

5 Great Spiritual Practices Regardless Your Religion



All over the world people are divided and segregated by religion. Despite the fact that religion is supposed to be principled by things like holiness, and righteousness, and love, many inappropriately use religion to commit acts of hate, terror, and damnation.

As we attempt to restore this world to a place of common good it only makes sense to incorporate practices that are more spiritual than religious. This is important because such practices can cross all religious boundaries while at the same time allowing us to collectively share in valuable acts of human decency. Because what is more spiritual than the glory of God emanating from His creation.

The following practices, while they may seem simple, will serve to ground us in our spirituality thus making us less confined to religious practices that perpetuate division.

One: Being Nice

Please. Excuse me. Thank you. You're welcome. I apologize. It takes so much more effort to be mean and rude than it does to be nice and kind.

Two: Sharing/Giving Back

We all have been blessed to be a blessing. Whether giving our money, time or talent we all can use what we have to make something or someone better.

Three: Prayer

Food is our body's natural source of sustenance. Prayer is our spirit's natural source of sustenance. The same way food strengthens our body, prayer strengthens our spirit.

Four: Studying

We cannot serve a God we do not know. Suffice it to say, the only way to get to know God is to spend time with Him.

Five: Meditation

Being still and quiet is an amazing way to find our way to our center and align ourselves with the God-force that is very present in each of us.

This information is made available to you compliments of Greatness Now™. Greatness Now™ is a national human development company that specializes in fostering opportunities that inspire individuals to acknowledge and actualize their greatness. Learn more about Greatness Now™ at www.greatnessnow.org.