

10 Tips For Spiritual Growth:

- 1) Read spiritual and uplifting books. Think about what you read, and think about how to use it in your everyday life.
- 2) Meditate for at least fifteen minutes everyday.
- 3) Learn to make your mind quiet through concentration exercises and meditation.
- 4) Acknowledge the fact that you are a spirit with a physical body, not physical body with a spirit. If you can really accept this idea it will change your life.
- 5) Look often into yourself and into your mind, and try to find out what it is that makes you feel conscious and alive.
- 6) Think positive. If you find yourself thinking negatively, immediately switch to thinking positively. Be in control of what enters your mind.
- 7) Develop the happiness habit, by always looking at the bright side of life and endeavoring to be happy. Happiness comes from within.
- 8) Exercise often your will power and decision making ability. This strengthens you and gives you control over your mind.
- 9) Thank the Universe for everything that you get.
- 10) Develop tolerance, patience, tact and consideration for others.