

TALKING POINTS GUIDE

Episodes 18: Our Heart Mandate Is to Be Our Kick-Ass Self

THIS WEEK'S GUEST

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I invite you to look at your journey of being spiritually awake to yourself as a unique expression of the divine. Answer the following for yourself only or share them with friends and family.

Spiritual awakening often begins with asking yourself questions like, “*Who am I, and why am I here?*” So, describe who are you and why are you here.

There is no one path to awakening to the understanding we are spiritual beings on great human adventures. Which means pursuits like winning arguments or attempting to rationalize with irrational people are not important as we realize everyone is on their own path. What is required is patience and compassion toward people who are not where you are in terms of feeling connected to all life and God. Describe how you let go of ego-boxing with others.

To express our spiritual nature we respect that every living thing is worthy and deserving of support and compassion. Describe how you are of service to your fellow human beings and all life.