



# 11 Spiritual Principles to Heal your Life

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# 1. Acceptance

What we avoid magnify's.

What we think should of happened vs what happened.

Acceptance is the key to feeling what is present.

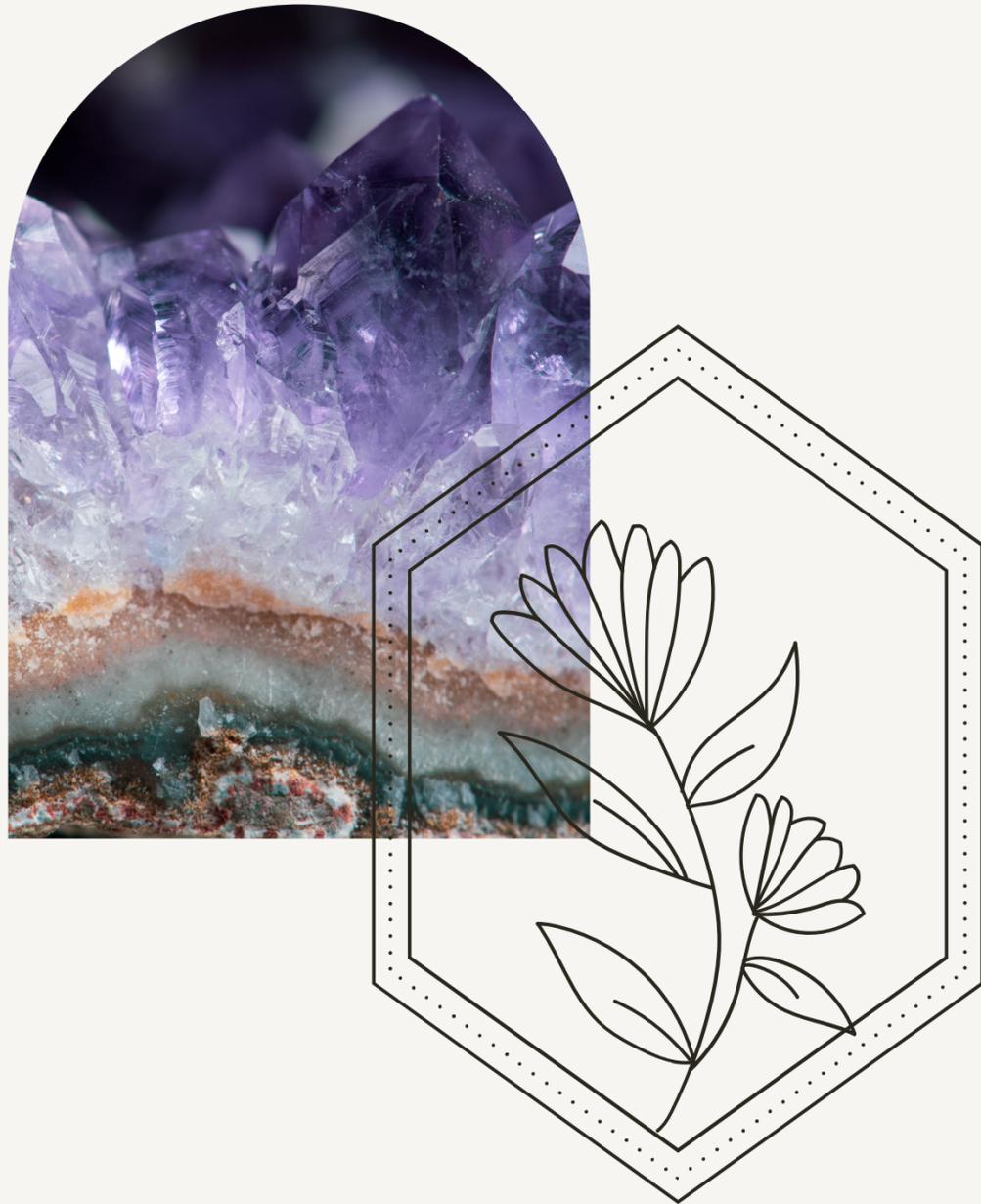
Acceptance offers empowerment.

**Pray:**

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.



# 2. Open mindedness



Having an open mind is the doorway to possibility.

Your reality is made up of what you believe, what are you letting in or shutting out?

Not seeing alternative perspectives keeps you stuck.

**Affirmation:**

My mind is open to all possibilities and I welcome life with an open heart.



# 3. Gratitude

Miracles seem to appear when we live from gratitude.

Gratitude has been significantly proven to:



Improve relationships

Improves physical health

Improves psychological health

Enhances empathy and reduces anger

People who are grateful sleep better

It improves self esteem

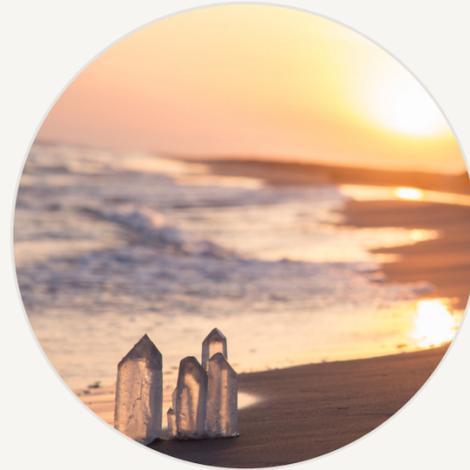
Increases mental strength



**Affirmation:**

**I feel grateful and happy for my life**

# 4. Humility



Do you view yourself as a whole with talents and flaws,  
void of arrogance or low self esteem?

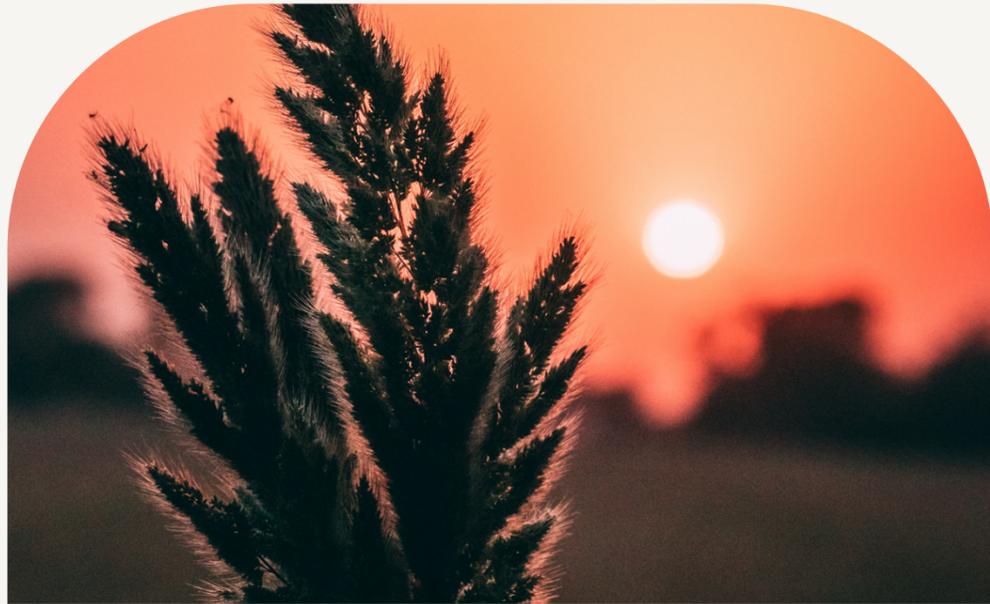
You don't know it all.

Are you able to acknowledge ways that you can improve?

Quote:

**Humility is the surest sign of strength**

# 5. Patience



Acceptance of delayed gratification.



Don't deny where you are right now, denial keeps you stuck.



You can have everything, just not all at once.

**Affirmation:**

I honour the time it takes for  
everything to manifest

# 6. Integrity

Does your inside world match your outside world.

Are you listening to your integrity compass?

Do your values and behaviours align?

**Affirmation:**

**As I live my truth, my thoughts,  
words and actions are aligned.**





# 7. Faith

Do you have an unwavering faith in a higher power?



Trust what your putting out there will find you.

Feeling supported vs doing everything yourself.



**Affirmation:**

Surrender to what is.

Let go of what was.

Have faith in what will be.

# 8. Forgiveness



Research has linked forgiveness to reduced anxiety and depression.

Forgiving isn't saying it was ok, it's saying your peace of mind is more important.

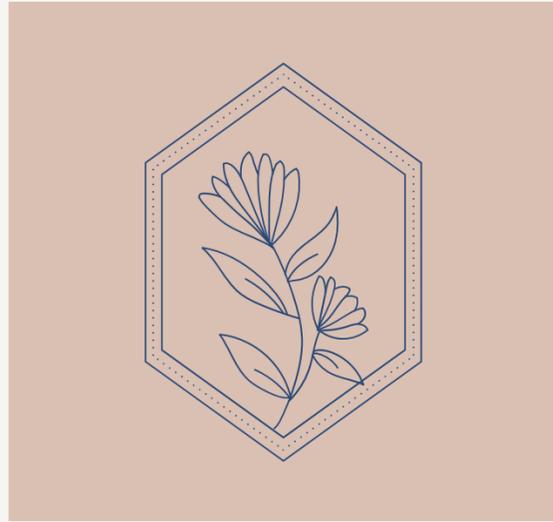
Sometimes you need to go through a process to achieve forgiveness.

**Affirmation:**

**I forgive myself and others.**

**I release my past to it's highest spiritual path.**

# 9. Service



Contribution is the doorway to happiness.

What walls have you built around your heart?

What are your gifts and how are you offering them to humanity.

**Affirmation:**

**Only a life lived in service to others is worth living.**



# 10. Curiosity

Do you live in righteousness or curiosity?

Do you listen more than you speak?

Are you making assumptions or are you asking questions?

Quote:

Curiosity is one of the great secrets of happiness.

# 11. Compassion



Your inner tranquility comes from the quality of compassion and love you can experience.

Every human has something in common, our essence is love.

Is compassion dependent on what the other does/doesn't do vs arising from your essence.

**Affirmation:**

If you want others to be happy, practice compassion

If you want to be happy practice compassion.



Thank you