding of what you really want, what other's want and how other people differ from you.
2. Make a Journal – Writing events and special moments can help in reflecting your personal life. It also helps you in determining how you have grown and improved.
3. Yoga – Allows you to make a peace within you and set up your mind for inspiration
4. Pray - Praying is one of the powerful ways that can help in connecting and at-peace.

Through considering the above tips, you don't have to worry on how to develop your spiritual aspects. You can easily understand everything that you want to know. You just need to use a perfect guide to learn what spirituality is and how it helps you.

Chapter 2:

Identify Where Your Spirituality Has Issues

Synopsis

Can you use your spirituality to escape from your problems in life? Yes! It is possible. If you have problems in life, it doesn't mean that your life is meaningless. Remember that there is always a solution for every problem. You just need to search for it and learn to move forward.



Where Are You Having Issues

To recognize your spirituality, ask yourself if you can relate to any of the following scenarios:

- ✓ Don't want paying attention to the real-world matters – It means that you prefer to be working on your personal or spiritual development.
- ✓ You prefer to mingle with people who are very spiritual – Like others, you don't want having friends who don't share their world view.
- ✓ Prefer to have a meditating for several hours
- ✓ Spend more time on how to create your vision and find it hard to accept the things here on Earth.
- ✓ You are an intuitive and grasp negative stuff

If you can relate to these situations or statements, it means that you are out of balance with your spirituality. To solve your problem, you need to make a right move. You have to start improving your spiritual aspects. How can you do this?

Steps-by-Steps on How to Grow Your Spirituality

To improve your spirituality, you have to follow several steps. Like others, you are probably not aware on about these multiple steps. For your guide, here they are:

Step 1: Embrace Your Talents – It means that you have to improve your special gifts and intelligence. Your talents can lead you toward your unique paths. Just follow your passion and you can easily discover where you fit in this world.

Step 2: Learn to Solve Your Problems – If you have problems in life, you have to be strong. Though problems in life affect you emotionally and mentally, it doesn't mean that you will easily give up. You also need to learn to ignore your future problems.

Step 3: Be Responsible – If you commit mistakes, don't blame it to other people. Always be honest about the things you have done or said. You also need to concentrate on how to solve your problems than expecting changes from other people around you.

Step 3: Accept Reality – This is all about love and happiness. If you love someone, you have to accept the fact that you have to say goodbye. Not all relationships last forever. To give compassion and love to the person is the most conscientious thing you can do.

Step 4: Accept Change - Accepting changes is not as easy as you think. However, you can do it in a gradual way. You just need to practice yourself that a certain thing or person is no longer existing or already changed.

Step 5: Accept Delays - Frustration and impatience will never help you in any situation. To combat this feeling, you have to learn on how to jump into a new field. You have to know when to wait and when to move forward.

Aside from the above mentioned, another thing that you can do is to learn on how to love yourself. Your body will help you in growing your spiritual aspects. To do this, you need to pamper your body, exercise, fight your illnesses and practice a healthy lifestyle. In addition, you also need to learn to understand that human body always expires. In case you lose someone you love, you need to be strong and face the reality.

Chapter 3:

Understand Oneness

Synopsis

Everything that exists on Earth is connected to each other. The connection is oneness and wholeness. Most people understand oneness as complete or whole made of two or more parts. It means that there is one God.

It is true that it is hard for a man to understand that life could be oneness. And, it is nothing to separate from it, including God. The reason behind this concept is that man believes and convinced by his viewpoints that everything is separate from Him.



Oneness Defined

Oneness is quite hard to understand because humans were so engrossed in a world of things. People can stimulate oneness through the part of themselves that knows the silence where there are no things and no names. With this, people can begin to feel their connection to the earth, to everyone and to the universe.

Oneness is the concept that all things and phenomena are connected. All of these apparent separations are illusion and they are more than just a philosophy. The concept of oneness is not a theory or a personal opinion. It is an entry to understanding reality. This idea maintains that all things, regardless of form, state, energy, duration, density, etc, are one boundless being.

Learning How to Embrace Oneness

Embracing oneness is not too fast and easy. The glory of God is within every person. In case you feel separation, it is the separation from yourself that you feel. To embrace oneness, you have to love yourself first. You also need to recognize your worth.

If you love yourself, you will love every man and every creature on Earth. You will love without any objection. If you did, then, you will love oneness.

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