

THE WORLD PLATFORM



SOULFUL
HORIZONS,
The Collection

Soulful Horizons, The Collection

Spirituwellness

What is Spirituality?

Spirituality is when we believe that our existence is not limited to the Physical Body alone and we feel connected to a deeper dimension of Life, our active Spiritual Presence, that expresses itself through us. Our spiritual journey on this planet is the gradual remembering of that Spiritual Presence and learning to live from it rather than only from habit, fear or conditioning.

As we align with it, our actions become more coherent, our relationships more connected and our sense of separation begins to dissolve. Spiritual Development is therefore not escaping from life, but participating in it from a deeper level of being.

Spirituwellness (Spiritual Wellness)

Spirituwellness is a holistic state of wellbeing in which inner awareness, emotional balance, physical health and meaningful connection with life are in harmony as one integrated system.

It encompasses:

- 🌀 living with awareness rather than automatic reaction
- 🌀 acting in alignment with what matters deeply

- maintaining supportive habits for Body and Mind (eating healthy, practicing meditation, prayer or affirmations)
- relating to others and the world with respect and connection

How does spirituality help us to sustain motivation over the long-term when it comes to struggling with healthy habits?

Long-term change rarely survives on discipline alone. It becomes stable when **our actions are connected to meaning**. When we realize that our life is part of something greater than immediate comfort, care for our Body and Mind stops feeling like an obligation and begins to feel like cooperation with Life itself.

Our Body is the place where experience happens and through it we move, relate and act. Our Mind interprets, learns and chooses direction. Together they form the vehicle through which our Spiritual Presence expresses itself. That makes our Body and Mind sacred.

Healthy habits (like moving and eating right) therefore are maintenance of the vehicle through which our Spiritual Presence connects. When we understand our life as meaningful participation rather than isolated effort, it becomes easier to stay on track. We no longer act only to feel better today. We act to remain capable of contributing tomorrow by **being the best physical and mental version of ourselves**.

Shame, Blame and New Year's Resolutions

When, on January 1st, we have New Year's Resolutions and we try to stick to them with the best of intentions, we often lose enthusiasm and inspiration along the way and we eventually give up. When we get into the normal routine of a new practice, the secret is to **integrate that practice into our everyday existence**, so it becomes **a way of life**.

Example:

We learn patience through mindfulness → We practice patience when driving on the highway.

When we've missed the mark a couple of times, we begin to shame and blame ourselves. It becomes more seductive to point out all the things that we are doing wrong vs. getting back up, but shame and blame are not spiritual practices. Using our capacity to start over by meeting ourselves with kindness instead of judgment is key, because our Spiritual Presence is a powerful Being of Love.

One of the tools we can use to support ourselves is the strong statement of **"I am ..." in a high vibrational way** ("I am capable.") and the universe always has our back, because it only answers one way and that is with a "Yes".

How do we shift?

When we experience an issue on our path, the first step is simply to recognize **where we are right now and how we are**

going to shift. Acknowledging a pattern and seeking support is not failure. It is the beginning of change. There is no shame or blame in asking ourselves: "Where do I want to be in life?" or "How do I want to feel?". That only makes us awake and aware of what we are looking for, because **everything is within**. If we can feel our Spiritual Presence, we will experience its direction through the way our Body reacts to its unconditional love for us: tension shows misalignment, ease shows the natural way forward.

Our past might be a hurdle to overcome in this process, but it will only hold us back into a miserable present if we are not willing to **release**. Past regret ("I should have done this.") then pulls our attention backward, while fear pulls it forward and so we are programming a miserable, overlooked, present. Change can only happen where we actually are: **in the Present Moment**. When attention returns here, energy becomes available again and a different, healthier response becomes possible.

Key Takeaway

We need to be in the Divine Power of the Present for us to bring our Mind, Body and Spiritual Presence into balance for inspirational change.

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This material is based on publicly available research and presented in an original framework developed by **The World Platform**.