

## PRACTICAL SPIRITUALITY IN 2011

'Be the Change you wish to see in the World' ... Gandhi

'Inner Peace before World Peace' ... Dalai Lama

These are times of great change, pain and also opportunity for the many of us who live in a mostly supportive environment. ***It has been said there are many adversities you and I will never have to endure in this lifetime.*** I am so grateful this is true. ☺

Yet even so, how do we account for all the challenges that are going on in our global community and in our own personal world (eg. health, relationship, finances, work, etc.)?

As reflected in the quotes above, ***there is an increasing awareness of the need for the individual to become accountable to himself.*** Many leaders in the field of Personal and Spiritual Development believe our personal world (health, relationship, finances, work, etc.) is a reflection of us, more than a reflection of our outer world circumstances. Of course a child with Leukaemia at age two cannot be blamed for her illness any more than you or I could be blamed for the global financial crisis. However if I get angry with you and then hold unforgiveness toward you, that is my issue – you are simply the stimulus for my anger. If you never have enough Time or Money, that will reflect your unique inner programming.

***In order for us to flourish in a changing environment it requires us to change our habits, to transform our lives*** and one of the effective ways of doing this is through meditation. The reason is that the mind has a habit of doing what it has always done and we need to interrupt the pattern – train the mind. We actually change the Neural Pathways in the mind. When you have negative thoughts, do you invite them in or do they just arrive? If you have been on 'the path' for some time you will notice you have *less* negative thoughts.

### TEN OPPORTUNITIES TO PRACTICE PRACTICAL SPIRITUALITY:

1. Practice ***doing for others Unconditionally***, ie. no expectation of return
2. ***Be Grateful*** for what you Do have and focus on what you Do want
3. Change what you can - ***Accept the situation*** where you can't
4. Ask yourself ... 'What is my relationship with ***Change***'?
5. Don't allow your ***Intention*** to be swayed by your Feelings
6. ***Train you mind*** to be Happy – Practice 'Mindfulness' Meditation
7. Let go of your personal Story (impact of past) – learn to ***live in the Present***
8. Weaken negative Emotions by extracting any Thoughts associated with them
9. Realise ***you Co-create your world*** – you were ***given*** your DNA - and Choice
10. ***Return to stillness often as possible - and know there is a Higher Power***

HOPE – SELF MASTERY - HAPPINESS

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