

## Spiritual Life... What's comes first my mental or spiritual health?

### **S i t u a t i o n :**

For many years I worked on my mental fitness and I'm glad to say I've made some progress. Now for the last couple of years I've been on a more spiritual path. As a practicing Christian I've been taught to talk to God when things go wrong in my life. Yet, I'm not sure if this conflicts with what I've learned about stopping to think about what I'm thinking and changing my thoughts.

For example, the other day on the way home from work I started thinking about a little incident with a co-worker earlier in the day. By the time I got home I was thoroughly upset, sat down in the recliner and boo-hoo'd for a while as I was talking to God. One thing I remember saying is, "Why do these things always happen to me?" Can you help?

### **A n s w e r :**

*Your confusion is pretty common. Lots of folks find themselves in a dilemma when it comes to working on trivialities and taking charge of their thoughts versus giving it all to God. Spiritual training teaches us that the Supreme Being gave us, as human beings, dominion over our thoughts. That same fact is present in psychological training – we can change our thoughts. Another word for dominion is control. Having control over our thoughts means that we can accept, reject or replace the thoughts we find ourselves thinking.*

*In my mind, doing my part eliminating my fear and my anger by using mental fitness tools puts me in a better position to talk to God. Personally, I find that taking care of my irritations and frustrations, my disappointments, my fears and the things that "rubbed me the wrong way" as soon as I can throughout my day, makes me more calm. Then I'm more settled, more peaceful, and I can spend my time in gratitude – thanking the Divine Being for all the wonderful things in my life. And as a bonus, taking responsibility for my mental health makes me more open and receptive to guidance and direction – "hearing" what God's trying to say to me!*

*Consciously neutralizing fear and anger on a routine basis, taking dominion of our mental health, really does open our minds to recognize and appreciate the rich blessings of the Universe in each of our lives.*

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