

# InnerJourneyWork Resources

## Dr Deah's Quickpoints on Spiritual Hygiene

### What is spiritual hygiene?

- Mindful attention to developing and sustaining relationship with ourselves as spiritual beings as we enact the presence of spirit in our lives and in the world
- Body hygiene = brush teeth, eat well, get good fresh air and exercise
- Emotional hygiene = tell truth, apologize, don't carry grudges, confront fear, ask for help, take pride in accomplishments, accept limitations, say what we mean / mean what we say
- Important in helping us avoid spiritual materialism and manipulation, and self-righteousness

### What do you mean by spiritual materialism and manipulation?

- Using spiritual practices for material gain
- New-agey and other quick fix ideologies that persuade us into focusing on externals to do what should be our personal responsibility to do
- Example: Affirmations alone don't work if we still have self sabotaging beliefs
- Example: Feng shui mirrors and coins don't work if we abdicate responsibility to become a better person or to ask forgiveness or to make and follow a business plan
- Self-righteousness that our view is the only correct view just invites discord, huts down relationship with the Sacred, and takes us out of integrity

### Why shouldn't we use spiritual tools to bring us abundance?

- Purpose of spirit tools is to help us be in the flow of our life mission (aka god's will)
- When we're in the flow, we get what we need, not necessarily what we want, or think we want
- Abundance is the by product of a clean spiritual practice and balanced life focused on being in flow

## What are some of the elements of spiritual hygiene?

- Having impeccable integrity tops my list today
- Means being congruent in thought, word and deed, or as the Buddhists might say, having right intention, right speech, right livelihood
- Impeccable integrity is the most difficult of the spiritual hygiene practices
- Requires examining our core beliefs and unspoken thoughts and unconscious behaviors all the time
  - are we congruent with our intention to be in integrity?
  - are we in the flow with spirit or running a manipulative agenda?
  - asking, how might what we think is having someone's best interest at heart actually be manipulation of their life by the imposition of your influence, your goals for them?
- Having compassion is the second important practice, as in accepting others as they are, and not as you want them to be.
- Compassion is also being non-judgmental, and celebrating similarities in our differences
- Also compassion for oneself, by letting go of perfectionism, choosing to be in integrity, letting go of negative self judgments

## What is meant by the transcendent and the immanent sacred?

- ♦ The transcendent sacred is that which is greater than ourselves = Spirit, life force, God/dess
- ♦ Listening for the TS is a spiritual hygiene practice. It's being open and accepting
- ♦ Listening means being open and aware, meditating and praying, paying attention to spirit speaking to you through signs in environment, through other people, through unfolding events
- ♦ The immanent sacred is the presence of the sacred within us = knowing we are a spark of the Flame
- ♦ Resting in the IS is a hygiene practice, which is being aware with expanded consciousness
- ♦ Resting means to have and recognize your own sensory signal system whereby you feel Spirit
- ♦ Might be hearing the still small voice, might be seeing an image when you call for one, might be feeling a warm hand at your back, might be experiencing a welling up of peace or knowing

## How does practicing spiritual hygiene contribute to emotional wellness ?

- ◆ Keeps our integrity shiny which makes for good relationships and good boundaries
- ◆ Helps us not take things so personally, keeps us psychologically balanced
- ◆ Opens us to experiencing joy and receiving gifts from the universe
- ◆ Helps us see and understand signs and omens in our life that are the Sacred talking to