

Seven Simple Steps

To

Help You Control

Your Life

Robin Morris

Introduction

Walking a spiritual path is never easy but it can be done. There are simple principles one can practice to get direction in life and keep you on track.

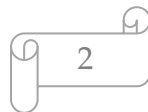
It's not just about being a bad person or a good person, it's about being a real person for this is the '*real you*' we're focusing on here.

You were born pure. As you progressed in life, you made choices, some bad some good but it is those choices that have shaped your current life and created what you are today.

When we were born on this earth we agreed on an ordained path with God. Our overall quest is to pursue this path, get spiritually lighter and therefore closer to God.

We came to earth to learn, to develop and to advance spiritually. To accomplish this we will have to overcome many challenges in life. This is how we learn. We learn by trial and error, by doing it first-hand.

If you've wandered off your spiritual path, you can always get back on by focusing on the following seven simple life steps....



1.) Live In The Moment...

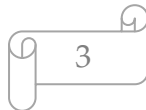
The moment is right now, this instant. Enjoy every single moment as if it were your last. This means realising that you are actually living in the moment and appreciating every second of every moment as it unfolds...

2.) Less Is More...

Understand that less is indeed more. When you learn to realise this simple formulae you will: eat less, eat right, share, off-load unwanted possessions, overcome greed and desire, no longer worry only about yourself and that deep human need of never having enough in life...

3.) Learn When To Say No...

Saying 'No' is difficult in life but we all need to learn how to say 'No' without offending others. We don't need to be caught up in everybody else's business nor is there a need to continually complain. We were given God's gift of life to choose. You can say 'No' and walk away from any situation that you are uncomfortable with. It is up to you to make that decision.



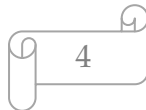
Choose wisely in life...learn when to say 'No'...

4.) Give More Than You Receive...

Giving is not only about giving financial aid to the poor, it's about giving of yourself. Give time to those who need it, like - family, friends, the elderly, animals and animal shelters, welfare homes, the underprivileged, wildlife campaigns and so on. The list for giving is infinite. Make sure you give more in life than you receive in life. This way the Spiritual Law of Perfect Balance ensures that you'll always receive more out of life than you give...

5.) Pick Up & Move On...

Not everything in life is perfect. You'll face challenges and you'll receive opportunities. How you handle the challenges in life is what determines how you'll progress in life. If you make mistakes in life (and everyone does) then get over it. Pick up and move on. Don't look back. The future is in front of you, not behind you...



6.) **Respect All Life Forms...**

Every life form on this earth has the right to live. All life forms consist of divine energy, created by divine thought from God. Do not deliberately terminate another life form for you will be threatening your very own existence. This is in accordance with the Spiritual Law of Perfect Balance...

7.) **Be Right With God...**

Walk your spiritual path with love and respect for God. You don't need to belong to a specific church or have to wear special garments to be right with God. God is within. Know this and cherish it. When you were born with the *'breath of life'* you accepted the God within. Use this power, use this knowledge, use this wisdom. With meditation you will realise your spiritual direction from within and be right with God. It is your destiny to do so...



The Seven Wonders...

A group of students were asked to list what they thought were the present seven wonders of the world.

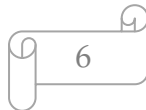
The following received the most votes:

- 1.) Egypt's Great Pyramids
- 2.) The Taj Mahal
- 3.) The Grand Canyon
- 4.) The Panama Canal
- 5.) The Empire State Building
- 6.) St Peter's Basilica
- 7.) China's Great Wall

One student disagreed with all the above and offered the following to prove that the most precious things in life cannot be built by hand or purchased by man:

- 1.) To see
- 2.) To Hear
- 3.) To Touch
- 4.) To Taste
- 5.) To Feel
- 6.) To Laugh
- 7.) To Love

The things we overlook in life and readily take for granted every day, as simple and ordinary as they may be, are the best there is and we have them all...



Eclipse

If you'd like to learn more about the seven Principles of Life then read:

'I See Therefore I Am I Think'

Robin Morris

as well as

'Energy Within Us Without Us'

Robin Morris.

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