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Soul Boosters

Want to increase your spiritual awareness? Here, leading spiritual writers and thinkers share their wisdom...

The gentlest thing in the world is an open mind. Since it doesn't believe what it thinks, it is flexible, porous, without opposition, without defence. Nothing has power over it. Nothing can resist it. Even the hardest thing in the world – a closed mind – can't resist the power of openness.

Byron Katie

Every night before you go to sleep run through the day and think of 10 things for which you feel grateful. They could be teeny tiny things like the bus that came on time for once; the hug your child gave you; that scrummy chocolate bar. Focusing on the positive resets your mind to expect the good. It is also an almost sure-fire cure for depression. If you do nothing else, do this – and expect miracles.

Jane Alexander

You are a powerful spiritual being, even if you're not consciously aware of it. You have the ability to make a difference in the world through your love, your prayers, your compassion and your kindness. And the more you give, the more you receive. It's a universal law. Let this day be filled with the action of kindness.

Denise Linn

Listening to your intuition is the key to activating your spiritual potential. Your intuition is the voice of your soul, offering faultless wisdom. Sit in a quiet space and breathing slowly and deeply, visualise a beam of light, coming from above, entering your head and travelling down to your heart and then your navel. Maintain this visualisation for 10 minutes. Try to do this every day to foster your intuitive connection.

Dawn Mellowship

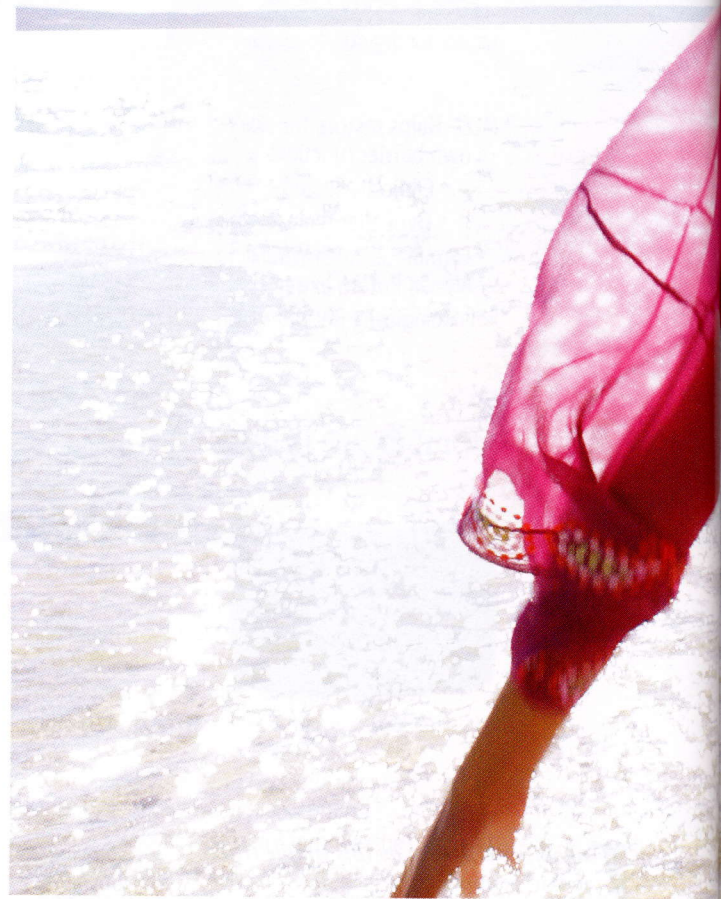
You don't need to sit still, or kneel to pray. Try going on a prayer walk. Pick somewhere safe and preferably beautiful, where you can walk slowly. Keep your pace measured and rhythmic. Notice the world around you and pay attention to the beauty in nature. As you walk, you may want to pray for people you know; or mull over concerns or anxieties with the divine. Please note that prayer can be directed to any divinity or simply to the universe.

Jane Alexander

Since the beginning of time, people have been trying to change the world so that they can be happy. This hasn't ever worked, because it approaches the problem backward. Questioning our stressful thoughts gives us a way to change the projector – the mind – rather than the projected. It's like when there's a piece of lint on a projector's lens. We think there's a flaw on the screen and we try to change this person and that person, whomever the flaw appears to be on next. But it's futile to try to change the projected images. Once we realize where the lint is, we can clear the lens itself. This is the end of suffering, and the beginning of a little joy in paradise.

Byron Katie

Every so often through the day, stop and just become aware of who you are, where you are, what you're feeling – at that very moment. Say to yourself: 'Right now I am... sitting at my desk/ feeling a bit tight around



the shoulders/thirsty'. Checking in like this brings you into the moment and helps you focus on what you might need – physically, emotionally, spiritually – right now.

Jane Alexander

Set aside a few moments of quiet in the morning and evening just to ask your soul if there is anything you need to know or anything that your soul would like to communicate with you. This specific act of intent can open your ability to listen and be receptive to receiving further messages.

Denise Linn

Once we begin to question our stressful thoughts, our partners – alive, dead, or divorced – are always our greatest teachers. There's no mistake about the person you're with; he or she is the perfect teacher for you,



cut out images from magazines, or paint pictures, symbols or just colours. How does it make you feel? You may now wish to paint a mandala of the way you would LIKE your life to be. How much time and energy would you give to each role? Are there other roles you'd like to explore?

Jane Alexander

No matter what's going on or isn't going on in your life, no matter how odd or bizarre, always be willing to adopt the existential stance that it's you, at the deepest and highest level of your being, who is creating it precisely as it is and furthermore to trust yourself implicitly for doing so. By adopting this courageous stance, you are always in command and empowered, rather than feeling like a victim. In command and empowered you become so magnetic even gods and spirits are drawn to you bearing great opportunities and gifts, let alone mere mortals.

Barefoot Doctor

The only time we suffer is when we believe a thought that argues with what is. When the mind is perfectly clear, 'what is' is what we want. If you want reality to be different than it is right now, you might as well try to teach a cat to bark. You can try and try, and in the end the cat will look up at you and say, 'meow'. Wanting reality to be different than it is is hopeless. You can spend the rest of your life trying to teach a cat to bark. I am a lover of what is, not because I'm a spiritual person, but because it hurts when I argue with reality. We can know that reality is good just as it is, because when we argue with it, we experience tension and frustration. We don't feel natural or balanced. When we stop opposing reality, action becomes simple, fluid, kind, and fearless.

Byron Katie

A brave being dies only once, but a coward dies a thousand deaths. There is truth in this – but what is not said is that one of the ways to become brave is by facing and honouring death. Although you will never die, your body most certainly will. To the extent that you identify with your body (and not with your soul), the death process will be frightening and filled with emotional distress. Yet if you accept death as a valuable part of your evolution as a soul, then you will be able to fully live in the present.

Denise Linn

Build a home altar – a place to focus your intentions and open yourself to the possibility of the divine. There are no rules – simply include items that have meaning or a 'charge'. Maybe pictures, photos, images, words that resonate. Or beautiful or intriguing items from the natural world. Perhaps something that symbolises your goals and aspirations. Add a candle, an aromatherapy burner or possibly a crystal. Really it's up to you. Spend a little time every day quietly contemplating your altar. Change it whenever you feel the urge.

Jane Alexander

whether or not the relationship works out, and once you enter inquiry, you come to see that clearly. There's never a mistake in the universe. So if your partner is angry, good. If there are things about him that you consider flaws, good, because these flaws are your own, you're projecting them onto him, and you can write them down, inquire, and set yourself free. People go to India to find a guru, but you don't have to: you're living with one. Your partner will give you everything you need for your own freedom.

Byron Katie

If your life feels out of balance try drawing or painting a 'life mandala'. Simply sketch a large circle and divide it into segments; one for each role in your life. So you could have 'software developer', 'mother', 'partner', 'cook', 'exerciser' etc. How much time do you give each role? Make it clear by how large each segment is. Now put an image for each role (you may want to

Denise Linn is an international healer, writer and lecturer and leads professional certification courses in soul coaching. She has written many books on the subject, including *Soul Coaching – 28 Days To Discover The Real You* (£6.99, Rider Books)

Jane Alexander is a journalist and writer specialising in natural health, holistic living and contemporary spirituality. She has written several books on the subject and has an informative website at janealexander.org

Barefoot Doctor has spent almost 40 years studying and practising martial arts, yoga and meditation plus Taoism, Buddhism, shamanism, Native American medicine, psychic development and

various spiritual paths. Visit his revolutionary, Taoism-based website at barefootdoctorglobal.com

Byron Katie is based in California but travels the globe ceaselessly, teaching and giving workshops to sell-out audiences. Her simple, four-step method of self-inquiry, *The Work*, is a life-transforming system for discarding the stories we tell ourselves and the fabrications we construct, and replacing them with truth. She has written several books, including her most recent, *A Thousand Names For Joy* (£10.99, Rider Books)

Dawn Mellowship is a devoted spiritual teacher, author of spiritual/self-help books and Reiki Master. Her website can be found at www.dawnmellowship.com.