

Natural Healing Express Weekly

Column 375 Keys to Spiritual Renewal, Part Two

Last week, I posted an article regarding Spiritual Renewal. It was meant to be a checklist of sorts, but since we received feedback to extrapolate on the list, I will do so! Also, thank you to the Jo Daviess Health Expo hosted by the Senior Resource Center. Our business attended and we had a lovely time. It was refreshing to meet so many of you readers! I am truly humbled. Thank you!

I would be remiss to not mention a certain “holiday” that will occur at our home this week. There is a certain Birthday Boy that will reach the big 5-0. The Silver Fox...what can I say? Happy Birthday to that one-in-a-million that completes (is that correct word?) my life! God certainly had a plan and a sense of humor when our paths collided. Anyhow, Happy Birthday, Mr. Fox. May all your wishes come true! You all can send your Birthday wishes to him at qcfordmaster@aol.com.

Now, back to Spiritual Renewal. This can come in many forms and I am sharing what works well in my life. I do not apologize for being a Christian, but I am not judgmental regarding other’s beliefs. This article is meant to be informative and to share what peace I can in a world filled with need. Godspeed!

I had the good fortune of coming across a book a 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 suggestions during my practice of “Spring Cleaning” my spirituality. Here is an extrapolation of my thoughts from the outline last week. I hope it helps if you are looking for something similar.

Key 1 = Surrender – Seek God and Surrender to Him. Seeking God means to truly find him in your life. It can be anywhere, but I have found that the best way for me to connect is through His scripture. Find yourself a lovely bible and read a little each day. I pray for him to lead me to what I need to know. True surrender means that we allow God’s Holy Spirit to empower us to do what he has planned for us to do. Sometimes that is easy, sometimes it is beyond difficult. If it’s of Him, you will persevere!

Key 2 = Acceptance – See the Truth – Seeing the Truth is accepting that we are all flawed. We are all in need of forgiveness. This is where we see the Truth about God. God is light and our forgiveness is found in his Grace.

Key 3 = Confession – Speak the Truth. I will just leave this one here. “Confess your sins to each other and pray for each other so that you may be healed.” James 5:16

Key 4 = Ownership – Take Responsibility – This one is a little heady. We are called to understand what responsibilities God expects us to carry out and then, simply, carry them out. Trust me, I feel ya if this one gets a little tough. On my spiritual journey I was called home to a small rural town, set up a business, got divorced, spent a boatload of time with others in hospitals , raised a family (and a few others), and, and, and, the list goes on. THAT didn't seem like a good plan when I was lying on the beach, carefree and kept while living in Los Angeles, but, alas.....I am blessed beyond words to be where I am today. I had to take responsibility and will continue to do so.....This was HIS plan and I ACCEPTED it as my Responsibility.

Key 5 = Forgiveness – Grieve, Forgive and Let GO – Forgive to be forgiven. That's the mantra. And, man on man, grief runs deep. It's a sign how much you loved. Don't lose that. But, forgive with a whole heart. And then LET IT GO....That means drop all those grudges. I know it's hard as heck. But, you only hurt yourself by clinging so tightly to revenge. When someone wrongs me, yes, it stings. But in my heart I know that if I have given it my all, that God will take care of it. Revenge is mine as he says. And, you know what? If you are really lucky, sometimes you get to witness it. And, typically, by then, you just don't care. Kind of amazing, isn't it?

Key 6 = Transformation – Transform your Life. I can go on and on here. But transformation starts with being kind. Be KIND to yourself and kind to others. And not the FAKE kindness. Genuine caring. Then have some faith. Being humble and having a good plan is helpful in achieving anything you desire. My suggestion is to surround yourself with wonderful and positive people that CARE about you! And, I can

tell you first hand that if you can summon GRATITUDE in your life, many beautiful things will come your way. Be Grateful for a blue sky! Or rain or here's a good one – your FREEDOM! Let the transformation begin. Receive a new life. Gratitude is such a key to living a full life.

Key 7 = Preservation – Preserve Spiritual Gains –When I think of all the places I have been in my life, I sometimes just cannot fathom the miles travelled. I have been to all 50 states, almost every race track and many concert arenas in our fine Country. What I have learned is that we are ALL in this life together. We all are truly connected in some way. You may feel like you have nothing in common with your neighbor, or other political party or other race, but you do. Even the crustiest of us have something in common with those we don't particularly care for. It could be a blood type. Doesn't that make you think? There is an invisible serendipity that runs parallel to our daily lives which reigns supreme. Preservation of Spiritual Gain is like earning a diploma. No one can EVER take it away from you. Just think how far the world can advance if we PRE-SERVE CARING and Kindness.

However, preserving caring, kindness and seeing others in a positive light is a discipline. Here are methods that work for me. I pray and I put into practice "giving" and "stewardship". I study His word and I put into practice "solitude". I witness and put into practice "fellowship". I count my blessings and I put into practice "gratitude". I look to the person's soul (not color, attitude, hardship, etc.) and I preserve (meaning I award service – AHEAD of time) that individual with Caring and Kindness. Hopefully this all makes sense and at least one of you understands!

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