

Author Michael Keller shares his life experiences in this inspirational and uplifting book. Keller covers topics from the happiest of times, laughter, headaches, tough love, through alcohol abuse, depression, and the stages of death and dying. He imparts how to overcome challenges through recognizing faults and letting go. One of the best feelings in the world is when we have trust in ourselves and in others.

Life In A Week: What Is Spirituality?

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michael shawn keller

Life in a Week

*What Is
Spirituality?*



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ISBN 978-1-60910-460-3

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Printed in the United States of America.

BookLocker.com, Inc.
2010

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Chapter One: Life Lessons

“We should never attempt to stoop to the mean spirited person’s level in order to feel a few moments of gratification because we will have to live with our actions.”

Be Careful of the Wolf in Sheep’s Clothing

We all want to be happy and live a peaceful life but every once in a while, the devil will come along disguised as a sheep. The sheep appears to be gentle, kind, and loving but in time, you find your good nature has been compromised. After a while, you find the sheep has been clawing away at your good nature while all along trying his best to destroy you, not knowing that love is much more powerful than anger, hate, or deception. The devil is just a lonely, sad, and angry being who is only happy when others are brought down to his level. I believe most people attempt to be good but we sometimes take rockier paths in life and become lost. We tend to panic when we feel lost because, we are not in control of where we are going and don’t want to end up somewhere unknown to us. It is at that point where we must choose the path we want to take knowing we make our own decisions in life and must live with the results. We must realize it is foolish to blame the outcome on others.

When we pretend to be something we are not, we are only deluding ourselves. When we are deceived by wolves in sheep’s clothing and we become stronger knowing the devil didn’t have

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any power over us because, we were filled with the natural light of Love that blinded the wolf's angry vision. Do not let the wolf's addiction slow you down on your happy trail in life; keep the peaceful spirit and loving thoughts in your heart and you will never have to fear that mean devil. Life is about how we handle challenges, through what we learn from those challenges and how we treat others in our daily lives. Always try to help others and you will be surrounded by Love, but when you come across an angry devil who tries to hurt you, remember not to stoop down to his level. Surround yourself with the family and friends who love and care for you unconditionally.

We all have been deceived and feel used at times by people with mean spirited motives. We may even feel like getting even or settling the score but let me tell you from my own experience, it is never worth it! We should never attempt to stoop to the mean spirited person's level in order to feel a few moments of gratification because we will have to live with our actions. I have learned at an early age, the only person who is always going to be there for me at all times is me, but I want to be able to lie my head down on my pillow at night knowing I did well that day. We learn a lot about ourselves and others when we're under pressure, filled with stress, and in heated situations. We learn we may have a temper or we may get scared. We may even become defensive or we can overcome that stress from the strength we have from within our inner faith and the love we have for others.

I had a situation with an old friend who made some very bad decisions while using some heavy-duty drugs. For this reason, my friend lost everything. This friend stopped by late one night

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causing a scene by punching in my screen windows, trying to get into my house, and trying to wake my neighbors. I overreacted by yelling back at this person, making the whole situation much worse. I learned that night, no matter what the situation might be, always try to be calm; try to put yourself in the other person's shoes and resolve the situation with a calm attitude or just walk away if possible.

“When we laugh, it brings out our best and allows us to pass it on to others around us.”

Laughing

Laughter is the purest form of energy known to all humankind. Laughter is very contagious. Studies have shown, people who laugh every day live healthier and happier lives. Laughter is an unconscious vocalization; when we laugh, it comes from our inner self, without our control. Whenever we subconsciously do something, it becomes second nature. Studies from all over the world agree on two major facts; laughter can eliminate physical pain and it helps stabilize our blood pressure.

When I am having a challenging day, I open up a comic book and read it for a few moments or watch a funny movie to have a few laughs and just to get away from the challenges of that moment. One of the best ways to get back into a good mood is to take a walk with nature, whether it is in the park, a bike ride through the city, or a stroll on the beach. Nature is the best way for us to relax and to regain our happy state of mind. When we were babies, we would cry if we wanted a bottle or wanted to be held, because, we didn't have any other way to communicate and crying is natural and healthy like laughter.

There are thousands of languages and cultures in this great world of ours and the universal communicator we all know is laughter; this should be proof enough for us that we need to laugh more

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often. I was in the city and saw a cat chasing a raccoon right past a huge crowd waiting to cross the street and I cracked up laughing, within a split second, the entire crowd standing there was watching and laughing so hard half of us missed the crosswalk light! We are all from different walks of life and have many different goals in life but, we have laughter in common and we should never hold back on expressing it because, it will bring us closer together.

Laughing makes us look younger, feel younger, and healthier. It is so much easier to go up to a stranger and strike up a conversation with that person when we see the person laughing, because we know he or she is happy. When we laugh, it brings out our best and allows us to pass it on to others around us. Laughter is a positive mood changer and will change your life if you let it, just laugh more often and you will live a much healthier life, filled with love, hugs, and laughter! So the next time you are in a bad mood, just remember, this silly page about laughter and laugh about it, remembering laughter is good for you.

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