

Natural Healing Express Weekly

Column 374 Keys to Spiritual Renewal

Easter time and Spring is such a lovely time of the year. It's a perfect time for renewal and fresh starts.

One of my own "practices" as a healthy human is to "Spring clean" my own Spirituality. What I mean by that is to really take a hard look at where I am, where I would like to go and come up with a plan on how to do so. I had the good fortune of coming across a wonderful book a few years ago called "The Seven Keys to Spiritual Renewal" by Stephen Arterburn and David Stoop.

Through this great resource, I am able to quickly and efficiently follow their suggestion during my practice of Spring Cleaning.

Here is a snapshot of their suggestions. I hope it helps if you are looking for something similar.

Key 1 = Surrender – Seek God and Surrender to Him

Key 2 = Acceptance – See the Truth

Key 3 = Confession – Speak the Truth

Key 4 = Ownership – Take Responsibility

Key 5 = Forgiveness – Grieve, Forgive and Let GO

Key 6 = Transformation – Transform your Life

Key 7 = Preservation – Preserve Spiritual Gains

I know this is a short list, but if it helps, it helps. Grab the book on Amazon or come borrow a copy from us! We are always happy to lend things from our library.

Our next seminar will be May 4th from 10:00 to 12:15pm on Understanding Supplements. Cost of the Seminar is \$10.00. This will be an interactive seminar, so you are able to bring your supplements and ask questions as we go. Please contact us soon if you would like to attend. Our seminars always fill quickly.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express