

A Lesson in Living Metaphysically – part 2

~ Dr. Anne Kunath

Another very important thing to learn to improve your life metaphysically is praise. It is about this time of year when we begin to think of family and friends that we know to identify blessings in our life. My suggestions are these.

1. Write down the names of your family, friends, and coworkers.
2. By each persons name write down something beneficial they have contributed in your life (even things that were “lessons” of what not to be.)
3. Recognize that because of ALL incidents in your life you have become what you are today.
4. Now write down all of the good qualities these people have taught you.
5. Each day between now and Christmas make an affirmation that says “I bless the quality of _____ that grew in me because of _____ and I bless (the person) _____ that strengthened that quality in me.
6. Say it several times a day and see the miracles that can occur in you, in your personality and in the personalities of the people around you.
7. You are proving the power of using the spiritual laws in your life. Your faith is stronger. You begin to expect greater good than you have ever had before.
8. You are a blessing during this holiday season.