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KEEPING SPIRITUALLY SANE IN CHALLENGING TIMES

Posted By: [Curious](#)

Date: Thursday, 11 January 2007, 5:15 a.m.

Spend silent time each week in nature, as the nature kingdoms are already aligned with Spirit and new energy, and so can be very healing.

Make daily contact with the elements—water, air, earth and fire: take a shower or swim, sit in front of an open fire or candle, put your hands in the earth, let the wind blow caress your body.

Meditate daily to experience the joy of your soul and to receive inner guidance for your life.

Energize your body daily with regular walks, exercises and/or yoga.

Bring more color into your home and your clothing to uplift your energy.

Play music regularly that inspires your spirit.

Dance often to free your body and open your heart.

Eat healthy, organic foods to care for your body, the temple of your spirit.

Step into other realities and identify with other people's lives by watching good films or reading uplifting novels.

Stimulate and expand your mind by exploring new ideas at conferences and seminars.

Travel frequently to break out of your habitual patterns and appreciate other cultures.

Create a support group of good friends to share your joys and sorrows.

Learn conflict resolution techniques to create more harmony in your life.

Take in only small dosages of the news—print news is less emotionally draining than television or radio.

Corinne McLaughlin

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when antibiotics fail...

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