

Being Alive

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10 Tips For Spiritual Growth

By Remez Sasson

Spiritual growth is a process of shedding our wrong and unreal concepts, thoughts, beliefs and ideas, and becoming more conscious and aware of our inner being. This process uncovers the inner spirit that is always present, but hidden beyond the ego-personality.

Spiritual growth is the process of inner awakening, rising of the consciousness beyond the ordinary existence, and awakening to some Universal truths. It means going beyond the mind and the ego and realizing who you really are.

Spiritual growth is of great importance for everyone, in all walks of life.

Spiritual growth is the basis for a better and more harmonious life for everyone, a life free of tension, fear, and anxiety. It helps us learn not to let circumstances and people affect our inner being and state of mind. It helps us manifest composure and [detachment](#), and display inner power and strength, which are useful and important tools that everyone needs.

Spiritual growth is not a means for escaping from responsibilities, behaving strangely and becoming an impractical person. It is a method of growing and becoming a stronger, happier and more responsible person.

A balanced life requires that we take care not only of the necessities of the body, feelings and mind, but also of the spirit, and this is the role of spiritual growth.

*10 Tips For Spiritual
Growth (Continued)*

1. Read spiritual and uplifting books. Think about what you read, and find out how you can use the information in your life.
2. Meditate for at least 15 minutes every day. If you do not know how to meditate, it is easy to find books, websites or teachers who can teach you meditation.
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 a physical body with a spirit. If you can really accept this idea, it will change your attitude towards many things in your life.
5. Look often into yourself and into your mind, and try to find out what is it 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. Open the door for the positive and close it for the negative.
7. Develop the happiness habit, by always looking at the bright side of life and endeavoring to be happy. Happiness comes from within. Do not let your outer circumstances decide your happiness for you.
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.

Spiritual growth is the birthright of everyone. It is the key to a life of happiness and peace of mind, and the manifesting the enormous power of the inner spirit.

This spirit is equally present within the most material person, and within the most spiritual person. The level of the manifestation of spirituality is dependent on how much the inner spirit is close to the surface, and on how much it is hidden by our thoughts, beliefs and negative habits.

"For the physical organism is constructed in such a way and manner that if the balance is kept in the diet, in the normal activity, the mental forces replenished through an activity sufficient to keep the body in its normal balance, the body should readjust itself, re-facilitate itself; making for not only resuscitation and revivifying of the necessary influences but carrying on and reproducing itself in EVERY influence necessary for keeping a balance." -Edgar Cayce

This helps fight off viruses and build the immune system too.
Two things cancer hates:

1. Alkaline Foods
2. Oxygen

Water has Oxygen in it, hence H₂O. Drink Plenty of water, you can add lemon or lime for taste.

Eat a diet made up of 80% alkaline foods and less than 20% acidic foods. Here is a great link to these foods.

<https://www.natural-health-zone.com/support-files/Acid-Alkaline-Chart.pdf>

One thing cancer loves is sugar. Examine your diet for foods with sugar and start to eliminate most of these things.

Of course special occasions are special occasions and nothing replaces the need for joy! Just don't let your joy be mostly sugar, and you will be fine!



What Is Happiness?

Happiness is an electrifying and elusive state. Philosophers, theologians, psychologists, and even economists have long sought to define it. And since the 1990s, a whole branch of psychology—[positive psychology](#)—has been dedicated to pinning it down. More than simply positive mood, happiness is a state of well-being that encompasses living a good life, one with a sense of meaning and deep contentment.

Feeling joyful has its health perks, as well. A growing body of research also suggests that happiness can improve your physical health; feelings of positivity and fulfillment seem to benefit cardiovascular health, the immune system, inflammation levels, and blood pressure, among other things. Happiness has even been linked to a longer lifespan as well as a higher quality of life and well-being.

Attaining happiness is a global pursuit. Researchers find that people from every corner of the world rate happiness more important than other desirable personal outcomes, such as obtaining wealth, acquiring material goods, and getting into heaven.

How to Be Happy

Happiness is not the result of bouncing from one joy to the next; researchers find that achieving happiness typically involves times of considerable *discomfort*. Genetic makeup, life circumstances, achievements, marital status, social relationships, even your neighbors—all influence how happy you are. Or can be. So do individual ways of thinking and expressing feelings. Research shows that much of happiness is under personal control.

Regularly indulging in small pleasures, getting absorbed in challenging activities, setting and meeting [goals](#), maintaining close social ties, and finding purpose beyond oneself all increase life satisfaction. It isn't happiness per se that promotes well-being, it's the actual pursuit that's key.

Cultivating Happiness

We all want to be happy. But is becoming happier even possible? These 5 tips can show you how to get more joy and satisfaction out of life.

Tip 1: Train your brain to be more positive

Our brains are wired to notice and remember the things that are wrong. It's a survival mechanism that helped keep our cave-dwelling ancestors safe in a world where there were many physical threats. But in today's comparatively safe world, this biological predisposition to focus on the negative contributes to stress and unhappiness.

While we can't change our nature, we can train our brains to be more positive. This doesn't mean putting on a smiley face and whistling a happy tune no matter what's going on. You don't have to ignore reality or pretend things are wonderful even when they're not. But just as dwelling on negative things fuels unhappiness (and plays a big role in depression and anxiety), choosing to notice, appreciate, and anticipate goodness is a powerful happiness booster.

Express gratitude

Teaching yourself to become more grateful can make a huge difference in your overall happiness. The research shows that gratitude helps you experience more positive emotions, decrease depression, feel better about yourself, improve your relationships, and strengthen your immune system. A recent study revealed that gratitude even makes you smarter about how you spend your money.

There are a number of simple exercises you can practice to increase and cultivate an attitude of gratitude.

Give sincere thanks to others. When someone goes above and beyond or does something to make your day easier, be quick to verbalize your thanks and appreciation. Not only will it make the person feel good, it will give you a happiness lift, too. It's an instant reward to see how expressing gratitude makes a positive difference in someone else's day. It makes you realize that we're all connected and that what you do matters.

Keep a gratitude journal. It may sound cheesy, but writing down the good things that happened to you during the day really works. Research shows that keeping a gratitude journal is a powerful technique that instantly makes you feel happier, more connected to others, and genuinely appreciative.

Count your blessings. Make it a habit to regularly reflect on the things you have to be thankful for. Bring to mind all the good people, experiences, and things in your life, both now and in the past.

*Cultivating
Happiness
(Continued)*

Write a letter of gratitude. Think of someone who did something that changed your life for the better who you never properly thanked. Write a thoughtful letter of gratitude expressing what the person did, how it affected you, and what it still means to you. Then deliver the letter. Positive psychology expert Martin Seligman recommends reading the letter in person for the most dramatic increase in happiness.

Find the positive in a negative event from your past. Even the most painful circumstances can teach us positive lessons. Reevaluate a negative event from your past with an eye for what you learned or how you became stronger, wiser, or more compassionate. When you can find meaning in even the bad things you've experienced, you will be happier and more grateful.

Tip 2: Nurture and enjoy your relationships

Relationships are one of the biggest sources of happiness in our lives. Studies that look at happy people bear this out. The happier the person, the more likely that he or she has a large, supportive circle of family and friends, a fulfilling marriage, and a thriving social life.

That's why nurturing your relationships is one of the best emotional investments you can make. If you make an effort to cultivate and build your connections with others, you will soon reap the rewards of more positive emotions.

Tip 3: Live in the moment and savor life's pleasures

Think about a time when you were depressed or anxious. Chances are, you were either dwelling on something negative from the past or worrying about something in the future. In contrast, when you focus on the present moment, you are much more likely to feel centered, happy, and at peace. You're also much more likely to notice the good things that are happening, rather than letting them pass by unappreciated or unobserved. So how do you start to live more in the moment and savor the good things life has to offer?

Meditate

Mindfulness meditation is a powerful technique for learning to live in and enjoy the moment. And you don't have to be religious or even spiritual to reap its benefits. No pan flutes, chanting, or yoga pants required.

Simply speaking, meditation is exercise for your brain. When practiced regularly, meditation appears to decrease activity in the areas of the brain associated with negative thoughts, anxiety, and depression.

*Cultivating
Happiness
(Continued)*

Tip 4: Focus on helping others and living with meaning

There is something truly fulfilling in helping others and feeling like your actions are making a difference for the better in the world. That's why people who assist those in need and give back to others and their communities tend to be happier. In addition, they also tend to have higher self-esteem and general psychological well-being.

Here are some ways to live a more altruistic, meaningful life:

Volunteer. Happiness is just one of the many [benefits of volunteering](#). You'll get the most out of the experience by volunteering for an organization that you believe in and that allows you to contribute in a meaningful way.

Practice kindness. Look for ways to be more kind, compassionate, and giving in your daily life. This can be something as small as brightening a stranger's day with a smile or going out of your way to do a favor for a friend.

Tip 5: Take better care of your health

You can be happy even when you're suffering from illness or bad health, but that doesn't mean you should ignore the aspects of your health that are in your control. Exercise and sleep are particularly important when it comes to happiness.

Make exercise a regular habit

Exercise isn't just good for the body. It also [has a powerful effect on mental well-being](#). People who exercise regularly are happier across the board. Plus, they're also less stressed, angry, anxious, and depressed.

Get the sleep you need

Getting [quality sleep](#) every night directly affects your happiness, vitality, and emotional stability during the day. When you're sleep deprived, you're much more susceptible to stress. It's harder to be productive, think creatively, and make wise decisions. How much sleep do you need? According to sleep scientists, the average person needs at least 7.5 - 9 hours each night.

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