

Ten Top Tips[®]



When you want a healthy spiritual life

1. **Keep an open and inquisitive mind** to the values and spirituality of others.
2. **Do not confuse spirituality with religion.** While religion can shape and inform one's spirituality, it is important to remember that spirituality is about how we live our lives and the values by which we live. Spirituality is about the deeper meaning we give to ourselves, to others and to our world.
3. **Spend regular quiet time on your own.** This will enable you to get in touch with your spirit and explore your deepest yearnings. Find times and places where it is unlikely you will be interrupted when you are giving yourself this quiet time.
4. **Make no judgements about your feelings.** Accept them as part of who you are. Focus on them and allow yourself to accept them as being okay. Ask yourself what your feelings get you to do and if it is okay?
5. **Read literature about spirituality.** This will keep you thinking about your own spirituality.
6. **Regularly look** at how you treat yourself and others. Try to be aware of times when you live out your spirituality and times when maybe you do not. Sometimes we treat people in ways which do not reflect what we really believe.
7. **Your spirit thrives** by being respectful, caring, fair, just and by treating others as equals.
8. **Be open** to your creative potential. Look for ways of doing something in a new and different way. Think of different ways to improve your relationships.
9. **Be good to yourself.** A generous spirit not only applies to what we give to others, but also to what we give ourselves.
10. **Start exploring** the spirit within everything. Try not to fall into the trap of becoming isolated. Explore how spirituality encourages us to be connected to everyone and everything.