

Ten Ways To Grow Your Spirit

Growing Your Spirit In A Physical Body

1. Embrace Your Talents

Recognize and further develop your intelligence and special gifts. Our talents are signifiers that lead us toward our unique paths. Follow your passion and you will soon discover where you fit in this world. When we squelch innate yearnings we lose our way.

2. Tie Up Loose Ends

Unresolved issues eat away at us emotionally and mentally. Tackle troubling things that need dealt with and put them to rest. In the meanwhile, learn not to allow future problems to be ignored. Our wounds fester when they are not attended to in a timely manner. Realize that buried problems always surface eventually. Dealing with difficulties as they arise rather than hiding from them is the best route.

3. Be Responsible In Your Relationships

Turn away from the "blame game" when it comes to addressing problems in your relationships. Be honest about the things that you have said or done that harmed the relationship. Own up to your own failures. Focus on changing your defeating patterns rather than expecting changes from the other person.

4. Love Sometimes Means Saying Goodbye

Not all relationships are meant to last forever. We sometimes out grow our partners, or our partner goes off in a direction which makes us struggle to stay in step with. Sometimes, the most responsible thing you can do is to offer love and compassion to the person as you release the relationship.

5. Let Go Of Useless Attachments

If a thing no longer serves a purpose in your life, it is clutter. Clutter can be a physical thing or a belief that blocks your path. Holding on to things that don't feed you will instead eat up your energy. Free your space and expand your energy by getting rid of unwanted gifts, broken or useless items, self-defeating mental images, etc.

6. Confront Your Inner Demons

Everyone makes mistakes or regrets past decisions. Exposing our frailties and recognizing that we are not perfect frees us from feeling stupid or "less than." Bring light to those things that you are not proud of and realize that through these experiences you have learned great lessons, and have likely become a better person for them. Keeping negative actions hidden can overshadow our spirits with shame or depression. We all deserve to live with joy regardless of our imperfections.

7. Accept Change - Go With The Flow

There is a fine line between caution and fear. We are meant to travel along a spiritual pathway. We are not meant to remain stunted in one place for very long. Yes, change can be scary. But, change is a path of learning, so why not follow it? When we resist change we can actually create chaos. Do you want to undertake a lesson down a path which you've chosen, or have lessons thrown at you down a path that was forced upon you?

8. Accept Delays

There are times when we need to be still. Impatience or frustration will not help any situation. Desired changes sometime take time to unfold. You may feel like you are ready to jump into a new arena... but wait. The situation or person that you are wanting to meet may not be ready for you just yet. It's okay to sit at the bus stop for a few more minutes, the bus will arrive eventually. What's the hurry?

9. Love and Honor Yourself

Are you taking good care of yourself? Your physical body is the vehicle that has been loaned to you to live out your life in and to assist growing your spirit with. Pamper your body, tend to your illnesses, exercise and give it the proper nutrients.

10. Dealing With Death and Illness

Physical life is a gift that comes with a variety of experiences. Suffering and illness are bundled in with that package of experiences. Although our bodies have expiration dates, our spirits don't expire. Choosing to look at illness and death in positive ways rather than negatively will help to give your life here on the planet deeper meaning.

Source and Courtesy: <http://healing.about.com/od/spirituality/a/growspirit.htm>