



SPIRITUAL PRINCIPLES

TO FIND MEANING IN OUR DAILY EXISTENCE

1

PATIENCE AND TOLERANCE

Being tolerant implies allowing the occurrence or existence of things you don't necessarily agree with.

2

ACCEPTANCE

The acceptance principle is all about acknowledging and coming to terms with the realities of given situations in life.

3

OPEN-MINDEDNESS

Being open-minded allows you to listen to opposing viewpoints before you conclude.

4

GRATITUDE

Exercising gratitude saves us from discontent by magnifying the importance of things we have, however insignificant they may seem.



5

HOPE AND FAITH

If your life is in a mess, the only way out is having hope and faith since you'll get to see a brighter and better future for yourself and humanity.

6

FORGIVENESS

Forgiving is about letting go, rather than condoning or approving what others have done to you.

7

HONESTY

It's easier to be honest to others, but you can only master the spiritual principle of honesty when you start being honest with yourself.

8

HUMILITY

Humility is liberating since it allows you to pursue your goals at your own pace.

9

INTENTION

The spiritual principle of intention stems from the belief that you'll focus your thoughts and actions towards achieving your objectives.



Spiritual Principles

Ying-Ying Zheng



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