



Brought to you by
Tools for Abundance

@2017

Terms and Conditions

LEGAL NOTICE

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein.

Any perceived slights of specific persons, peoples, or organizations are unintentional. In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields. You are encouraged to print this book for easy reading.

FOR FREE DISTRIBUTION

Feel free to share this ebook with your family, friends and colleagues. The only requirement is to distribute it “as is” with no changes or omissions.

Editorial Note

For easier reading, “he” has been used as the subject or noun throughout the ebook. If the reader is a woman, please substitute with the feminine version of the subject or noun accordingly. Thank you!

Table of Contents

Chapter 1:

What Is Spiritual Empowerment?

Chapter 2:

Enriching the Spirit – 5 Tips

Chapter 3:

Spiritual Empowerment through Alternative Therapies

Chapter 4:

Being Your Own Spiritual Coach

Chapter 5:

Learning from Life and Moving On

Chapter 6:

Spirituality and Money – Understanding the Equation

Chapter 7:

Understanding the Secret of the Law of Attraction

Chapter 8:

Thinking and Growing Rich

Chapter 9:

Striking the Balance between the Inner and Outer Aspects of Your Being

Chapter 10:

Moving Closer toward Spiritual Nirvana

Recommended Resources

Conclusion

Introduction

What Is Spiritual Empowerment?

What Does It Entail?

The Premise

There are just too many questions in regard to spiritual empowerment, and just as many opinions on what it means and how to achieve it. Truth is, spiritual empowerment could very well be one of the greatest enhancers of our life.

People who have gone through the path of spiritual empowerment are fully aware of who they are and what they want. They have a complete understanding of a situation, and from this perspective they learn to love their life as it is, as well as themselves and others, all without judgement.

Many famous people in the world have attained various degrees of spiritual empowerment.

The people whom the world follows today have had spiritual enlightenment of the highest order. Such is the case of Buddha, Osho or Zen Master Thich Nhat Hanh

This eBook is a humble attempt at taking you there.

Chapter 1

What is Spiritual Empowerment?

Summary

Understanding the true meaning of spiritual empowerment.

What Is Spiritual Empowerment?

Some people believe that spiritual empowerment is founded on living a life dedicated to the mission that God set for them as their destiny. While this idea is totally respectable, spiritual empowerment is not always linked to a specific religious belief. Proof of this is that many individuals who have followed a path into spiritual empowerment belong to diverse faiths and follow different degrees of observance.

Thus, spiritual empowerment can be pursued independently to faith. It is related to achieving a state of freedom from a mundane life, something that inherently we all want to achieve. Being independent in whatever aspect it may be, will definitely boost our confidence and make us do better in life. We must all be equipped with this certain type of positive energy within us in order to have a major shift in the way we live.

Spiritual Empowerment

As discussed above, spirituality may be associated with religious practices and ceremonies but in this particular case, it does not mean that we should be hooked to a certain religion or belief in order to pursue this path.

Experiencing this state would mean that **one's consciousness is awakened**. This enables the person to see himself as the one who he really is, and become aware of his capabilities and limitations attached to his being.

From this enlightened state, the person becomes happy and contented with the person that he is, as he is. Thus, he is able to take care of himself and understand himself more than he used to.

In short, being spiritually empowered makes a person aware of what makes him happy and makes him more sensitive to what would make other people happy.

Why Is This Important?

Our society today has embedded in us stereotypes and perfect models as to how a person should be.

This makes most of us dissatisfied, upset, and even embarrassed about our own selves. Some people have even gone to worse conditions, always wanting to be someone else, getting into depression, and later on, even getting suicidal tendencies.

However, when a person becomes spiritually empowered, he sees himself for who he is and who he is not. He becomes aware of his abilities and capabilities and thus he gets to know himself deeply, lovingly, and honestly.

Moreover, he is able to show empathy toward others as he becomes more compassionate, kind and understanding of others which contributes to the betterment of his community and that of humanity as a whole.

Chapter 2

Enriching the Spirit – Five Tips.

Summary

Here are five interesting tips on how to enrich the spirit.

Enriching the Spirit – 5 Tips

How does one make sure that he gets on the right path to become spiritually empowered? The following are some pointers:

1) Knowing Oneself

The first step to being able to empower one's self and later on, achieve freedom and independence from an ordinary life, is to deeply get to know oneself. It is very important that a person knows his capabilities and limitations so that he gets to discover what his role is in the community he lives in. This in turn becomes a purpose, and he who lives his purpose is able to experience a happier life.

2) Understanding the World Around

Once the person has some idea on the things he may be able to do and how he could affect the things and situations around him, he will start to understand his environment and how he can influence outcomes in it. It is important that a person knows how the things he can do to his surroundings could also affect him. This is better known as the "butterfly effect."

3) Prioritizing Things

When a person is able to determine these things in his life early on, it is easier to set priorities in life. For example, self is the foremost entity that he needs to be taken care of. Without this a person is not able to reach out to his surroundings and could not reach the freedom and independence he would want to achieve.

This goes hand-in-hand with [self-love](#). Although this may seem egocentric or egotistical at first, he'll realize that he cannot give what he does not have. Thus, in order to give love, he must love himself first; he must realize his self-value through love and from there, how he can contribute to the world at large.

4) Sharing with Others

A person may be able to gain independence and freedom on his own but if he does not share what he knows with other people, this effort is deemed useless and it would not really make such a big impact. If a person shares what he learns, he is able to get a step closer in making the world better. Again, this is the "butterfly effect" at play.

5) Continuing to Learn

A person who wants to enrich his spirit is one that does not give up easily, no matter the circumstances and no matter the aspect of life he is involved in. An empowered person would seek to learn more to make the world an even better place for his own self, for the people around him, and for his surroundings, all considering nature and animal life as well.

Chapter 3

Spiritual Empowerment through Alternative Therapies.

Summary

Alternative therapies have become quite fashionable in the world of spiritual empowerment. Let us review some of the most popular ones.

Spiritual Empowerment through Alternative Therapies

One can reach spiritual empowerment in many ways. Among the most common of methods are alternative therapies. Below are a few examples:

Yoga

Yoga uses the mental as well as physical disciplines that originated in India. Most Yoga practitioners today use yoga as a form of exercise. However, this form of meditation may also be used to gain Moksha.

Moksha is the state where a person attains liberation and freedom from all worldly sufferings. It comes from a Sanskrit word that literally means to release or to [let go](#). At the end, the person is able to find his own identity called the Supreme Brahman. Doing yoga may also help a person have a stable relationship with himself while experiencing calm and peace.

Reiki

This method originated in Japan and means spiritual power and Universal Life Force energy. Reiki originated with Mikao Usui after a 21-day retreat in Mount Kurama. Practitioners of Reiki aim to abide to its principles that include - as translated:

Just for today...

→ Do not be angry

→ Do not worry

→ Be grateful

→ Work with integrity

→ Be kind to others

Reiki also makes use of a universal spiritual energy that could actually have both, a physical and an emotional healing effect. Anyone can gain the benefits of this energy but has to go through a process of attunement done by a [Reiki Master](#), or learn how to practice Reiki on himself.

Qi Gong

This type of practice is based on a unique form of energy called the Qi (or Chi) which can be transmitted to others to provide healing and promote good health as well as help in spiritual empowerment. Some people even believe that they are able to develop their skills in [clairvoyance and telepathy](#) with this practice.

Mindfulness

It's a specific state of [meditation](#) and relaxation that places the person in the present moment. Mindfulness can make the person more aware of himself, while calmly and lovingly accepting his feelings, thoughts and physical sensations. The state of mindfulness can be very soothing for all, [spiritual healing](#), mental healing and physical healing alike.

The choice of alternative therapy to follow, would really depend on you and in the practices you feel more comfortable with. In addition, there are many other therapies that you could undergo aside from the ones listed here.

Please refer to the *Recommended Resources* at the end of this ebook for more information.

Chapter 4

Being Your Own Personal Spiritual Coach.

Summary

Self-realization and self-evolvement are two of the most important arms in your journey to spiritual empowerment.

Being Your Own Spiritual Coach

It is not only enough to seek help from other people by using meditative and alternative therapies on your way to spiritual empowerment. It would help much if you were able to become your own [personal coach](#) so that you can engage in self-analyzing and more importantly, in self-correcting lovingly when you make a mistake.

Having an enriched and empowered spiritual life means that a person is able to accept himself, no matter the limitations he has. If you fail to accept your imperfect self or tend to beat yourself for mishaps, or see yourself as a weak or faulty person with not enough abilities to do the job, then you should start to mentor yourself in areas as [self-forgiving](#), self-compassion, and learning from experiences. This will eventually lead you to recognize your uniqueness as a beautiful creation and acceptance of your 'self'. Keep in mind that you are on the road to spiritual empowerment, thus you must help yourself to improve and accept things as they are. Nobody else can help you with that.

It is also important that you humbly remember past mistakes and take action based on the learned experience. Oftentimes mistakes are inevitable. On a positive note, mistakes are what gives shape to a person. One can always learn something from a mistake and when one truly does, one commits to never stumble in the same way again.

As a person learns, he realizes the kind of person he is becoming. He improves and evolves. Still, one cannot always avoid mistakes and sometimes several times are required to learn a specific lesson. Thus, if this happens, be kind and compassionate with yourself. As long as you are aware of what has happened and keep on learning, that is what matters most.

However, making the same mistakes over and over again could be a sign of a lack of effort to help yourself improve. Sometimes, you may need to ask for help from those who are farther along your same path. This is how you move a notch higher in your own spiritual empowerment.

Another important thing to remember is that there is a subtle balance between accepting oneself with flaws and limitations and maintaining the motivation going to keep on improving oneself, even knowing that total perfection can never be achieved.

At the end, [becoming your own coach](#) is advisable as you are the only person who is always with yourself. Being honest with yourself when you make mistakes is imperative for self-coaching to work effectively. You are also the only person who can bring yourself not to make the same mistake again. Persistence and determination are essential for this kind of self-work.

Chapter 5

Learning from Life and Moving On.

Summary

Experience is the worthiest guru.

Learning from Life and Moving On

When you go through the process of spiritual development, you might find some blocks. It is not always a guaranteed success from the start. Oftentimes a person will fail; however, it is in getting back up that he gets courage and [determination](#) to withstand whatever situation he has to face in the future.

If you are on this journey, it is very important to have the [will](#) to achieve your goal – of being independent, free, and empowered as well. It takes work to achieve this and some patience as well.

Even though the path you will be taking will inevitably have some bumps, you must bear in mind that eventually you will start noticing the changes and improvements you've been seeking, which will give you the [motivation](#) to keep on moving forward with more [focus](#) until you've reached your goal.

A word of caution... As we discussed above, mistakes are inevitable. Thus, when you make mistakes, it is normal to feel sad and a little depressed.

However, this failure should not be a reason for you to sulk or even regress and go back to your old ways. Instead, you should use it as a stepping-stone so that you can move on further toward your spiritual goal.

Remember, part of your spiritual growth is realizing you are not and cannot be perfect; however, you are trying to be the best that you can be, and that is what matters!

As you experience successes in your journey, you will start feeling a very light and pleasant sensation every time you reach a milestone. Little by little and due to your hard work and determination, you'll reach your goal and savor success.

[Courage](#) is also important so that you can bravely face your shortcomings and learn to accept them. One weakness is called fear. No person is totally brave all of the time. It is perfectly normal to feel fear. What's not acceptable is to allow fear to stop you from moving forward.

The important thing is to face fear right on and move through it regardless. After all, every new endeavor is unknown, and every unknown can be a bit nerve wrecking at first. Thus, recognize fear, accept it, and move on despite of it. Soon enough, you will leave fear behind and it won't be a hindrance anymore in moving toward your goal.

Chapter 6

Spirituality and Money – Understanding the Equation.

Summary

*Money itself isn't really a part of spirituality,
but it is possible to use money as an ally in a spiritual path.*

Spirituality and Money – Understanding the Equation

When you are on a path to achieve spiritual empowerment, it can be hard to go against all the temptations in the world. It can be hard to avoid indulging yourself with the pleasures what money has to offer.

As they say, money makes the world go around and sometimes, you might forget that there are other forms of happiness in the world that no amount of money can buy. However, there are good news: This is not the case for spiritual people, and we'll assume it is one of the reasons you embarked on this path.

When One is Spiritual

A spiritual person is more aware of himself and his value as a human being. This person is also more aware of his surroundings and of the sufferings of people. This is the reason why many spiritual people are not after material riches.

These types of people find more happiness and fulfillment in the little joys of life that money is not able to bring. A simple example of this is when a stranger returns a smile and a word of gratitude as a result of your letting him know he's dropped his wallet on a busy street. It can brighten one's day. Being kind, compassionate and showing empathy does not cost any money. Thus, spiritual people are able to have a different view and idea about happiness and money. They know money can help in their lives and the lives of those people around them, while it is not necessary for real happiness.

The Spiritual Person's Views on Money

The use of money, of course, cannot be completely avoided. However, a person who has gained spiritual enlightenment only sees money as a means to an end, as a tool to attain what he needs to live, a tool to share the basics with others less fortunate than him, and not as anything else.

Those who want to positively affect society work hard, not only for themselves but so that they can provide for the needs of people around them.

They give out to charities and help other people in need without expecting to gain anything in return, but the satisfaction that comes from being of help to others, something that no amount of money can compare to.

Enlightened people do not chase after money. Instead, they accept it as it comes and use it wisely. They recognize money is still needed to buy essentials but not for superfluous objects that are non-essential to live. They know that expensive and meaningless belongings cannot bring real, permanent happiness.

These people have the right [beliefs around money](#). They believe that they can get what they need or want with their money but they do not chase after it, nor do their happiness relies in attaining material stuff, and as such, their cheerfulness flows easier and more naturally as it becomes a more stable state of being.

Interestingly enough, money starts flowing easier and more abundantly too as it is not linked to the stress caused by wanting to get stuff.

Chapter 7

Understanding the Law of Attraction.

Summary

The Law of Attraction is considered to be the new wave of spirituality, though it is one of the oldest existing secrets of the world.

Understanding the Law of Attraction

Did you know that spiritual empowerment has to do with Quantum Physics? You may not believe it but it sure does; however, there are disagreements around this.

Quantum Physics and the Law of Attraction

According to spiritual experts, you can trace the roots of the Law of Attraction to Quantum Physics. However, many in the scientific community believe that the law of attraction is not a law *per-se*, and that it only belongs to pseudoscience.

The Law of Attraction states that one can use his energy to his own advantage when he follows these four principles:

- 1) You must be very specific of what you want to achieve.
- 2) You must ask the universe to give it to you.
- 3) You must think and feel *as if* you already got what you really want to have.
- 4) You must be ready for its coming and let go of whatever conditions or timing you have attached to your wants.

Thus, the law states that when you think of something as already it already happened to you, there is a big probability that it will truly happen to you.

How It this Law Connected to Spiritual Empowerment

Since you are reading this ebook, you already know that spiritual empowerment and enrichment is what you want to achieve.

When you start to think of it as something that is already in you, you also start to act as if you already have that empowerment. Thus, your actions will help you work out what you need to do and what you need to follow on your path.

Later on, you will notice that you've already reached what you wanted to achieve as you've let go of the things that were stopping you from achieving it.

Thus, when you are in a journey for spiritual enlightenment, it is important to start acting and feeling the way an enlightened person does, so you end up attracting the experiences to your life that will allow you to evolve spiritually. As you do this, you'll also keep out negative energies and vibes while you attract like-minded people and positive occurrences to your life.

Due to the fact that what you think attracts the energies around you, it is best to keep out negative thoughts from your mind to keep out negative energy and people as well.

Chapter 8

Thinking and Growing Rich.

Summary

Thought creates results.

Thinking and Growing Rich

The Law of Attraction has been used for attracting many things, including the idea of becoming rich. As we know, according to this law, your thoughts have an impact in the energy you exude which attracts specific circumstances in life.

Although this has been dismissed as a part of pseudoscience, there are many instances in life where we can clearly see the effects of the Law of Attraction. Some say they are mere coincidences; however, oftentimes these incidences are so clear that it is impossible to consider them random.

On Becoming Rich

The Law of Attraction says that if a person thinks of a specific goal, and feels it and convinces himself that is already a truth, then things will start to follow and the universe will seem to conspire to make it a reality.

Many people believe that when they apply these same principles to becoming rich, they can easily become one. Of course, this can happen but most likely it will not be instantly.

When you start thinking and feeling that you are already rich, your actions should follow suit to fit the same thoughts and feelings.

If you start doing things that can actually make you rich and successful, you will be conspiring with the universe to make it happen. This is where most people fail. They think and feel but do nothing when in fact, they can actually become rich as a result of congruence between feelings, thoughts AND their own doings. All components need to be in place for this to work. All of them.

On Succeeding in the Endeavor

If you want to succeed at anything, this should be something you want to keep in mind as well: A person who believes in success and the workings of the Law of Attraction should also have the [self-confidence](#) that could take him where he wants to go.

Self-confidence will bring people and deals together which also helps in manifesting one's desires. This is where action takes place or, like they say, where the rubber meets the road. Here's an example: When a business associate or a client meets up with a person who is self-confident, they subconsciously become convinced that making a deal with that person will also bring them success. This is how win-win scenarios are created.

In its simplest terms, this is how the Law of Attraction works: A person who has positive energy due to his thoughts, feelings and self-confidence will surely attract positive energy while blocking or rejecting negative energies; thus, guaranteeing their success.

Chapter 9

Striking the Balance between the Inner and Outer Aspects of Your Being.

Summary

A perfect balance is key to achieving material stability as well as spiritual peace.

Striking the Balance between the Inner and Outer Aspects of Your Being

Being spiritually empowered brings us not only to self-awareness but also to be aware of others as well as our surroundings. However, there are times when these concepts could clash, which is a reason why balance must be maintained between the two.

The Inner Aspects of Your Being

An enlightened person becomes more fully aware of his own self, his body, his capabilities as well as his flaws and limitations.

However, a person who is spiritually empowered is able to accept whatever weaknesses they have, work on them and make them a stepping stone for improvement and not as a hindrance, all of this while taking care and nurturing his physical body.

The Outer Aspects of Your Being

Aside from the physical and physiological needs, there are other needs that require attention as well.

You might have experienced freedom and independence yourself; however, when you see people around you that lack these basic rights, then internal conflict may arise as the principles that you wish to live by begin to clash.

Striking a Balance between the Two

Usually, people who have experienced this freedom and independence from the mundane, want to share with others what they have experienced themselves. This need emerges from wanting other people to experience the happiness of spiritual enlightening as it is not enough to feel happiness within. Happiness feels more *complete* when it comes from the interaction with other people, especially those that share something in common with oneself.

In this manner, happiness felt within oneself is incomplete if the person finds that his surroundings cannot give him the happiness and enlightenment that he had worked so hard to achieve.

It is for this reason that spiritual empowered people try to spread and teach what they have learned during their spiritual path so that a balance between his inner and his outer being is achieved.

This closes a circle. It ensures the person that he is not only working things for himself but also for the people around him and his surroundings. This is what a well-rounded happiness experience should be.

Chapter 10

Moving Closer toward Spiritual Nirvana.

Summary

*Nirvana is the ultimate step in spiritual empowerment. Very few people have ever attained it, but then again... what is Nirvana if not a state of your own mind?
Nirvana is possible, even in this plane of existence.*

Moving Closer toward Spiritual Nirvana

Every journey has an end and each undertaking you get yourself into has a goal to be achieved at the end. As you go through the process of spiritual empowerment, you do not only get yourself to experience freedom and independence from the mundane but you move closer to Nirvana as well.

What is Nirvana?

Nirvana is said to come from a Pali word meaning, “blowing out”. Thus, this means that a person experiencing Nirvana has blown out greed and hatred and is free from suffering regardless of his outer circumstances.

In Buddhism, Nirvana is said to be a state where a person achieves and experiences perfect peace of his own mind and frees himself from cravings, anger and negative feelings, and other afflictions as well.

He also becomes at peace with the world, gives kindness and consideration to other people, and does not obsess with physical things anymore.

How Is Nirvana Achieved?

According to the Pali Canon, Nirvana can be achieved in many ways. First, it can be reached from insight and self-awareness alone or it can be realized through understanding.

Nirvana may also be achieved through the deeds a person has completed, or through the virtues, rectitude, morality and righteousness that a person has, as well as the achievement of deep understanding and higher consciousness. It can also be achieved with effort and concentration on the four foundations of mindfulness, which include the body, mind, spirit and mental contents.

If you summarize all of these things, the path to spiritual empowerment, which ultimately leads to Nirvana, is the same as the Threefold Training of Buddha, which includes **wisdom, mental development, and virtue**.

A person who is able to lead a life with the right speech, action, livelihood, effort, mindfulness, concentration, understanding, and intention is sure to attain higher consciousness and be able to reach the right path to enlightenment.

When this happens, the person is not anymore attached to the material world, the drama of everyday life, or the problems caused by people who live in a lower state of consciousness.

He has found a different kind of [happiness](#) to fulfill his life: That of being truly human from the inside out, that of expressing his humanity happily, honestly and peacefully with every action of his *being*.

Recommended Resources

[Tools For Abundance](#)

Get the Tools to Empower You and Achieve Your Best!

[Transforming My Life](#)

Self-directed, Guided Life Coaching Virtual Program to help You Achieve Your Goals and Dreams in 6 Short Weeks!

[Techniques for Empowerment](#)

Align Your Thoughts and Emotions for a Balanced Life.

[Reiki Master Training](#)

The power to heal is in your hands... literally!

[Memorable Quotes](#)

One Inspiring Quote a Day to Lift Your Spirits and Keep You Motivated.

[Abundance4Me](#)

Discover the Steps to Manifest Your Every Desire!

Blessings!

Conclusion

Empowering the spirit is a very tall order. It requires decision, determination, perseverance, patience, high discipline, a particular frame of mind and much sacrifice.

Once you attain this state, there's not much to wish for because you feel complete and fulfilled from the inside-out.

Best Wishes
on Your Path toward
Spiritual Empowerment!
