

11 Spiritual Practices



Be the best for the world.

Engage - Encourage - Empower

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New thoughts. New words. New ways to... Encounter.

1. A new day - morning expressions of gratitude
2. Mindful eating
3. Mindful spending
4. Mindful and meaningful interactions / encounters
5. Midday prayer / meditation / expressions of gratitude
6. Quiet / screen free time (can combine with #5)
7. Gratitude / Welcoming / Releasing (done all day)
8. Mindful exercise / encounters with nature
9. Mindful entertainment
10. Mindful participation - spiritual things, courses etc.
11. New Thought Examen - end of day

#awaken / #bethebestfortheworld / #spirituality

Why are Spiritual Practices important?

These 11 life-affirming daily habits enable your commitment to...

Be the best for the world: This is a core outcome of everything I teach and do. For you, it becomes a very personal as well as a community based commitment stemming from undeniable *New Thought* beliefs. For example, that all life across our common home is connected and that each of us is here to look after each other, to lift each other up, and to selflessly and constantly perform this with nothing but love in our hearts and minds.

Be the best for the world: This is a **big ask** requiring **a great deal of effort and focus**. Habits - your daily spiritual practices take time to root themselves, grow, and mature. It goes without saying the earlier in life you are given the opportunity to develop your daily spiritual practices, the better your life will be. The better life is, the more gratitude you express. The more gratitude you express, the better your life will be. See how this works?

Be the best for the world: Your life-affirming habits - your mindful spiritual practices are important for they become a part of you - they become your way of being and living. They are visible and invisible - seen and unseen - yet always shared during, through, and within every thought, word, and action / encounter. And because **you are**, your mindful life-affirming habits also become a part of Spirit, the Living Whole, Universal Truth.

And so it is. Amen and blessed be.

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