

## **Spiritual Rules in Everyday Life**

### **Small code of conduct for a spiritual way of life**

#### **1. Define spiritual frame of reference (spiritual reframing)**

First of all, it is about recognizing one's own embedding in the spiritual environment, perceiving it attentively and aligning oneself with it. This can happen within the framework and against the background of one's own religious or philosophical worldview, but tends to extend beyond that.

In doing so, we should make ourselves aware

- that the real world is a spiritual world,
- that the world on this side is an illusory world,
- that a hierarchy of spiritual beings is responsible for this world and the hereafter,
- that the material, this-side world is a secondary world [ $mdW = f(gW)$ ]; that is, the this-side world is a function of the spiritual world.

→ **We should make ourselves aware of this world view again and again.**

#### **2. Mindfulness as a permanent strategy (awareness).**

The material world of this world has a tendency to take us over, so we should work permanently to achieve a basic attitude of mindfulness. This must be practiced continuously.

→ **We should constantly try to be mindful of the actual situation.**

#### **3. Build up spiritual protection.**

Because material, energetic, and appropriating influences continuously flow into us, we should try to make ourselves inaccessible to them. There are different ways to do this:

- We can ask God for help,
- we can go into resonance with the spiritual,
- we can specifically imagine a protective mantle or protective circle (e.g. as light),
- we can call upon spiritual entities and ask for protection (God, Revelator, Jesus, Mary, guardian angels, etc.).

→ **We should renew our protection as often as possible.**

#### **4. Communication with spiritual entities (spiritual communication).**

If we assume that we are all guided, it is of crucial importance,

- to recognize and perceive this guidance,
- to recognize essential goals and intentions of the guidance (life or life stage parameters),
- to enter into communication with the spiritual guidance,
- to cooperate with the spiritual guidance.

#### **5. Exploiting personal potentials (capabilities)**

We all have great personal potentials and resources. We should and may use them for spiritual development.

#### **6. Divergences of opinion and truth (truth)**

Experience - especially among spiritual people - shows that often instead of spiritual harmony, differences of opinion are at the center of conversations. Spiritual truth and personal view are often not congruent. Or in other words: Truth often appears to be very

partial, subjective.

### **7. spiritual mission here and now (challenge)**

We all have two central tasks

- personal development and
- to contribute to the collective development and spiritualization of humanity.

**Basically: In case of difficulties always go back to 1, 2, 3 etc. and start there.**

Source: Christian J. Jäggi: Säkulare und religiöse Bausteine einer universellen Friedensordnung. Eine Zusammenschau. Baden-Baden: Tectum 2021. p. 162f.