



Spirituality

In order to experience everyday spirituality, we need to remember that we are spiritual beings spending some time in a human body. Barbara de Angelis

Tips for using positive affirmations to your advantage:

1. Find out what your negative thoughts are saying, and then replace them with an opposite positive thought.
2. If you often tell yourself that you can't do something, write down: I can do this anytime I want.
3. Say it with feeling, with vigor—like you mean it—and in time you will believe it just as much as you once believed its negative opposite.

Day 1 Affirmation:

- I am responsible for my own Spiritual Growth

Your thoughts: _____

Day 2 Affirmation:

- I choose to live my life in a way that allows the higher good of all

Your thoughts: _____

Day 3 Affirmation:

- I recognize and honor Divine Spirit to be omnipresent in all around me every day

Your thoughts: _____

Day 4 Affirmation:

- My highest good is manifesting in my life right now

Your thoughts: _____

Day 5 Affirmation:

- I patiently and intently follow the guidance of my Higher Self on the path to enlightenment

Your thoughts: _____

This Week's Challenge

Discussion: Following your spiritual intuition takes great faith. Little hunches, nudges from friends, coincidences, and direct conscious connections with Spirit occurs daily, but we often overlook them as we move through our busy lives. Spiritual faith is like a personal radio set to the spiritual wisdom channel. By focusing on spiritual guidance, you allow your faith to drive your choices and actions. You become faith-in-action when your life choices are based on your inner wisdom and power.

Ask yourself the following questions to discern if spiritual guidance is flowing from your inner heart of wisdom:

1. Is the guidance loving and respectful of the mastery of myself and others?

2. Based on the guidance, will others view my choices as loving?

3. Does the guidance ring true in my heart?

If you answer no to any of the questions, see a pure white light flow through your body, cleansing you of pain and fear. Continue in love to seek clarity through divine guidance. Trusting your inner wisdom increases your spiritual faith to follow your life path.

Exercise: Find your healing light of love by taking three steps toward spiritual faith:

- **Trust yourself.** Listen to your inner heart, discerning truth that is right for you. If something does not ring true, have courage to seek sources that match your beliefs.
- **Trust Spirit.** Tune into a higher spiritual power for energy to actualize your dreams. Through prayer, meditation and affirmations attune your intentions with this greater energy.
- **Trust the universe.** Notice what the day brings you based on your intentions and actions. You are a part of an interconnected universe and your prayers are often answered in magical ways.

In addition,

- Your weekly Mp3 audio message:
<http://nawomenrise.audioacrobat.com/download/54336e9a-5cab-d60d-9995-8c71d909b7e1.mp3>
- To discussion forum, www.nawomenrise.com

Until next week...

In Life, Love & Spirit,

