

# Live In-Spirit

## Spiritual Tools for an Inspired Life

<p><b>Life Purpose and Gifts</b></p> <ul style="list-style-type: none"> <li>• often when we feel stuck, it's because we are not allowing our gifts to feed our purpose in this life</li> <li>• special custom programs for this essential work</li> </ul>	<p><b>Intuition</b></p> <ul style="list-style-type: none"> <li>• that instructive and protective voice that too often is ignored by most of us</li> <li>• develop your intuition to build confidence in discerning this voice and allow for spiritual solutions to flow to you</li> </ul>	<p><b>Living in Awe</b></p> <ul style="list-style-type: none"> <li>• that all-encompassing full body feeling that you standing in the presence of something magnificent</li> <li>• practice in your daily life and watch the moments multiply</li> </ul>
<p><b>Gratitudes</b></p> <ul style="list-style-type: none"> <li>• being thankful opens us to viewing the silver linings woven in the tapestry of the golden threads</li> <li>• find a gratitude method that brings a breath of fresh air into your world</li> </ul>	<p><b>Affirmations/Visualizations</b></p> <ul style="list-style-type: none"> <li>• tools used to help train our minds to think differently and create new habits</li> <li>• explore techniques to expand your perspective</li> </ul>	<p><b>Divinations</b></p> <ul style="list-style-type: none"> <li>• methods used throughout human civilization to provide direction and clarity</li> <li>• learn to see the signs and guideposts that are calling to you</li> </ul>
<p><b>Resources of Now</b></p> <ul style="list-style-type: none"> <li>• nothing is more powerful than recognizing that all you have is this moment in time</li> <li>• learn to appreciate, be aware, and act in this moment, now.</li> </ul>	<p><b>Love in Action</b></p> <ul style="list-style-type: none"> <li>• inspired acts that bring unconditional love to this time and space</li> <li>• cultivate a wealth of internal resources to act on these inspirations to create a better world for all of us</li> </ul>	<p><b>Meditation</b></p> <ul style="list-style-type: none"> <li>• quieting the mind so we may listen to the universe</li> <li>• many different styles—learn one or a few that work for you</li> </ul>
<p><b>Move Through and Beyond Fear</b></p> <ul style="list-style-type: none"> <li>• consistently keeping us from obtaining our callings</li> <li>• surrounding ourselves with wisdom and spiritual practices allow us to face our fears and move forward</li> </ul>	<p><b>Dream Bigger</b></p> <ul style="list-style-type: none"> <li>• we often consistently limit ourselves and stay stuck</li> <li>• learn to ask for more and expand your imagination to see alternate solutions</li> </ul>	<p><b>Power of Prayer</b></p> <ul style="list-style-type: none"> <li>• often an overlooked powerful spiritual tool</li> <li>• learn a way to pray that supports your spirit and journey</li> </ul>
<p><b>Metaphysical Concepts</b></p> <ul style="list-style-type: none"> <li>• in spiritual terms— beyond the physical</li> <li>• learn tools from specific concepts to propel you in new directions</li> </ul>	<p><b>Spiritualizing Sex</b></p> <ul style="list-style-type: none"> <li>• an act that most adore</li> <li>• learn to include spiritual practices to create new meaningful experiences</li> </ul>	<p><b>Forgiveness Work</b></p> <ul style="list-style-type: none"> <li>• clear and release to allow for solutions and peace to flow</li> <li>• learn a forgiveness technique to set you free from blocks</li> </ul>