LESSONS FOR LIVING IN YOUR HEART

SPIRITUAL EXERCISE

ARE YOUR MOODS
LIKE THIS, WHEN

YOU WANT THEM
TO BE LIKE THIS?

OPEN TO FIND FIVE SIMPLE PRACTICES
THAT WILL GET YOU STARTED.

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USING THIS JOURNAL

Almost all of us wish to have a peaceful life, and it is possible!

However, it does not happen without some practice on our part and achieving peace for ourselves does not mean the outer world will suddenly become calm.

When we have peace for ourselves, the outer world does not affect us as much. We are better able to be observers rather than participants in and victims of the chaos.

This inner peace gives us an anchor onto which we can cling when craziness is all around us.

The five practices offered in this journal are just a small part of achieving this goal, but provide a very good start. The best way to work with them is to start with one and work with it until it becomes a part of your everyday life. Of course, this means you probably will not do one exercise a day!

As you begin your practice, jot down your thoughts and insights for each exercise. This way you can see your progress.

If you have comments or questions about any of these exercises, please contact us at apolfriends@earthlink.net

And always remember to dance in the light of spirit!

Be like
water
and
flow right
past
those
rocky
parts on
the path.

Resistance means struggle. The English language is full of such words that we use when we encounter those rocks… fight, battle, conquer, etc.

What if we just held onto who we are and continued on? What if we just allowed those rocks to remain outside us rather than taking them inside?

This week, remember to leave the difficulties outside and do not invite them to live inside your thoughts.

Being playful is a deeply spiritual act.

When we are playful, we are usually completely in the moment. We are not concerned with anything but the simple, innocent pleasure experienced through play. Children are masters at this, but somehow they are taught that being playful is a waste of time.

Help your perception to stay in the moment and play! Be joyful. Be innocent. Be free. Be like children who laugh with delight over the simplest of things.

Whatever you do, keep your mind connected to your heart. Just hang onto that heart of yours.

When we perceive a threat or something we consider to be wrong, we often abandon the love in our heart and go straight to fear or anger.

We can practice something else instead, holding onto our heart and living from a place of love and compassion.

Does this mean we have to love everything and everyone? Absolutely not, but it does mean that our actions are coming from a place of love rather than a place of fear or anger.

This week, hang onto your heart.

Struggles teach us to end unhelpful thought patterns.

For Buddhists, karma is considered to be a thought pattern that is out of harmony with the truth.

These thought patterns create suffering and struggles.

What thought patterns are your struggles teaching you to stop?

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Living in the moment can
bring us this kind of joy

When we live in the moment, we do not carry the past with us. Not our hurts, our pleasures, our sorrows nor our joys. We are simply in the moment for what it is.

There is no analysis, no judging, just the perception of the moment.