

A Spiritual Tool Kit

*by Kathleen Pasley
and Julie Saunders*

Discovering and Strengthening Your
Spiritual Connection and Awareness



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Introduction

“As human beings, our greatness lies not so much in being able to remake the world...as in being able to remake ourselves.”

- Mahatma Gandhi

It takes time, dedication and commitment to nurture an inner life and to follow a spiritual path. But it is well worth the effort... the benefits to your health, mind, body, and soul – and even your loved ones and the planet – are immeasurable. If you are drawn to strengthening your spiritual connection and would like to build upon the sacred aspects of your life, this modest e-book can help you enhance what you are already doing or, if you are a newcomer, provide you with some structure and basics for getting started.

Marianne Williamson says,

“Ultimately, the search for God and dedication to a spiritual life is a lifestyle decision. Fill your life with meaningless stimuli and mindless activity, and you will get just that – a meaningless, mindless life. You might be successful in worldly terms, but you are empty and bereft in spiritual terms. To go within is not turning our backs on the real world; it is preparing ourselves to serve the world more effectively.”

The purpose of this booklet is to explore how we can become more and more deeply connected to spirit, to God, to our intuition and to the wisdom of the Universe.

Joy is the natural state of the spiritually ordered person; it is an internal state of being that emerges from a profound belief in the sacredness of life. In addition to hoping to enhance joy, our goals are to:





- § Bring our lives into a place of harmony and balance
- § Wake up to our full creative potential
- § Open up to new ideas and fresh ways of doing things
- § Learn to interpret events and circumstances optimistically



- § Enjoy good health, well-being, and positive relationships
- § Reconnect with Nature's cycles and
- § Become a ray of light to the people around us

Regardless of what our “day job” may be, our “real work” is to raise our own vibrational level so that we can help those around us to raise theirs and, ultimately, to assist the whole planet in resonating to a higher vibration of love. In order to accomplish this, we have the following major tools:

- § Affirmations
- § Prayer
- § Meditation
- § Gratitude
- § Forgiveness
- § Intuition
- § Breathing
- § Spiritual Literature and
- § Sacred Music



Affirmations

*“When we learn to trust the Universe, we shall be happy,
prosperous and well.”*

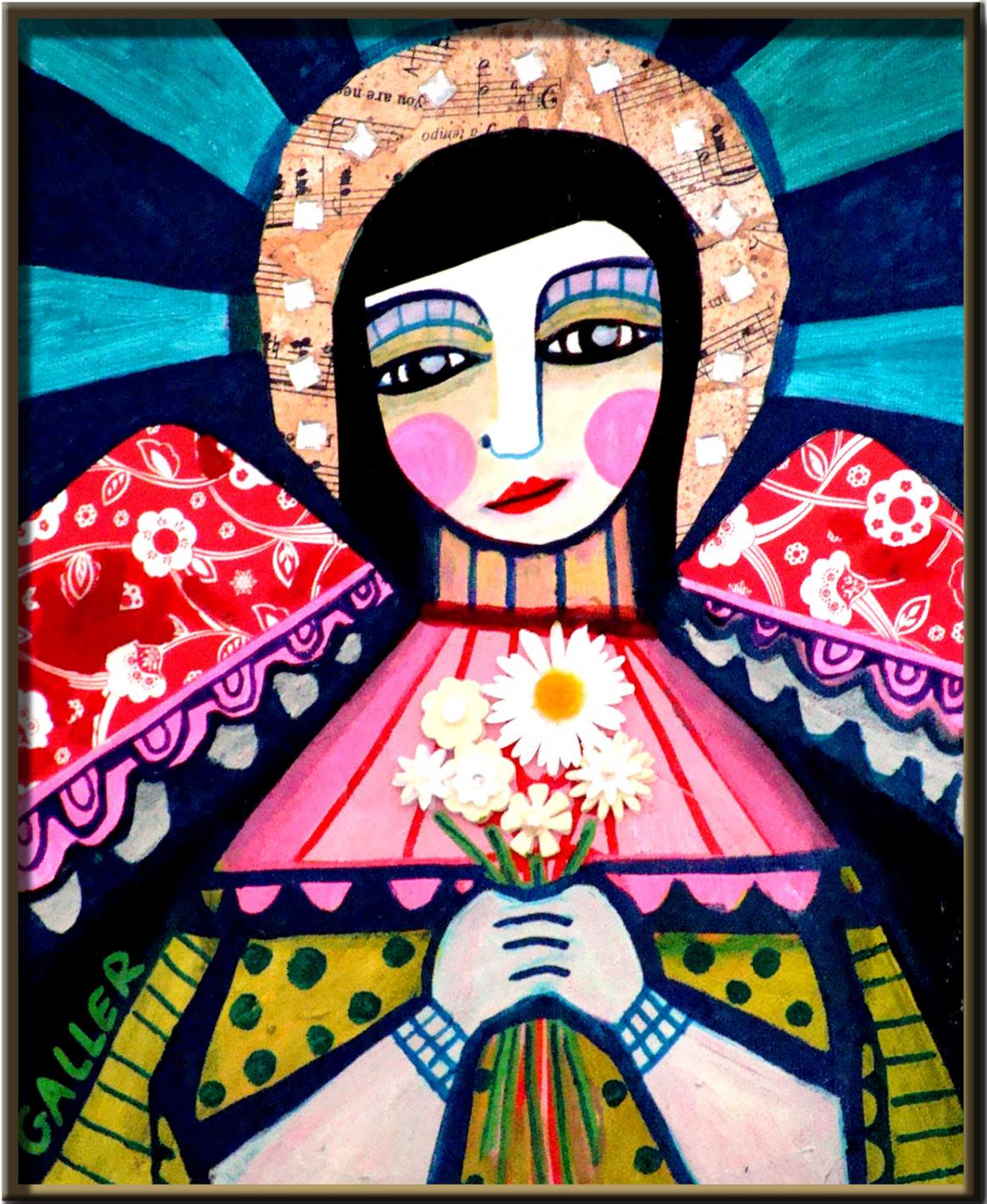
- The Science of Mind

Affirmations are a great reinforcer of the belief that a benign force is underlying our world and that this Divine presence wants only the best for each of us. Once we spiritually align ourselves with this universal force, we can begin to witness our lives unfolding in amazing ways. At the end of his life, Einstein said, *“The only important question is this: Is the Universe friendly or not?”* A spiritual life and the use of affirmations will help you to conclude that it is.

Many of us struggle with a merciless barrage of negative thoughts and self-talk that keeps us stuck listening to old tapes that deliver only negative results. Affirmations are positive thoughts expressed in the present tense (such as *I am* or *I have*) to deliver positive results. Even if your affirmation seems impossible or silly, you still must state it with conviction and feeling. You don't have to know that affirmations will work, you simply have to practice the discipline on a continuing basis and experience the results.

When you follow your thoughts and the words spoken by yourself and others throughout the day, you might find that most of us think in negative affirmations and create more of what we don't want rather than what we do. Saying “I hate my job” will get you nowhere. Declaring, “I now work at the perfect job for me” will open the channels in your consciousness to create just that.





The challenge then is to genuinely think about what you want and to continually make positive statements, in the present tense, about how you want your life to be and to do. If you declare your affirmation in the future tense, “I want” or “I will have” then that is where that idea will always stay – just out of our reach in the future.



One of the most effective techniques to use when practicing an affirmation is to write it down, as well as to say it aloud. Each day, take the primary affirmation you are working on and copy it down in longhand ten times.

For some reason, the power of writing an affirmation in your journal increases its effectiveness. In your mind, go over the affirmation whenever you can during the day. For reinforcement, write it down on a notecard and keep it in your pocket or your bag for easy reference. Repetition is the key that allows your unconscious mind, combined with the wisdom of the Universe, to go to work in manifesting what you affirm.

Affirmations that you use consistently become beliefs and will produce results, if not immediately then over time, sometimes in ways you can't even imagine. It makes no difference how negative your life has been or how many mistakes you have made, the Universe wants you to rise triumphantly.

The negativity of all of your yesterdays can vanish into nothingness when you consciously guard your thoughts and speech and keep your consciousness focused on the positive... there is a spiritual power that wants to work with you and affirmations are one of the keys to opening up this channel of Divine goodness and happiness.

Here are some affirmations that you can use or adapt to your own individual voice.

For General Well-Being

I am being divinely guided and protected, and my life is made smooth and easy.

I treat myself with great respect, I treat others with great respect, and I am treated by others with great respect.
Today I feel enriched, empowered and emboldened, I am in my



bliss. I am competent, confident and committed.
I am vibrant, radiant and joyful.
In the midst of turmoil, I feel calm.
Peace is the order of my day.
I welcome into my life: health, harmony, happiness and success.
Today I consciously let go of any discord.
Freedom and joy are mine today.
I am fully alive, filled with love, joy and gratitude.
Today I trust in divine timing. I accept that everything in my
life is unfolding for my greatest good. All is well.

To Welcome Good Into Your Life

I remember only the good. I accept only the good. I expect only
the good. This is all I experience.
There is good enough to go around.
I am an outlet of immeasurable good.
I am in complete unity with my good.
I know that good is the basic principle of my existence.

For Manifesting Your Dreams

Today I align myself with the best ways and means of
accomplishing my dreams.
Today I know that all things are possible with God. I move
easily and effortlessly from success to success.
I keep on “keeping on” in the direction of my dreams.
I expect the best for myself and the guidance to achieve it.

For Finding New and Satisfying Work

I am being divinely guided to the perfect opportunity for using
my unique skills for my highest good and that of the Universe. I
am attracting the perfect job that I feel passionate about, making
\$100,000 (fill in dollar amount) or more.
I am of maximum service in my work, making a good living.



My work (my project, my creative endeavor, etc.) is unfolding in ways I haven't even imagined.

For Finding New Relationships or Improving Current Ones

I am now attracting the perfect relationship into my life.

I live in harmony and balance with (insert name) and everyone I know.

I love myself and treat myself the way I treat others.

I have peaceful relationships in my life.

Friendship, peace, joy and goodness are mine now and forever.

For Prosperity

I am a magnet for abundance in my life.

I attract money and prosperity easily and effortlessly.

What is needed is on its way.

I identify myself with abundance and success.

For Vibrant Health

I am radiantly healthy and take care of my body with love and respect. Each cell in my body has Divine Intelligence.

I choose to be healthy and free.

I now claim health instead of sickness.

I sleep in peace, wake in joy and live in the consciousness of the good.



Prayer

“If the only prayer you said in your whole life was “thank you” that would suffice.”

- Meister Eckhart

Both prayer and meditation are effective ways to become connected with your Higher Source. The purpose of prayer is to align the mind with the thoughts and the will of God. Meditation is a time of quiet, when the mind is freed from its attachment to worldly things. It’s been said that prayer is when we talk to God, meditation is when we listen.

We can so easily wake up in the morning and immediately become a slave to the details of life, silently reciting the ongoing “to do” list buzzing in our heads, entering the day full of mindless hustle and bustle. Or, we can choose to take fifteen minutes to one-half hour to become grounded and connected with the Source.

By creating a sacred space for your daily practice and honoring simple preparation rituals, you will find yourself more committed to the daily work required. The basics you need are very simple: a comfortable private place; a time of silence for yourself; and a determination to making spirituality a central anchoring point of your life. You can strengthen your morning ritual by lighting a candle. You might also want to designate a specific place in your meditation space to set up an altar specifically for prayer and meditation. The altar could include “power objects” – items that feel special to you, are a source of strength, and provide a sense of peace when you look at them.

An altar helps express your divinity externally and establishes a sacred space. Examples of suitable objects for your

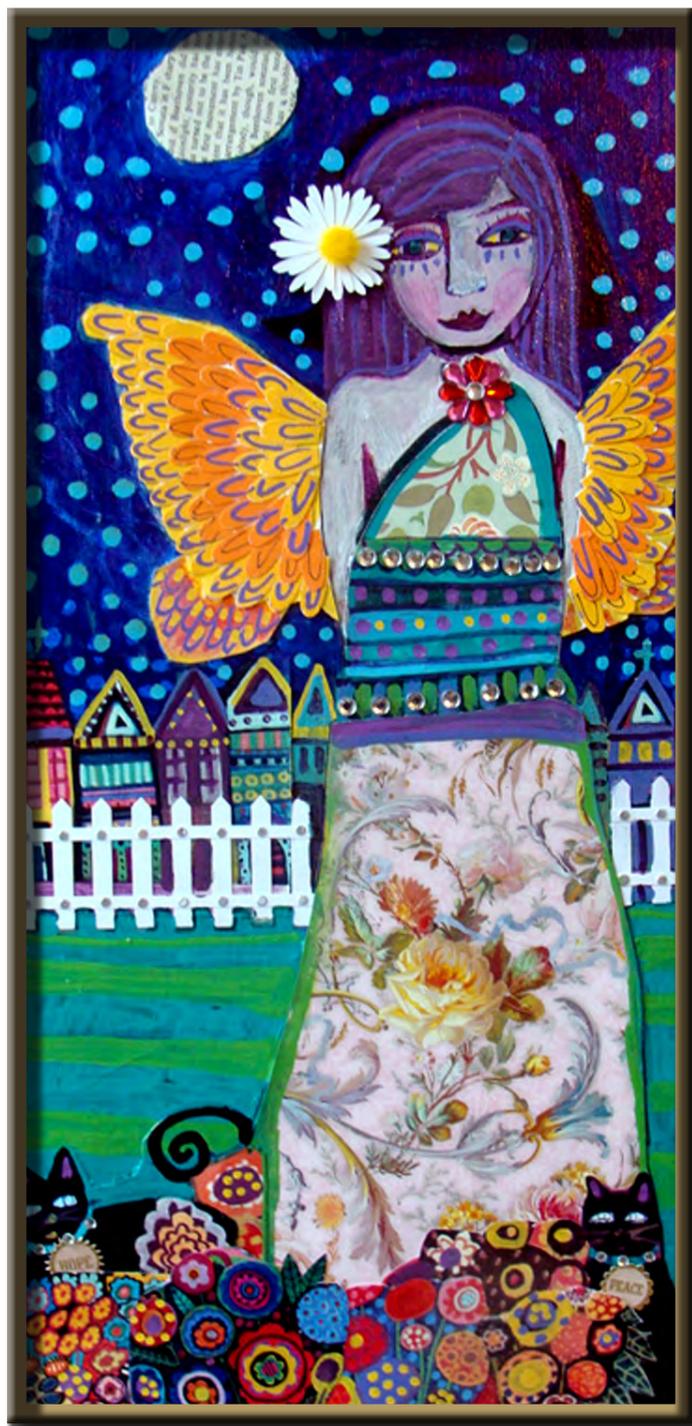


altar would be: a picture of Jesus or any avatar, a statue of Buddha, a shell from the beach, rocks, crystals, a cross, fresh flowers, Rosary beads, a picture of yourself as a child, a symbol of Nature, a piece of jewelry that has important meaning to you, a picture of an angel, an object you brought back from an important trip, etc.

When you settle in for your morning ritual, you might want to put on some soothing, meditative music. We have listed some good choices under the Sacred Music section of this booklet. Music serves the purpose of relaxing us and establishes a break from the routine, providing an entry way to a separate, sacred time for your spiritual practice.

While some people like to immediately enter into a meditation, others prefer to enjoy a few minutes of reading uplifting, spiritual literature.

We have been prayer partners for close to ten years. We call each other each morning, no matter where we are, and go through



a ritual of reading something we like with a lesson in it. We use a magazine called *The Science of Mind* which features daily messages.

After reading the magazine's reflection for the day, together we speak aloud the affirmation which follows it. Then, each of us prays aloud, usually integrating the daily reading into our prayers. The prayer itself usually runs about two minutes. It begins with gratitude for whatever strikes us that day. We then say our prayer and include a blessing for ourselves and others we know are going through a difficult time or who have asked us to include them in our prayers.

Prayer for Faith in a Higher Power

In the infinity of life, where I am, all is perfect, whole and complete. I believe in a power far greater than I am that flows through me every moment of every day. I open myself to the wisdom within, knowing that there is only One Intelligence in this Universe. Out of this One Intelligence comes all the answers, all the solutions, all the healings, and all the new creations. I trust this Power and Intelligence, knowing that whatever I need to know is revealed to me, and that whatever I need comes to me in the right time, space and sequence. All is well in my world. (Louise Hay)

Prayer for Forgiveness

Dear God,

There is someone who I very much dislike or who has hurt me deeply. I know that my ability to forgive this person is where my freedom lies, for my hatred and judgment are attacks upon myself. Dear God, please help me. I surrender to You my thoughts of this person's guilt.

I know my attack thoughts are hurting me and yet I feel I cannot let them go. Dear Lord, I am willing to see this person's innocence and to understand the pain in him that would make him do these things. I am willing to forgive but I need Your strength to do so. I surrender



this person to You. I surrender my pain to You. Heal him; heal me.
Thank you. (Edemir Rossi)

Prayer For Forgiving Oneself

Oh God, oh my Love, oh Divine, please come to me. Come to me and help me. Help me to forgive myself, because I am unable to do so. I am criticizing myself all the time. I am feeling guilty, pointing at myself, and aggressively attacking myself. I'm not treating myself well.

I know my essence is You. Please, I am mistreating myself with these feelings. I realize now in the moment that I am also mistreating You. Please forgive me, forgive me and help me to honor my essence, to honor who I am, to honor your presence inside of me. Because I am not me, I am You. Thank you. (Edemir Rossi)

Prayer For Protection

The light of God surrounds me;
The love of God enfolds me;
The power of God protects me;
The presence of God watches over me;
Wherever I am, God is! (Ernest Holmes)

Prayer of St. Francis of Assisi

Lord, make me an instrument of Your peace!
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.



Where there is darkness, light.
Where there is sadness, joy.
O Divine Master, grant that I may not so much seek
To be consoled as to console.
To be understood as to understand.
To be loved as to love.
For it is in giving that we receive.
It is in pardoning that we are pardoned.
It is in dying that we are born to eternal life.

The Serenity Prayer

God, grant me
The serenity to accept the things I cannot change;
The courage to change the things I can;
And the wisdom to know the difference.
Living one day at a time,
Enjoying one moment at a time;
Accepting hardship as the pathway to peace;
Taking, as He did, this sinful world as it is, not as I would have
it; Trusting that He will make all things right if I surrender
to His will; That I may be reasonably happy in this life, and
supremely happy with Him forever in the next.





The Easiest and Most Important Prayer of All

The shortest prayer that can be the most effective of all is one single word with a few exclamation marks: “*HELP!!!*” Reverend Michael Beckwith breaks this down as an acronym for “*Hello, Ever Loving Presence!*” This plea rallies the unseen spiritual world to our side and is open-ended enough to make the point that you don’t really know what would help, you just know you need it now! Asking for spiritual help works every time...maybe not in the way we expect it or want it and often not in the time frame we’d like, but it will come.



Meditation

“Meditation needs to be de-mystified in the Western culture. In many ways, meditation is no different than focusing your attention on anything else in this life. As a technique, we keep thinking we have to empty our minds of all thoughts or preoccupations. I have learned that for most of us in the Western world, this is virtually impossible.”

- Edemir Rossi

Meditation allows the body to relax and to offset the effects of modern day stress, both mentally and physically, to a much greater extent than any kind of passive relaxation or even strenuous exercise. While not necessarily “religious” in the traditional sense, meditation allows us to contact that peaceful, calm, rejuvenating and infinitely creative place within our souls and within the silence of our “quiet minds”.

If you have ever felt the contemplative relaxation of looking at a beautiful sunset, sat mesmerized at the ocean surf, or gazed endlessly into a burning fireplace... you already know the feeling.

Meditation is a wonderful technique for coming to know who you are, what you are and why you do the things you do. Meditation is an art form that requires discipline and consistent practice. It’s called a “meditation practice” for a reason! Most practitioners find it best to meditate in the morning before you start your day. Start with 10 minutes and when you become confident, make it 15 minutes or 20 minutes.

If you do this faithfully, it is virtually impossible not to see a radical improvement in your daily life. There is no one right way to meditate. You might prefer guided meditations where someone





speaks to you through a recording and helps you visualize and experience calming and relaxing scenes and thoughts. We use an app on an iPhone that is called Insight Timer. It has scores of guided meditations on different topics and we always find ones that we like.



Alternatively, you might want to recite a mantra or gaze at a candle to help quiet your mind. By simply putting yourself in a meditative posture and stating your intention to meditate, the spiritual world will rush in to help you.

Many people feel that they can't do meditation correctly and are concerned that they can't quiet their minds. Don't even worry about this. Our attempts to steady, calm or control our mind often merely stirs things up. Simply commit to a meditation practice and you will be surprised at the results and your growing ability for your mind to naturally be at ease.

Meditation is different from relaxation. Of course, meditation will also bring you to a relaxed state. But its intention is different. What is important to keep in mind is that with meditation we start to observe and to know ourselves. We start to feel an inner calm and happiness that doesn't depend on life's fortunes or misfortunes.

There are a few important basics that you want to be aware of as you progress in your meditation practice. When you meditate, always choose a comfortable position, either sitting on the floor or on a chair, remembering to keep your back straight. It is best to have both your feet on the floor if you choose to sit in a chair. Don't lie down because in this position most of us naturally fall asleep, which is not the point of meditation.

Deep breathing is important for your meditation practice. The lungs are the "heart and soul" of our energetic system. Pay close attention to them because they stimulate, support and give rhythm to your body. Our breathing is related to our emotions and thoughts. When thoughts and emotions are inharmonious, they will invariably cause breathing or respiratory problems. The opposite is also true. By controlling your breathing, you will control your emotional and mental states. The secret to meditating is in your breathing. We cleanse and charge the overall human system through breathing.



Douglas Bloch in his book *Healing Depression*, provides very good instructions for a meditation practice. They are taken from the teachings of Herbert Benson, the doctor who first initiated training his patients in the power of the “relaxation response.”

- § Sit quietly in a comfortable position and close your eyes.
- § Relax your muscles, beginning at the soles of your feet and slowly work up to your face. Keep them relaxed.
- § Breathe in and out through your nose, becoming aware of the rhythm of your breathing. On the out breath, say the word “one” silently to yourself. You can also use the word “peace” or any other one syllable word that attracts you. Breathe in, breathe out, think “one”; breathe in, breathe out, think “one.” Breathe easily and naturally.
- § Continue for 10 to 20 minutes. You may open your eyes to check the time, but do not use an alarm. When you finish, sit quietly for several minutes, at first with your eyes closed and later with your eyes opened. Do not stand up for a few minutes.
- § Do not worry about whether you are successful in achieving a deep level of relaxation. During the relaxation process, maintain a passive attitude and permit relaxation to occur at its own pace. When you notice your mind beginning to wander, gently refocus your attention on the word selected. Remain a neutral witness, and watch your mind involved in thoughts.

The more you practice the more quickly you will enter a state of serenity and peace. Consider your meditation practice as similar to a daily shower. It is not something that is an option, but a necessary part of your regular routine.



GRATITUDE

*“If you look to others for fulfillment,
you will never truly be fulfilled.
If your happiness depends on money,
You will never be happy with yourself.
Be content with what you have;
Rejoice in the way things are.
When you realize there is nothing lacking,
The whole world belongs to you.”*

- Lao Tzu

Every spiritual path emphasizes the importance of gratitude, especially for the simple things in life. Gratitude is a spiritual discipline – a stunningly simple practice, but one that is not always easy. When we focus on all we have to be thankful for, our lives feel abundant; when we focus on lack and resentments, our lives feel lacking and empty. What we choose to focus on is what we usually get. M.J. Ryan, in her book *Attitudes of Gratitude* says:

“As we get older, we get schooled in our mistakes, and learn to focus on what’s not right, what is lacking, missing, inadequate, and painful. That’s why gratitude is so powerful. It helps us to return to our natural state of joyfulness where we notice what’s right instead of what’s wrong. Gratitude reminds us to be like plants, which turn toward, not away, from the light.”

The wonderful thing about gratitude is that it is impossible to feel the positive emotion of thankfulness at the same time you are feeling a negative emotion such as anger. Just the mere act of shifting your mind to feeling thankful for something or someone dissolves fear, anger, jealousy, resentment and bitterness, seemingly without effort.

Gratitude works like a magnet and attracts more things to be grateful for. It does this by transforming your energy



frequency to a higher level and then attracting other people and situations that resonate at that higher frequency.

The best way to train yourself to be grateful is to keep a gratitude list. Here are a few tips:

- § Before you start to write, sit quietly and say to yourself “Thank you” ten times.
- § Write down your list starting with “Thank you God for... fill in the blank”. Replace the word God with whatever moniker is most comfortable to you.
- § Try to come up with something new to add to your list every day.
- § Don’t forget to take a few seconds before you go to sleep at night to thank God for the day. Some like to save the evening for writing out their gratitude list.

Thaddeus Golas said:

“Inside yourself or outside, you never have to change what you see, only the way you see it.”

Another important technique, but a more difficult one when using gratitude as a spiritual practice, is to contemplate those situations in your life that are most difficult and those people in your life who you have the most problems with and express gratitude to them.

They are your teachers and as you stretch yourself to feel appreciation for them, hard as it may seem, you will find your heavy feelings lifting. As with forgiveness, you can pretend you are grateful, even if you can’t feel sincerely grateful at the time...it will eventually come.

Gratitude can also be used along with affirmations in order to manifest what you want. Here is how this method



works: identify two things that you are already thankful for and describe how these gifts in your life make you feel. The more specific and visual you can be about those things you are grateful for now the better. Then identify two things you want that you don't yet have. Here's an example:

1. I am so thankful to the Universe for my beautiful garden that makes me feel so peaceful.
2. I am so thankful to the Universe for my two nieces and nephew who make me feel so joyful.
3. I am so thankful to the Universe for my new and wonderful job.
4. I am thankful to the Universe for a compatible and loving partner.

Gratitude is a habit that helps us to cultivate positive emotions. The more grateful we are, the more love we feel, the more joy we experience, and the more compassion we express.

It helps us to notice what is right instead of what is wrong. It makes us feel whole, at least for the moment, and confident that we have everything we need, as we go through the day. As Brian Tracy says,

“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.”



Forgiveness

“Whenever you feel that someone has injured you, or sullied your reputation, or caused you physical harm, the spiritual solution, as difficult as it may appear, is to extend forgiveness. To hold onto the pain and seek to exact revenge will simply keep you stuck in pain and the problem will be exacerbated.”

- Wayne Dyer

When we are judgmental or unbending in holding on to offenses, we are the ones who suffer. As the expression goes, holding onto a resentment is like pouring the other person a cup of poison and drinking it yourself.

Why do we need to forgive? Because it is the way we experience the compassion that we want God to show to us; it is the way advocated by all spiritual traditions and religions; and it is the way we discover unconditional love. Who do you need to forgive? The pathway to love is always through forgiveness.

When we are resentful and harbor hatred, we are stuck at a very low vibrational level. In order to free ourselves and move past our unforgiving thoughts, we often have to go through a process over time. While you can't pretend to forgive before you are ready, you **can** still exercise your forgiveness muscles while you still harbor resentments that won't seem to loosen.

Nothing necessarily has to be done with the other person directly. In fact, even though you may never see or talk to that person again, both of you will still gain the benefits of a spiritual clearing.





One technique is through visualizing the person you are holding a grudge against and repeatedly saying “I forgive you for _____.” As you repeat this, even if you don’t feel totally sincere, you will be helping to set the other person and yourself free.

Another technique is to write the person a letter that you never intend to send in which you say “You hurt me in the following ways: _____.” Followed by: “I completely and totally forgive you.”

In extending forgiveness to those who have hurt us, we open ourselves to a new kind of connection with them as well as with others. The strange thing about letting go of a grievance is that once you have really forgiven a person, the heavily charged feelings of anger, resentment, hurt, betrayal, blame, and self-righteousness often lift completely and it becomes almost impossible to remember what it was like to experience such venomous feelings.



But until we reach that critical point of being able to fully forgive, it is virtually impossible to imagine being able to let the pain go and to extend the olive branch.

Forgiveness is a process, not a one-time event. Over time, forgiveness results in powerful personal and planetary healing. When we forgive, we don't change the past but we change our futures. What changes is your future and the person you forgive, whether you witness this change or not. When we are forgiving we are most like God, who continually pours out mercy on each of us. As you work with forgiveness, don't forget to forgive yourself. Allow yourself the gifts of freedom, strength, and peace of mind: forgive.



Intuition

“I think we all have a little voice inside us that will guide us. . . If we shut out all the noise and clutter from our lives and listen to that voice, it will tell us the right thing to do.”

- Christopher Reeve

Intuition is nothing more than listening to what your spirit has to say or, as H.P. Blavatsky said, *“following the instinct of the soul.”* Intuition is knowing something, but not knowing how you know it. Intuitive knowledge comes to us spontaneously and directly, as if we are bypassing reason or logical thought. When we are utilizing our spiritual senses, we are tapping into our emotional awareness and our feelings rather than our thinking awareness.

Shakti Gawain says,

“For most of us, the practice of allowing our intuition to guide us is really a new way of life, very different from what we have been taught in the past. If we have been conditioned to try to approach life entirely rationally, to follow certain rules, or to do what we think other people want us to do, then beginning to follow our own inner sense of truth is a major shift.”

When our habit is to think through everything in our lives through the lens of the rational mind, we usually go through life trying to control the outcome of every detail.

When we start listening to our intuition, we stop trying to always figure things out in our head. We can even wait for things to unfold naturally, trusting that the outcome might not be known to us but feeling confident that it will be for the best if directed by the Universe. Since intuition is connected to our souls and to the universal intelligence, it is always guiding us towards the highest good for ourselves and for others.





Intuitive information comes to us through our senses. Some people get a “gut feeling” about things. Others hear a “little voice” that often feels like their own; others “see lights.” Still others sense good or bad “vibrations” or simply have a strong pull towards a certain thought, activity or person. The important piece



is to recognize how intuition works for you. Quiet yourself sufficiently to allow Divine guidance to work through you and listen to it when it comes.

Einstein said,

“Imagination is more important than knowledge.”

The same can be said of intuition. Your inner awareness is capable of wisdom your logical mind could never comprehend. And, like a muscle, the more you use it, the stronger it will become.



Spiritual Literature

“There’s no point at which we’ve learned everything we ever need to know, become as healthy as we ever need to be, or done every good thing we could possibly do.”

- *Eric Harvey*

Most of us have a great deal of catching up to do when it comes to spiritual knowledge. It’s a rare formal learning setting where the topic of God, a Higher Power or the Divine is even discussed, much less taught. The delightful flip side benefit of reading about spirituality is that it is fun and mind expanding to launch into the study of such a fresh, fascinating, and compelling topic.

Even for those who were brought up in a religious home, spiritual study can be an eye-opening experience. Spirituality and its associated literature is quite different from organized religion. Spirituality is very personal, experiential and connects us to a wider world view, beyond our bodies and minds. It offers no particular roadmap to follow but allows us to find the divinity, the soul, the heart within our own being. When you read a spiritual book, enjoy the parts that resonate with you and ignore the rest. Some concepts may sound too “far out” or untrue for you. But also, remember, something that sounds too weird or strange to you today might make perfect sense to you in a few years.

Buddhism might appeal to you now but *A Course in Miracles* might be a good fit down the road. The advantage we have today is that there are so many choices as we move towards a





universal understanding that all religions lead in the same direction and towards the same goal of a closer relationship with God.

Here are some of the books that have helped us in our spiritual paths:



A Course in Miracles, The Foundation for Inner Peace

After the Ecstasy, the Laundry, Jack Kornfield

A Heroic Life, Gina Lake

Animal Speak, Ted Andrews

Archangels and Ascended Masters, Doreen Virtue, Ph.D.

A Return to Love, Marianne Williamson

Attitudes of Gratitude, M.J. Ryan

Ask and It Is Given, Jerry Hicks and Esther Hicks

Behaving As If the God In All Life Mattered, Machaelle Small Wright

Hands of Light, Barbara Brennan

How to Meet and Work With Your Spirit Guides, Ted Andrews

Illuminata, Marianne Williamson

Light Emerging, Barbara Brennan

The Light Worker's Way, Doreen Virtue, Ph.D.

Love is Letting Go of Fear, Gerald Jampolsky

Love Without Conditions: Reflections of the Christ Mind, Paul Ferrini

The Power of Karma, Mary T. Brown

Repetition: Past Lives, Life and Rebirth, Doris, Eliana Cohen, Ph.D.



Resurrecting Jesus, Adyashanti

Return of the Children of Light, Judith Bluestone Polich

Row, Row, Row Your Boat: A Guide for Living Life in the Divine Flow,
Steven Lane Taylor

The Jesus Trilogy, Gina Lake

There's a Spiritual Solution to Every Problem, Wayne W. Dyer

This Thing Called You, Ernest Holmes

Warrior of the Light, Paulo Coelho

The Way of the Shaman, Michael Halpern

You Can Heal Your Life, Louise Hay



Spiritual and Meditative Music

Finally, I have included some favorite spiritual, relaxing music that can be used for meditation or simply for soothing vibes

African Voices (haunting sounds from Africa)

Songs of Life

Carlos Nakai (Native American)

Songs of the Morning Star

Inner Voice

Deva Premal (angelic voice doing Indian chants)

The Essence

Into Silence

Dakashina

Love Is Space

Enya (lovely voice and melodies)

The Memory of Trees

Paint the Sky with Stars

Watermark

Shepherd Moon

Amartine

A Day Without Rain

Hilary Stagg (harp music)

The Edge of Forever

Dream Spiral

Sweet Return



Joanne Shenandoah (Native American)

Matriarch: Iroquois Women's Songs

Krishna Das (lively Indian chants)

Heart Full of Soul

Breath of the Heart

Pilgrim Heart

Live on Earth...For a Limited Time Only

Lama Gyurme and Jean Philippe Rykiel (deep baritone Vajra chants)

Rain of Blessings

Oracle (Gregorian chants)

Oracle

Peter Sterling Peter (a friend; virtuoso, angel-inspired harpist)

Harp Magic

Harp Dreams

Shadow, Mist and Light

Ray Lynch (fun New Age listening) *No Blue Thing*

The Sky of Mind

Deep Breakfast

Stephen Halpern (angelic New Age)

Gifts of the Angels

We send you lots of love and support as you consider these ideas.
We wish you peace, love, joy, abundance, wisdom and harmony as
you develop your “spiritual muscles.”



