

# **What Everyone Needs to Learn about Healthy, Mature Spiritual Living:**

by Dr. Michael Absatz – August 2022

## **How to Live a Love-Filled Life**

1. Love and trust God
2. See the Divinity in Everyone, and the Oneness of all of creation
3. Love yourself, and be good to yourself
4. Help the poor and needy
5. Stand up for those who are oppressed
6. Live simply, humbly and kindly
7. Take care of the earth, animals, and all of life
8. Don't waste resources
9. Use your energy to make a positive difference in the world
10. Live in gratitude -- count your blessings.
11. Find nonviolent solutions to problems
12. Let your light shine
13. Don't judge, be merciful
14. Use your gifts and talents to benefit others
15. Enjoy every moment you live
16. Be "in" the world, but not "of" the world