

Using the Satisfaction Skills To Enhance Your Spirituality



with excerpts from:

What I Wish I Knew:

Stories, Strategies and Studies about Being Your Best At Any Age

and

Love Never Fails:

Discussions on Healing and Happiness

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The satisfaction skills (awareness, affirmations, assertiveness and acceptance) are four ways of thinking or connecting to the world around us.

As explained in [Four Steps to Being Your Best](#), they can improve communication and reduce stress. But, if spirituality is important to you, they can also help you to pray..

Prayer and the Satisfaction Skills

If a prayer is “any thought that connects us to God or God’s creations,” then the *Satisfaction Skills* suggest four types of prayer.

Awareness can open your mind to the blessings, love and goodness that surrounds you now.

Affirmations, such as praising the wonders of creation or the miracles of life, are an uplifting and common form of prayer.

Assertiveness can be used to prayerfully describe your needs and feelings, and place them in God’s hands.

Acceptance helps us recognize that we do not have the wisdom to predict the future or to understand God’s will (e.g., as expressed in prayers like: “Thy will be done”). It helps us to trust.

You will get the most benefit if you use *all* the satisfaction skills in your prayers - just as *all* of them are helpful in your personal relationships.

From: “Love and Healing ”
in *What I Wish I Knew* (p 25)



The satisfaction skills are thoughts, words or prayers that can help us see or find the Spirit's Love. But can Love grow if all you do is just think about it?

If you're ready to take action to increase the Love you feel, consider the value of the Golden Rule.

The Golden Rule

Do to others as you would have them do to you.

- Luke 6:31 NIV

The Golden Rule, or something similar, is followed by people of every faith, as well as people of no faith. How often does it guide you?

The Golden Rule as Expressed in Major Faiths	
<i>Buddhism</i>	"Hurt not others in ways that you yourself would find hurtful." Udana-Varga 5,1
<i>Christianity</i>	"Do to others as you would have them do to you." - Jesus (5 BCE—33 CE) in Luke 6:31; Luke 10:27; Matthew 7:12
<i>Confucianism</i>	"What you do not want others to do to you, do not do to others." -Confucius (ca. 551–479 BCE)
<i>Hinduism</i>	"This is the sum of duty; do naught onto others what you would not have them do unto you" - Mahabharata 5,1517
<i>Islam</i>	"Hurt no one so that no one may hurt you" -- Muhammad, The Last Sermon. (570 – 632 CE)
<i>Judaism</i>	"Whatever is hateful to you, do not do to your neighbor. That is the whole Torah. The rest is commentary – Hillel the elder (50 BCE-10 CE)

In this story excerpt, a young man stops to visit with an old woman during his "meals-on-wheels" delivery. How does he measure up to the Golden Rule? ...How do you?

...Like I Might Be Someday

Bernice smiled a little as she put the glass down next to the cookies.

"You know, I've always wondered... Why does a young man like you spend the middle of a busy day delivering meals to an old lady like me?" She sat down next to a table cluttered with tissues and medicine bottles.

Donald stared out at the snow as he chewed. "Well, you know... I think it was because of all the pictures at my Grandpa's funeral. When I saw him as a young man with my Grandma, it really hit me: I'm a lot like him - and some day I'm going to be old, too.

"So I decided I'd try to help other people who were, maybe, like my Grandpa ...or maybe like I might be someday."

He shrugged, and saw that her eyes were sparkling now.



From: "Because of All the Pictures"
in *What I Wish I Knew* (pp. 10-11)

Love, Healing and Total Wellness

The Satisfaction Skills can help you experience more love with your God, your friends and your family.

Love Is a Sense of Oneness

Love is a sense of oneness with God and God’s creations, including others, yourself and the world.

The mind and body *can* be healed by love. But the best and most lasting sign of healing is peace or joy – not physical change.

- Spirituality is love, and so is God.
- Love is always around us — but fear, guilt and anger keeps us from experiencing that love.
- The Satisfaction Skills can reduce the blocks (i.e., fear, guilt, anger) that keep us from being in Love.
- The experience of love and healing is just a thought, a word or a prayer away.

From: “Love and Healing”
in *What I Wish I Knew* (page 25)

IMPROVE YOUR TOTAL WELLNESS

To love God and your neighbor as fully as possible, you need to maximize your physical and emotional health.

This booklet is one part of *Being Your Best*, a total wellness program for the mind, body and spirit that was honored with *AARP’s Social Impact Award*.

It uses evidence-based strategies to prevent and control illness, manage stress, avoid hospitalizations and solve your Wellness Puzzle™.

