

Christmas

A MetaSpiritual Definition

Christmas, from a MetaSpiritual perspective, celebrates the conscious and intentional birthing of our awareness of our higher spiritual consciousness, recognizing that because we're all Divine Beings ensouled in human form, we're catalysts who encourage humankind to champion loving kindness, compassion, joy, and equanimity for all people – including taking better care of Gaia, our planet!

Aligning With My

Divine Nature



TODAY ... How Can I?

- Embrace the MetaSpiritual message that MetaSpirituality is the marriage between evidence-based science, faith-based spirituality, metaphor-based metaphysics, and experient-based psionics (the study of psychic phenomena).
- Ground myself every day in loving kindness, compassion, joy, equanimity, and a higher consciousness of Universal Truths.
- Question unquestioned answers so I don't make the mistake of believing something that isn't true.
- Bring the poise of my higher consciousness Sublime Nature to the noise of life circumstances.
- Seek wisdom to expand my understanding of MetaSpirituality so I can continue to experience Spiritual enrichment and growth.
- Be a positive action verb – not a tentative adjective, a nondescript pronoun, or a frightened noun.
- Believe I'm pre-wired for abundance – and that my greater good is never more than a right thought, right choice, and right action away. Abundance is part of my spiritual DNA.
- Embrace a variety of daily Spiritual Practices, including meditative routines, forgiveness, and Mindfulness. Be fully present in the moment so I can engage with what I am doing.
- Practice self-reflection and Self/selfcare, nurturing my Spiritual and personal well-being. Remember that Self/selfcare is as important as the very air I breathe!
- Cultivate a practice of Gratitude and an Optimistic Spirit.



Aligning With My

Divine Nature



A Daily checklist:

- Embrace the MetaSpiritual message that MetaSpirituality is the marriage between evidence-based science, faith-based spirituality, metaphor-based metaphysics, and experient-based psionics (the study of psychic phenomena).
- Ground myself every day in loving kindness, compassion, joy, equanimity, and a higher consciousness of Universal Truths.
- Question unquestioned answers so I don't make the mistake of believing something that isn't true.
- Bring the poise of my higher consciousness Sublime Nature to the noise of life circumstances.
- Seek wisdom to expand my understanding of MetaSpirituality so I can continue to experience Spiritual enrichment and growth.
- Be a positive action verb – not a tentative adjective, a nondescript pronoun, or a frightened noun.
- Believe I'm pre-wired for abundance – and that my greater good is never more than a right thought, right choice, and right action away. Abundance is part of my spiritual DNA.
- Embrace a variety of daily Spiritual Practices, including meditative routines, forgiveness, and Mindfulness. Be fully present in the moment so I can engage with what I am doing.
- Practice self-reflection and Self/selfcare, nurturing my Spiritual and personal well-being. Remember that Self/selfcare is as important as the very air I breathe!
- Cultivate a practice of Gratitude and an Optimistic Spirit.

