

# Growing Your Soul

PRACTICAL STEPS  
TO INCREASE  
YOUR SPIRITUALITY

NEIL B. WISEMAN

# Growing Your Soul Practical Steps To Increase Your Spirituality

**Zhi Gang Sha**



## **Growing Your Soul Practical Steps To Increase Your Spirituality:**

**Growing Your Soul** Neil B. Wiseman, 1996 Spirituality doesn't have to be mystical or vague. Neil Wiseman invites you to use familiar resources such as hymns, prayer, time management skills, Scripture, and friendships to develop your spirituality. He writes, "In this walk with God, no event is without his design, no happening without his grace, and no relationship without his splendor. Every traveler finds the pilgrimage unique; the important thing is that we travel with the Savior." You'll treasure this book as a companion on your personal journey to a Christ-saturated life. The Author **Growing Your Soul** Neil B.

Wiseman, 1997 **Growing Your Soul** Neil B. Wiseman, 1996 In this practical guide to developing spirituality, the author lists seven close-to-hand ways to cultivate a deeper inner life, including singing, prayer, use of time, and friendships.

**Awakening the Soul** Bill Missett, 2004-12-14 Advance praise for *Awakening The Soul*: "I am absolutely in awe of your book. It is an extraordinarily important work. It will, I humbly suggest, change many lives." Joseph W. Dunn Jr., Editor, A R E Press. "I believe *Awakening The Soul* is the key to the 12th Step of Alcoholics Anonymous." Susana K., Oregon. "We all agree on the brilliance of this work." Lisa Hagan, literary agent, Paraview Inc., New York City. "What a contribution." *Awakening The Soul* is going to make. Your technique for communicating with higher consciousness is a must-read for every professional in the field and every person interested in spiritual advancement. Your technique is clear, simple, and can be used by a broad spectrum of people. As a psychologist, I can see it filling the needs of sophisticated clients in my Wall Street practice as well as the common man. Get this to a publisher ASAP." Dr. Garnet Beach, Ph.D., Psychotherapist. **Akashic Records** Emily Oddo, *Unlock Your Soul's Ancient Database of Infinite Wisdom to Finally Understand Your Life Purpose, Heal Deep Patterns, and Make Decisions From Divine Guidance*. Feeling lost about your true life purpose despite achieving conventional success? Struggling with recurring relationship patterns, career confusion, or persistent blocks that keep you stuck, no matter how much therapy or self-help you try? Ready to discover how ordinary people can access their soul's cosmic database for profound insights, healing, guidance, and crystal-clear direction without years of mystical training or special psychic gifts? *Akashic Records: The 3-Step Method to Access Divine Guidance, Heal Past Life Trauma, and Live Your Soul's Purpose* reveals the scientifically grounded spiritual practice that thousands of seekers, healers, and conscious professionals worldwide use to gain life-changing clarity and authentic direction while most people remain trapped in cycles of confusion, repeated mistakes, and spiritual emptiness that prevent them from fulfilling their deepest potential. Inside this transformative beginner's guide, you'll discover the revolutionary 3-step ACCESS HEAL LIVE system that transforms complete beginners into confident Records readers within weeks, supported by step-by-step instructions that eliminate guesswork and build genuine spiritual connection. Your complete spiritual toolkit includes sacred prayers, protection techniques, and interpretation methods that work even if you've never done energy work, meditation, or spiritual practice before in your life. The soul language decoder system helps you distinguish authentic Records guidance from mental chatter, plus symbol interpretation skills that reveal the deeper meaning.

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**Soul Catalysts and How to Use Them** Brown Landone,1996-09 1939 Contents the Catalyst What it is the Catalyst of Uniting with Others the Activating Power of Your Soul 1 Soul Catalysts for Man s Use Unused Powers of Spirit Like Unto Spirit the Key Power of All Catalysts

**Caring for Your Soul** Dr. Samuel White III,2017-11-28 Dr Whites definitive description of the soul and its appropriate care are probing challenging insightful engaging and caring I highly recommend that practicing Christians read this book It can help us to improve our lives in various ways Dr Tony Curtis Henderson Professor Ecumenical Theological Seminary Detroit Michigan I strongly recommend this timely engaging book This treatise is a harmony with both Hebrew and Greek biblical scholarship as well as African Edenic cultural principles and practices Rev Dr Steve Bland Jr Pastor Liberty Temple Baptist Church Moderator Michigan District Baptist Association 1st Vice President The Council of Baptist Pastors of Detroit and Vicinity This is a spiritually passionate and scholarly biblical challenge to every believer in Jesus Christ to care for their soul Dr White gives us chapter after chapter of Bible based rational for taking care of ourselves inside and out It is a must read for anyone who is serious about the call of God upon their lives Use this step by step approach and watch your spiritual life grow daily Dr Edward L Branch Pastor Third New Hope Baptist Church Detroit Michigan Dr Samuel White IIIs insightful and poignant analysis of the progression of spiritual development and maturity is a needed treatise We all identify with the spectrum of struggle that life itself presents in our indigenous spiritual journeys Caring for Your Soul unearths the implementation strategies that balance our humanity vs divinity issues with authenticity and purposefulness Bishop Edgar Vann Ebenezer Church Detroit Michigan

*The Publishers Weekly* ,2005

**The Story of Your Soul** Elizabeth Clare Prophet,2020-05-20 The soul has been likened by

sages to a pearl that has been cast into the sea of the material universe The goal of our life is to go after that pearl and recover our true identity In *The Story of Your Soul Rediscovering the Pearl of Your True Identity* Elizabeth Clare Prophet tells the story of your soul It is a story of awakening and overcoming a story that champions your profound worth and nobility Includes seven keys for your soul's journey with personal stories affirmations meditations and visualizations **Discovering Your Life Purpose: A Guide for Spiritual Seekers** Casey Rivera,2025-09-16 Unlock the profound secrets to discovering your true life purpose with *Discovering Your Life Purpose A Guide for Spiritual Seekers* This captivating and transformative book takes you on a heartfelt journey through mindfulness self awareness meditation energy healing and holistic growth Whether you're just beginning or deepening your spiritual path you'll find practical tools inspiring insights and powerful exercises to align with your authentic self Embrace your unique journey cultivate inner resilience and manifest a life filled with joy purpose and abundance Begin your awakening today and step confidently into the life you were meant to live

*Infinite Awakening - A Miraculous Journey for the Advanced Soul* Jason Chan,Jane Rogers,2015-09-18 *Infinite Awakening* explores how modern spiritual seekers can follow a genuine awakening spiritual path whilst at the same time fulfilling their most treasured worldly dreams This book demonstrates just how miraculous our modern lives could be if we all learnt to utilise the infinite power of universal love and light to transform every aspect of our lives including our work our relationships our sexual energy and even our dying moments At the end of each chapter readers will find a guided meditation designed to assist them to put enlightening spiritual principles into practice in their own lives *A Practical and Spiritual Guide to Personal Healing* James Mackey,2009-11 This is an exciting new book for professionals and laymen alike who want to understand and practice healing for everyday living Why are some people healed and others suffer with emotional and physical problems for years In reading this book you will unlock the hidden secrets of unleashing the power of total healing in your life Every activity whether or not consciously intended is the direct response from the subconscious mind You will learn the forgotten secrets locked in your mind and be guided to live a healthier and happier life for each day Dr Mackey reveals the reason why we find it difficult to make needed changes in our actions and thoughts You can experience the healing that is needed most in your life and move away from a victim's mind set Don't live another day without this book it will change your life and thinking for creating needed change and miracles in your life Soul Communication Zhi Gang Sha,2008-10-14 Shares insights into the author's work as an integrative medicine practitioner explaining how the applications of certain spiritual principles and laws can enable healing benefits in all areas of a life **Renewing the**

**Process of Creation** Bradley Shavit Artson,2015-09-21 In this daring blend of Jewish theology science and Process Thought theologian Rabbi Bradley Shavit Artson explores our actions through Judaism and the sciences as dynamically interactive and mutually informative *The Journey Toward Wholeness* Suzanne Stabile,2021-11-02 In a world of constant change and complexity how can we achieve lasting transformation in our lives Using the wisdom of the Enneagram expert teacher

Suzanne Stabile opens the concept of three Centers of Intelligence thinking feeling and doing When we learn to manage these centers in relation to our Enneagram number we open a path to reducing fear improving relationships and finding wholeness

**Cosmic Ascension** Joshua David Stone,1998-02-01 Cosmic Ascension Your Cosmic Map Home Almost all the books on the planet on the subject of ascension are written about planetary ascension However because of the extraordinary times in which we now live in terms of Earth s history there is a new opening and potentiality to also begin one s cosmic ascension process This has never before been available It must be understood as Vywamus has said that in completing our planetary ascension we are no more than one tenth of the way up a ten inch ruler in terms of our cosmic ascension process This includes most of the ascended masters We on Earth who are working to complete our seven levels of initiation must remember that there are 352 levels of initiation to return to the godhead of Father Mother God at the top of creation Most of the Ascended Masters of the entire Spiritual Hierarchy are not beyond the 12th initiation This is not a criticism just a simple statement of fact The question is What lies beyond the next nine tenths of the ruler and how do we achieve our cosmic ascension as well as our planetary ascension which is no small feat in and of itself It is for this purpose that the author was guided to write this book

Healing Power: Ten Steps to Pain Management and Spiritual Evolution Revised Philip Shapiro M D,2010-07 With the advent of mind body medicine it is now possible to combine the healing principles of both the medical and spiritual fields To this end Dr Phil Shapiro has developed a ten step self help model that he uses himself and teaches to his students and patients After you have received your medication surgery or natural remedy and you are still in pain there are a variety of psychosocial and spiritual methods that can help you manage that pain skillfully The ten step model described in this book is a composite of healing principles and methods extracted from the great wisdom traditions and organized into cognitive behavioral practices These techniques are designed to help the reader accomplish three goals 1 Expand healing power for body mind and soul 2 Become more skillful pain managers for any pain problem disease or disability 3 Evolve spiritually feel better become a better person and experience higher states of consciousness To take advantage of the healing principles embedded in the religions we need to solve the problem of toxic language and traumatic religious history There is a way to do this We can design healing models that serve people of all persuasions Baptists Sufis ethical humanists scientific atheists true believers true non believers all of us have the same magnificent healing power in every cell of our bodies and we know how to make it grow The ten steps do not declare answers to life s big questions such as why we are born why there is so much suffering and evil whether there is a God and where we go after death However we can apply the wealth of healing wisdom in the great faith traditions to help us manage our pain and heal This book is written for atheists agnostics religious or spiritual persons Anyone can play in the expanded field of healing power

**Your Soul's Compass** Joan Z. Borysenko, Ph.D.,Gordon Dveirin, Ed.D.,2008-10-01 Drawing on spiritual wisdom from sacred texts across a variety of religious traditions this is an elegant simple and practical guide to get in touch with your higher self Deepak

Chopra author of The Seven Spiritual Laws of Success Why am I here What does a life worth living look like What is the higher intelligence trying to express through me In this time of global change and uncertainty of spiritual indirection Americans are asking these age old questions with renewed curiosity There s a thirst for meaning and purpose a dawning realization that happiness isn t a commodity that can be bought with a gold card Fulfillment and joy arise naturally from creative and compassionate action from the understanding that all life is interconnected and guided by a higher intelligence Our personal choices make a difference and when they are spiritually inspired even the smallest action serves a larger whole Sacred texts ranging from the Torah to the New Testament the Tao Te Ching to the Buddhist scriptures the Vedantas to the Koran speak of making life enhancing choices where a force greater than the individual flows through us and informs our thoughts and actions In this book we ll focus on the three classic aspects of living such a spiritually guided life 1 alignment maintaining a direct and personal connection to the Source of our Being 2 discernment distinguishing the movement of Spirit in our lives from our own wants fears and social conditioning and 3 action making our best most inspired contribution to the evolution of life

The Lapidary Oasis Barrett Williams, ChatGPT, 2024-08-16 Discover the Magic The Lapidary Oasis Unearth the rich fascinating world of gemstones with The Lapidary Oasis This comprehensive guide is a treasure trove for both novice and seasoned enthusiasts alike blending the ancient wisdom of gemstone crafting with modern techniques and applications Embark on a journey through time starting with the origins of gemstone crafting exploring their importance in ancient cultures and discovering how this timeless art has evolved into a contemporary craft in the first chapter Understand the metaphysical properties of gemstones delve into their energetic frequencies and learn how to attune to their healing attributes Find the perfect gemstone for your needs by mastering intuitive and scientific selection techniques The Lapidary Oasis demystifies the process of choosing the right gemstone ensuring you connect with the stones that resonate most with your healing journey Equip yourself with essential tools and materials for crafting mastering the basic techniques of cutting polishing drilling and setting stones The guide then illuminates the artistry of crafting your own gemstone jewelry from designing unique pieces to intricate wire wrapping and integrating pre made settings Step into the world of creating gemstone elixirs and essences harnessing their potent energies for healing and personal growth Learn the secrets of gemstone grids and layouts to manifest healing and transformation in your life Meditation and mindfulness with gemstones are explored in detail offering guided practices for everyday calm and spiritual growth This guide also presents methods for physical and emotional healing showing how gemstones can be used in massage therapy stress relief and emotional release Enhance spiritual growth with chakra balancing intuitive development and ceremonial uses of gemstones Integrate other healing modalities such as aromatherapy sound healing and Reiki practices to create a holistic approach to well being Finally design and maintain your sacred space with a gemstone altar incorporate gemstones into your home decor and carry these powerful stones with you for everyday support Transform your life and soul with the timeless wisdom and modern techniques



of The Lapidary Oasis Dive in and discover the transformative power of gemstones today RECONCILE YOUR SOUL  
SANJEEV THAKUR,2021-07-24 Yoga is a traditional method of meditation developed in ancient times in India Most people are aware of the fact that yoga and meditation can help anyone to have some great health benefits It is one of the most effective and successful therapies that keep the human body and mind healthy On a physical level yoga relieves many diseases Practicing different postures gives strength to your body and makes you mentally and physically fit Yoga can heal your mind and body properly If you want to know how Yoga can help you heal yourself then you need to read the book carefully To heal your body you must first start loving yourself This book benefits everyone doing yoga How you benefit from this book Yoga helps you to keep your mind absolutely relaxed and calm If you want to be relaxed all the time then yoga can definitely help you a lot You got to make sure that you make the right choice every time You should give your body some extra time to heal You can start by practicing some simple yoga moves and asanas The power of acceptance is the strongest ever You can really benefit a lot from it You just have to accept your mistakes and strengths as they are It is useless to be sad at anything Well you just have to accept reality and move on You can put all your efforts and energy into learning yoga Tell your trainer about any issues that are bothering you Healing is all about being happy If you are looking for some enjoyment then you need to practice yoga regularly You can do anything that makes you happy You can incorporate yoga into your regular lifestyle If you are looking for something more fun you can consider practicing it with your loved ones If you want to take good care of your health then practice caution and mantras Yoga can help you to cure many disorders including back pain and abdominal pain You just have to follow the right fitness regime and exercise right The art of letting things go is one of the hardest to learn It is often said that a person who learns to let things go easily is happiest So yoga helps you with this Regular practice allows you to be healthy easily under all circumstances You can also learn how to be patient in the most difficult situations The book highlights the points and guides how Yoga is important for everyone You cannot afford to ignore it in any way Yoga is good for your health in many ways including The level of flexibility greatly improves Those who do yoga regularly with its physical postures often pull the body and all muscles beyond limits The asana improves a great deal and its poses are considered to be quite helpful in relieving all physical aches and pains that persist for virtually no medical reason It helps build muscle strength which protects people from back pain and arthritis problems especially in old age The poses help increase the flow or circulation of the hands and feet which means more oxygen will make the cells feel more energetic to flow Regular physical movement means that the flow of lymph will improve which helps to keep the toxins out of the body for a big boost to the immune system Yoga involves the movement and stretch of body parts in many ways Therefore it increases flexibility After a certain period of time you will be able to gain flexibility in your back hips and shoulders However with age flexibility naturally decreases which further leads to immobility and pain Yoga has the ability to modify and postpone this process Many yoga postures help in weight loss in various ways The body becomes stronger by giving different poses for a

certain period of time Muscle toning is a by product of yoga As your body gets stronger muscle toning increases Yoga also shapes lean and long muscles A position like standing on one leg helps improve balance This is one of the most important benefits of doing yoga as we move towards old age Nowadays many people complain of back pain due to long working hours on the computer It can also give rise to spinal compression In such cases yoga is one of the best treatments without any side effects It helps in preventing any type of body pain Stress is one of the main reasons for breathing problems Pranayama is an exercise in yoga that satisfies the problem of breathing It teaches us how to take deep breaths which purify the entire body system There are types of breathing styles that help to clear the nasal passages and calm the nervous system Pranayama is the best exercise for people suffering from allergies Doing yoga regularly helps one to stay away from negative thoughts and bad past experiences to live a happy and peaceful life Studies have shown that doing yoga regularly reduces the risk of stress and depression This leads to following a healthy lifestyle and one should be more careful about what to eat and whatnot Overall we can clearly see how yoga benefits your body in many different ways These are some of the most important things that you should remember about practicing yoga You need to make sure that you do some yoga regularly if you want to heal your body completely Today due to its many benefits Yoga is one of the leading names in the healthcare and wellness industry which is why you need to know some more benefits in detail Unlike other sports yoga suits all generations and fitness levels no matter whether you are young students athletes middle aged moms old women and even fitness buffers or bodybuilders The only thing you need is perseverance

The Enigmatic Realm of **Growing Your Soul Practical Steps To Increase Your Spirituality**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Growing Your Soul Practical Steps To Increase Your Spirituality** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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