





*Today's Suggested
Topic is...*

**Spiritual
Maintenance**



We are not cured of alcoholism.
What we really have is a daily reprieve
contingent on the maintenance of
our spiritual condition.™


Big Book ~ p. 85



Much of spiritual life is self-
acceptance, maybe all of it.

Jack Kornfield

quaxiana



I am not what I have done.
I am what I have overcome.

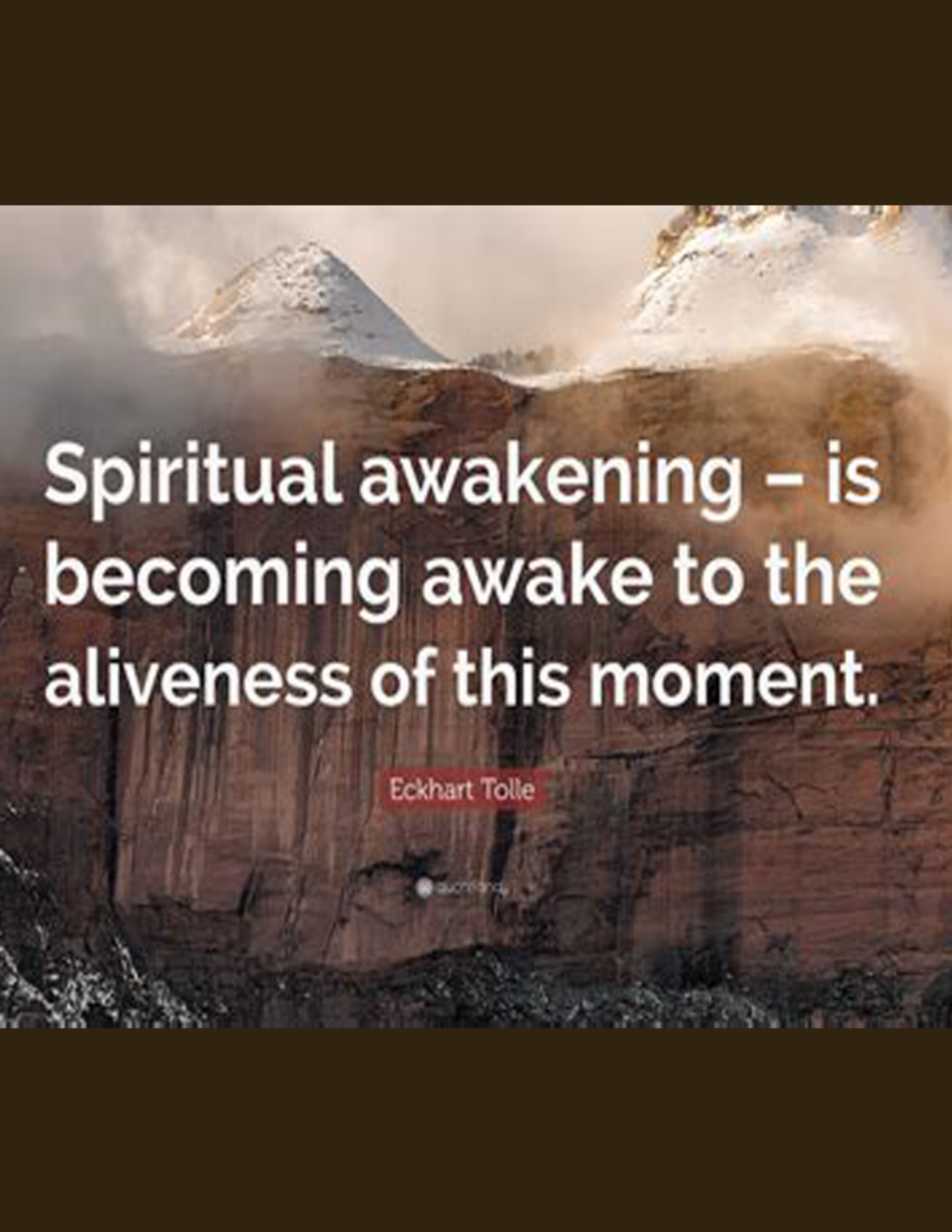


Many people think that being spiritual means being positive, but being spiritual means being conscious and aware.

To become conscious is a much different thing than to become positive.

To become conscious and aware, we must become authentic. Authenticity includes both positive and negative.

-Teal Swan-

A dramatic landscape featuring snow-capped mountains in the background, partially obscured by mist or low clouds. The foreground is dominated by a dark, rugged, and layered rock formation, possibly a canyon wall or a large rock outcrop. The lighting is soft, creating a serene and somewhat ethereal atmosphere.

**Spiritual awakening – is
becoming awake to the
aliveness of this moment.**

Eckhart Tolle

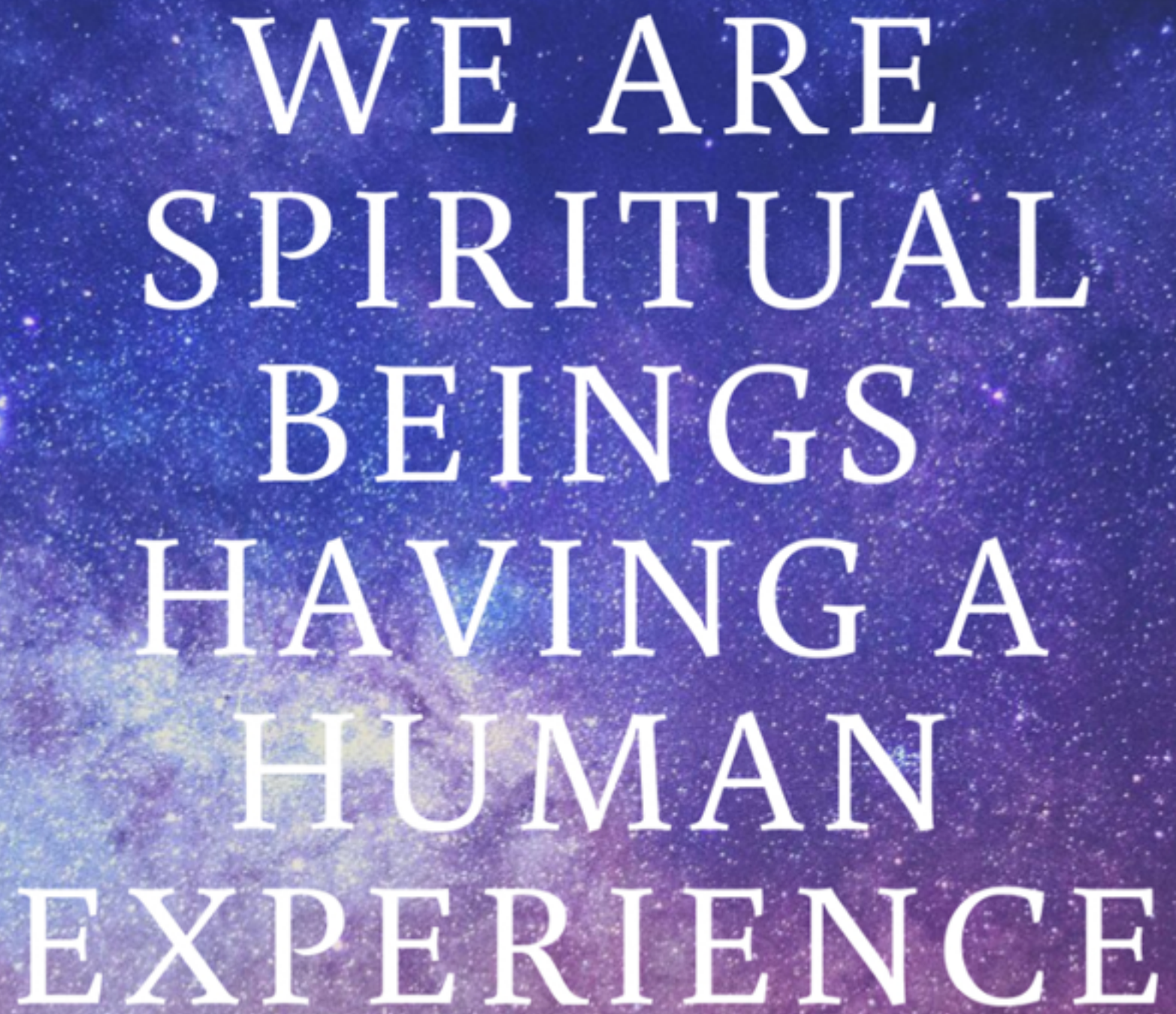
 quora.com

*Spirituality is
fearlessness.
It is a way of
looking boldly
at this life we
have been given,
here, now,
on earth, as this
human being.*



—Elizabeth Lesser





WE ARE
SPIRITUAL
BEINGS
HAVING A
HUMAN
EXPERIENCE

**Your diet is not only
what you eat.**

It is what you watch, what
you listen to, what you read,
the people you hang around.

Be mindful of the things you
put into your body **emotionally,**
spiritually and physically.

Invite spirituality in your life:

Practice
gratitude

Meditate

Read spiritual
literature

Spend time
in nature

Have faith that
the universe has
your back



12 Signs of a Spiritual Awakening



Letting things happen without forcing outcomes.

Laughing kindly at ourselves.

Feeling closer to others and nature.

Finding gratitude even during painful times.

Admiring and appreciating others.

Spontaneously acting on positive motives.

Enjoying the moment free from worry or regret.

Balking at the lure of conflict and drama.

Foregoing the desire to interpret the actions of others.

Rejecting the urge to judge others.

Abandoning the need for self-condemnation.

Developing a growing ability to love without expectation.

A spiritual
awakening is not usually
pleasant.

Often it feels like
confusion, frustration,
anger, sadness, grief, or
being "out of place".

A spiritual awakening
can be ~~uncomfortable~~ &
challenging because it's
an intense time of
personal growth.

But despite how
difficult it may feel,
you're not going crazy;
you're evolving.

4th Dimension

We have entered
the world of the
Spirit



EVERYTHING

I SEEK

IS WITHIN

ME

