

# BASICS OF **SPIRITUAL LIVING**



**BABY STEPS TO LIVING  
A SPIRITUALLY FULFILLED LIFE**

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# Table Of Contents

Foreword

Chapter 1:

***What It Means To Live Spiritually Fulfilled***

Chapter 2:

***Where Does Your Spiritual Life Need Help***

Chapter 3:

***Envision What Your Life Would Look Like If You Were Where You Want To Be Spiritually***

Chapter 4:

***Learn How To Overcome Obstructions To Changing Your Behaviors***

Chapter 5:

***Choose Your Spiritual Goals And Break Them Into Manageable Steps***

Chapter 6:

***Set A Deadline For Each Spiritual Goal***

Chapter 7:

***Brainstorm Ideas To Spirituality or Talk To A Spiritual Leader***

Chapter 8:

***Ask For Devine Guidance***

Chapter 9:

***Remember The Golden Rule***

Chapter 10:

***What Happens If You Are Spiritually Deprived***

Wrapping Up

# Foreword

Whether you participate in a popular faith or take an independent course, whether you trust in divine creation or cling to stern physical objectivity, your notions about truth define the overall context of your life. In this sense, all of us are spiritual beings as we all have certain beliefs about truth. Even to trust nothing might still be considered part of a spiritual belief system.

Your spiritual growth is a built-in part of the process of human development. Truth, affection, and major power don't prescribe a certain spiritual doctrine, so there's lots of freedom to research a mixture of beliefs. However, the highest ideal for your spiritual doctrine is becoming intelligent.

If your beliefs don't fulfill the necessities of being intelligent at the very least, they can't be thought spiritually sound as they'd be in violation of universal principles. If a spiritual doctrine yields to untruth, if it disconnects you from life, or if it breaks you, it infringes on the rules and will only lead you astray.

Social conditioning teaches us to have secure bonds to our spiritual notions to the point of blending such notions into our identities. In this book, I'll challenge you to view your spiritual feelings with truth, affection, and power. My goal isn't to convert you to abide by any particular practice but rather to help you bring greater conscious awareness to your current spiritual life.

## ***Basics Of Spiritual Living***

Baby Steps To Living A Spiritually Fulfilled Life

# Chapter 1:

## *What It Means To Live Spiritually Fulfilled*

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Being happy is often misinterpreted in many ways. Most of the ways that the feeling of happiness is derived from is really not the product of true happiness but only a temporal feeling. People associate happiness with things like money, power, achieving dreams and goals, fame, accomplishments, all of which have material connections and bench marks.

