

One size fits all

Spiritual Shortcuts for the busy professional

By: Maureen St Germain



We all do it. We go to the grocery store to get ready made meals. We look for fast and easy ways to take care of what we used to make from scratch. I used to make bread, and pie from scratch and all the other elements of a meal. A farm girl doesn't easily give up these traditions!

As I began my new work of helping others pursue their spiritual practices while maintaining busy lives it became evident that I had found many shortcuts that I could pass on to others. Thus my creating meditation CDs was born from my own need to get thru the prayers that I wanted to say for myself quickly, easily, and yet give that extra space for personalization

Meditation CDs

I defined myself as the "Betty Crocker of Spiritual needs." Just like you might add your own nuts or chocolate chips to a box mix, my mediation CDs left a space for you to insert your personal need of the moment. This is a wonderful shortcut. There are lots of meditations CDs out there, ready for you to choose from, to play on your way to and from work or while doing mundane chores.

Prayer box:

You can pray for all your family and friends by making a prayer box, a decorated box that you will put in a sacred place, preferably on your altar. It contains everyone's name you'd like to include in your prayers inside of it. This way, you can name "everyone in my prayer box." You do this by saying, "This which I ask for myself, I ask for everyone in my prayer box."

Attitude of Gratitude

An attitude of gratitude is a "one size fits all" shortcut. Apply it liberally to everything that needs fixing, doing, and not doing. If you are sick, you can be grateful for the good health you knew. My mother always said that she was always grateful for paying taxes, because it meant that they had earned income!

When I have a disagreement with a family member, I go to gratitude reminding myself what I do appreciate of these individuals. Sometimes, my gratitude is based on my learning discernment about what I don't want.

Sometimes, it enables me to see that my behavior is focused on some small thing that I really don't care about. An attitude of gratitude reserves you more of what you really want anyway! I teach that what you resist persists, so you may as well stop resisting!

Gratitude Questions:

Even a difficult situation can be turned around quickly if you will ask yourself, "What can I learn here?" When something happens that you don't like, ask a gratitude question, like "What good can I find in it?" Or "Is there some way I can make it fun and easy?" You'll find this line of questioning takes you further faster.

Future Gratitude:

My every project begins with me expressing gratitude for my outcome in the future that the project went well that I enjoyed the process and that I produced something that was pleasing. Even while I was working on this article, I imagined that the publisher and I were both pleased with the results, that writing it was fun and easy, and it arrived by deadline.

When working with other people on an event, I ask them to imagine or write a thank-you letter to me, for the great group of people they met on the trip, the powerful experiences, and wonderful outcome. We actually see ourselves writing these gratitude letters before we ever leave home!

Perfect Presents:

If you need to purchase a present for someone, yet you are unsure of what to purchase, see the receiver being happy as they open the present. See them smiling at you saying, "I've really wanted something like this." When you are shopping you will just "know" the right thing for them!

Twofers:

I don't believe in trying to control your thoughts. When was the last time you thought a thought that you wished you hadn't thought only to discover it was already in your head? My solution to this dilemma is simple.

Follow every negative thought with two positives of the same level. Following a thought, I hate my job, but I love my daughter and son will not do it. If you hate your job, love your co-workers and love your vacation time. Every negative thought followed by two positives will be cancelled by the first positive and the remaining positive thought is a seed for the universe to fill.

Teenagers:

When all else fails and you are worried about one of your children's future, because they aren't doing their homework, job, or failing in whatever system they are enrolled in, imagine a phone call that you have with them, a few years from now, when they are in their mid-twenties. Hear yourself saying to them, "Oh honey that is so exciting. I'm so proud of you! I am so happy that you are happy." It's a powerful movie that will help you create a positive future for them that is filled with free will choices, but stays on the side of the reality that is productive, inspiring, and happy.

Remember YOU!

Believe it when I tell you that it is useful to look in the mirror and thank you for being you. Thank your body, mind, and soul for working hard for you. An attitude of gratitude cures all. ☐

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www.TransformationalEnterprisesInc.com Maureen's book, *You are the Genie in the Bottle*, published by Hampton Roads Publishing will be available in 2006.