



Practical Ways to Heal the Soul

Spend time with God in solitude and Silence.

Practice Christian Mindfulness and intentionality that is:

Dedicated

Focused

Persistent

Repetitive

Deep

Have a Sabbath weekly and daily for you mind even if it is only for a few minutes. The brain need to re-boot especially if it has been traumatized.

Meditate and Memorize Scripture

Practice the Presence of God

Stop mult-tasking. It makes your brain a milkshake.

Practice forgiving.

Thinking positive, healing thoughts can change the structure of your brain, your mind, attitude and your behaviors.

Take 5 minutes a day for a minimum of 40 days on these suggestions. Repeat positive thoughts a minimum of 6 times a day. It takes 21 days for an old thought to die or (deniture) and new thoughts (dendrites to grow).

