



Ten Ways to Daily Renew the Soul

by Ann Siddaway

Sunday Service of 03 January 2010

1. *A Morning Prayer.* Wake each day with a greeting to spirit and a resolution to be aware of their loving presence.
2. *Daily Meditation.* Schedule ten to thirty minutes each day to still the mind and body and go to the silence within.
3. *Express love.* Send out thoughts of love and goodwill to someone you don't like and/or have a conflict with.
4. *Experience Your Spirituality.* Look at the beauty in the world around you and allow yourself to feel the presence of spirit and the love which it evokes.
5. *Right Thinking.* Practice right thinking; catch and cancel unkind or materialistic thoughts.
6. *Seek a Spiritual Environment.* Bring people into your life who have a positive influence and can help nurture your spirituality.
7. *Practice Your Spiritual Beliefs.* Let go of those people and habits which divert or distract your spiritual growth.
8. *Spiritual Influence and Growth.* Read something spiritual or have a discussion with others to promote your spiritual understanding.
9. *Allow the Spirit Within to Guide You.* Invite Spirit's guidance into your daily life; share your burdens and joys with those who walk silently with you.
10. *An Evening Prayer.* End your day with a prayer of thanks and acknowledgment for that spiritual presence in your life.