



IDEAS TO SPIRITUALIZE YOUR HOME

- Take charge of the images, sounds, and experiences you want in your home or that your children will be exposed to, for all of this will have an influence on each family members' well-being.
- Surround yourself with beautiful colors and classical artwork. Color carries the frequency of the light rays of God and of cosmic virtue. Color can enhance your spiritual awareness by becoming more sensitive to vibrations.
- Avoid distorted images, television shows that do not support family values and intense music that will take away the purity and innocence of the soul.
- One way to reinforce the concept that our homes are sacred places and that every activity within them can have spiritual significance is to dedicate our homes. Homes can be dedicated as sanctuaries where the Holy Spirit abides and where family members can worship, find safety from the world, grow spiritually, and prepare for eternal family relationships.
- Play meditative classical music – this helps adults and children become more connected with their Higher Self – good time for children is while doing homework or during naps.
- Take time for God - Say daily prayers or devotions. Say grace before meals.
- Create opportunities for quiet time that will allow the adults and children to commune with God, the ascended masters and angels.
- Make Sunday or the Sabbath a holy day dedicated to devotions, worship, rich discussions and family time. Try disconnecting from your devices.
- Watch uplifting movies with moral values you support. Have a discussion, as a family or with friends, afterward about the movie. In general, consider limiting the amount of TV that is watched.
- Plan simple service projects that includes your family or with friends.
- Take a walk and enjoy God's creations in nature.
- Read uplifting classical stories about heroes, saints, virtues to your children.
- During family councils and home evenings, consider discussing what things family members should see and hear, and then together set family standards for all to observe.
- Periodically, we might assess our surroundings to see if we have the kind of home atmosphere in which God and the ascended masters would be happy to be in.