

Practical Daily Tips: *Finding Balance in the Midst of Chaos*

- Wake up early and start your day with a practice
- Set your intention for the day
- Remember yourself through out
- Find joy in what you do
- Choose wisely where you go, what you eat, what you watch, listen to, who you spend your time with
- Eat the best food you can (no cell phones, etc... at meals- be mindful)
- Cook more at home, eat with others
- Be aware of your intention throughout the day
- Move! Do something you enjoy for exercise (play a sport, dance, walk be in nature)
- Help others.
- Read and study the doctrine.
- Pray
- Go to bed early
- Work with your sexual energy through tantra or pranyama
- Practice Retrospection
- Practice Dream Yoga
- Sleep enough for your body, mind and spirit to feel rested (Keep all electronics out of the bedroom (no TV, computers, cell phones, etc.)

Study these topics:

Healthy Spirituality: How to Eat for Spiritual Growth

<http://gnosticteachings.org/download/healthy-spirituality.html>

Eucharist: Spiritual Strength through Blessed Food and Drink

Watch the video at <https://youtu.be/sCciSc8ojeM>

Eliminate your Defects

<http://gnosticteachings.org/courses/beginning-here-and-now/3457-gnostic-psychoanalysis-part-2.html>

Natural Medicine for Emotional and Spiritual Pain

Watch the video at <https://youtu.be/8q8F5AxZq0Q>

Pray

<http://gnosticteachings.org/faqs/prayers.html>

Gnostic Meditation

<http://gnosticteachings.org/courses/gnostic-meditation.html>

Meditation without Exertion

<http://gnosticteachings.org/courses/meditation-without-exertion.html>

Meditation Essentials

<http://gnosticteachings.org/courses/meditation-essentials.html>

Incense: For Spiritual Defense and Cleaning

Learn how to use incense by watching here <https://youtu.be/aNVTx6qYkQM>

Defense for Spiritual Warfare

<http://gnosticteachings.org/download/defense-for-spiritual-warfare-course/113-defense-for-spiritual-warfare-01-part-1.html>

A Prayer for Protection: Klim Krishnaya Govindaya Gopijana Vallabhaya Swaha

<https://www.youtube.com/watch?v=4TdH2VP8sE0>

<http://gnosticteachings.org/faqs/prayers/836-klim-krishnaya-govindaya-gopijanavallabhaya-swaha.html>

The Narrow Way

<http://gnosticteachings.org/books-by-samael-aun-weor/the-narrow-way.html>

<http://gnosticteachings.org/lectures-by-samael-aun-weor/3753-sexology.html>

Alchemy

<http://gnosticteachings.org/courses/alchemy/3071-the-elements-in-spiritual-growth.html>

Why Study Kabbalah?

<http://gnosticteachings.org/introductory-information/43-kabbalah-the-universal-tree-of-life.html>

Retrospection Exercise

<http://gnosticteachings.org/courses/beginning-here-and-now/3457-gnostic-psychoanalysis-part-2.html>

Dream Yoga

<http://gnosticteachings.org/books-by-samael-aun-weor/dream-yoga.html>

The Book of Joy

By H.H. the Dalai Lama and Archbishop Desmond Tutu