

The Can Do Spiritual Exercises

For Everyone and Anyone

**Regardless of creed, color, past history, gender, beliefs or
religious affiliations**

Feel Better

Be Better

Do Better

By

An Ordinary Person

The Can Do Spiritual Exercises
For Everyone and Anyone

This saying was found on the wall of a rundown
apartment:

“All my life my heart has sought a thing I cannot
name.”

–Author Unknown

Are you looking for something?

Purpose

The purpose of this book is to help just one person.

If this book is able to help just one person then it

will have served its purpose.

“The body,-that is dust; the soul,-it is a bud of
eternity.”

-N. Culverwell

“We are but dust in the wind.”

Who We Are

We are human beings.

We are of one body with two natures – The
physical and the spiritual

Our physical nature is controlled by two instincts.

The survival instinct and the sexual instinct

The Survival Instinct

The survival instinct is the strongest of the two.

Our body is composed of living matter that needs to be satisfied at all costs or it will die or cause us
great pain.

We need food for energy. We need warmth to keep our body at a temperature that will allow it to survive. We also need our body to be stimulated to satisfy the life within us both physically and mentally by pleasures of the body and mind.

Our body and mind will say no to anything that would threaten the life within us.

The Sexual Instinct

Our sexual instinct is our second strongest instinct.

This instinct is necessary or otherwise we would not procreate and the human race would quickly end.

What makes this instinct work so well is that there is great, physical pleasure associated with it. This is the incentive we need to continue the human race.

Choice

Our human nature allows us to have the freedom
of a choice in everything we do, think and say.

No one else can make the choice of what we do,
think or say. It's all on us. We are making choices
both large and small every waking minute of every
day, and we will until the day we die.

The choices we make will determine who and what
we are.

Period.

Why We Do What We Do

There is only one reason we do what we do, and it's very simple. We do what makes us feel good.

Whatever that is.

Knowing the “what” is the easy part. The hard part is to know *why* what we do makes us feel good.

You are the only person who truly knows the answer to that question.

Karma

Karma is real. It is a natural law and is undisputed.

For every action there is an equal reaction.

What goes around comes around. You can't escape

it.

Our karma is our choice.

A Spiritual Nature

The other nature we have alongside of us in our body is our spiritual nature. Our spirit is the very life inside of us.

Our physical body begins to die the minute we are born and is finite. It has an end.

You will die and I will die.

Our spirit leaves us when we die, but our spirit is infinite and does not die. Our spirit just moves on into infinity.

God

A little boy started to look around him and saw plants, trees, other people and the moon, stars, and the sky, and instinctively he knew that all of this was created by a power far greater than man.

He had no name for this power at first, but later he found out the name of this power was God.

He found out that those who believed in God, believed God was an infinite spirit with infinite love, energy and intelligence. That God was the creator of an infinite universe and us.

The spirit within us is part of God and is infinite.

Those who truly believe in God, believe he is all
powerful, always was and always will be.

We cannot understand that, but maybe we as finite
human beings were not meant to. Those who
believe in God, believe in a God of love who does
forgive anyone and everyone of any wrong they
have committed and still love them.

God loves us unconditionally.

Pascal's Wager

Blaise Pascal was born in 1623 and is considered

one of the most brilliant minds of all time.

He invented the mechanical calculator, the

forerunner of the computer, the syringe, the

hydraulic press, the first wristwatch, the roulette

machine, and he proved that a vacuum does exist

and formulated the laws of probability, which are

still in use by today's insurance companies and

gamblers.

In 1654 he had a two hour vision in which great things were revealed to him one of them being

Pascal's Wager.

The most important bet you will ever make is going to be forced upon you. There is no way to get out of it. You must bet one way or the other.

This is the bet.

The Bet

- 1) If you believe in God and you are wrong, you lose nothing. Let's say you bet that there is a God. What happens if you're wrong? There is no God, and a life after death does not exist. You lose, but what have you lost? Nothing. You will have lost nothing.

- 2) If you don't believe in God are you are right, you gain nothing. Suppose that you bet that there is no God. Let's say you are absolutely

right and win the bet. What do you win?

Nothing. You will gain nothing for your wager.

- 3) If you don't believe in God and you are wrong, you have lost everything. If, on the other hand, you choose not to believe and to reject God, and you're wrong, you will have chosen to spend your eternity without God. Your eternity could be spent alone and in the dark with the torment of an awareness of what you have lost, stuck in an eternity that has no end.

4) If you believe in God and you are right, you gain everything. On the other hand, suppose you bet that God does exist and that there is life after death and you are right and win the bet, what did you win? Everything. The winner of this bet will spend eternity with God, whose love is unconditional, all-encompassing, and infinite. There is no end to God's love. You will spend eternity being loved and feeling a love that will far surpass all joy and ecstasy that

you have ever felt. Your eternity, of which
there is no end, will be spent in absolute peace,
freedom, and harmony with the never-ending
bliss of being loved by the greatest love of all.

You Have No Choice but to Bet

You are either betting that there is a god and a life after death, or you are wagering that there is nothing else. In this matter, you have no choice but to make a choice. You will have to place your bet one way or the other.

You are reading this so you are alive and have time to place your bet. It doesn't matter what you have done with your life before now. God loves you, always has, and always will. And this love is unconditional and includes absolute forgiveness.

Everyone on Earth strives for the same thing, to feel good. When you open your heart to God and let him come into your heart and life, you will feel better than you have ever felt.

Your life will change and become better and better. Place your bet on God and his love for you.

You have everything to gain and nothing to lose.

A Relationship With God

Since your spirit is a part of God, a relationship with God is a natural thing. Your relationship with God can and should be a very personal thing.

When you talk to God, God listens.

The Can Do Spiritual Exercise

The Can Do Spiritual Exercise will make you feel

better.

Be better

And

Do Better.

**When was the last time you had real peace of
mind?**

When was the last time you felt true happiness?

Should you choose to believe there is a higher power than you, that is God, these spiritual exercises will be easy and could give you hope, something to hang onto, and change your life.

The Can Do Spiritual Exercise

1. Thank God when you first get up for the sleep and rest you had that night.
2. Thank God for loving you and forgiving you.
3. Thank God for everything God has given to you and done for you.
4. Thank God for Forgiving you for whatever you have done.
5. Ask God to fill your spirit with His love and spirit.

6. Ask God to give you the wisdom to deal with yourself and your conflicts and deal with other people.
7. Encourage someone.
8. Do a kindness for someone no matter how small.
9. Make Karma work for you with this kindness and encouragement.
10. At the end of the day, thank God for the day and say, "I love you, God."

God listens to you and has heard every word you
have said.

Don't be afraid to ask God for anything.

You might be surprised.

The Short Can Do Exercise

If you feel you won't or don't want to do the ten parts, then you can do a short version below.

Once a day or however many times you want to,

say the following:

“Thank you, God.”

Or, “I love you, God.”

Or, “Help me, God.”

You can always turn to God when there is nothing

or no one else.

What can you lose?

Conclusion

This little book was written for those who are incarcerated. They are the forgotten and have been written off. They have hit rock bottom and their lives are usually one of a revolving door in and out of jail. Maybe, just maybe this could give some of them something to hope for and believe in. This is also written for each and every person in the world. There is not one person on the face of the earth who does not need help. No matter who you are, let God help you.

“Happiness is neither without us nor within us.
It is in God, both without us and within us.”

Blaise Pascal

“Each person is born to one possession which
outvalues all his others – his last breath.”

Mark Twain