

Psychology Meets Spirituality- Secrets To A Supercharged Life You Control!

Disclaimer- This is for information purposes only, if you are thinking of making any big changes- health or other, make sure you do your research and consult with an expert.



Who Am I?

My name is Luke Miller and I am the creator of Potential For Change. I am a spiritual life hacker who likes to combine spiritual techniques like meditation, visualisation and focused consciousness with personal development, psychological techniques and life hacks!

I have found that these areas complement each other really well and I would argue that being spiritually connected is probably the most effective life hack there is!



I have been actively studying and implementing these techniques for close to a decade and I like to take what I have found useful and turn it into actionable information so I can teach people like yourself how to live life on your terms, perform at your peak and create a happy fulfilling existence!

The reason I created Potential For Change was to meet up and connect with awesome people who are on a similar path to myself and I think I have been able to do this by not holding back, putting my soul into my content and showing you that you can always get that extra edge through the information I share.

I originally tried to confine this idea into the box of spirituality, but the message I have cannot be contained within this restricted area, so you can expect me to speak about anything that falls under the 4 areas of health- Spiritual, Emotional, Mental and Physical, with a heavy emphasis on spirituality being the foundations for great health.

I am a very spiritual guy and believe that there is a higher power that we are all connected to, I believe in

love, compassion, empathy and kindness- but with that said this is not going to be an overly spiritual lovey dovey kind of place.

I also believe in commitment, dedication and sacrifice if you are ever going to live the type of life you can, and should be living. So the secondary goal of this blog is to show you how you can take this information, apply it and go out and live life on your terms.

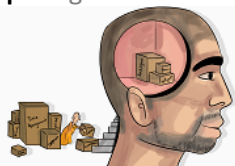
I will be hacking my body and mind, sharing the results and giving you actionable information you can use to push yourself forward. Some of the things I share may not work for you, but that is the same with most things and as far as I have seen, there is no one size fits all road to the good life.

What I am not is an overly motivational guy who thinks life is all about the grind, if that way works for you then great, but for me I sometimes like to sit on my backside watching Game Of Thrones and eating pizza- we all have our route to enlightenment this is mine and for

those who want to join me, here is your chance.



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Intro

The information contained within these pages is a philosophy for how you can create a life that you love, which is on your terms, where you are spiritually connected and performing at your peak!

Being honest with you- Reading these words will not change your life overnight, the truth is even if you take every word of this text, implement it and make a conscious effort to do this stuff every day you will still struggle. Because human beings always struggle.

Upgrading your mind and body comes with a unique set of challenges because the more you learn about yourself the more doors open. So if you are looking for the easy life I am here to tell you that I have never met anyone who has had that life.

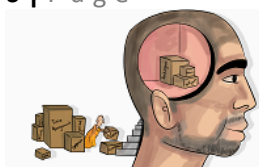
What this is about is a shift, not a shift from a life full of problems to a life where problems don't exist. But to a world where you view your problems in a different light.

One person will view the end of a job as a loss of a job, another will look at it as a chance for a new opportunity.

One person will complain because they cannot afford to buy milk, while the other will be happy to have a loaf of bread.

This is not about change, it is about perception change which leads me to the start of this book and what I like to call The Happiness Philosophy-

Happiness Philosophy



The pursuit of your happiness will get you out of bed in the morning or if you feel that happiness is unobtainable it may keep you there. It is one of the primary driving forces behind what we do and even the most selfless acts are done because of the feeling it gives us.

Many people past and present have risked everything to try and find that level of fulfilment, while others will dare not risk anything to maintain their level happiness, no matter how small it may be.

Happiness is not something that happens to you and while happiness can arise as a result of good fortune usually this initial feeling will only be temporary. It is not a place in which you arrive when all your problems go away. Nor is it a one size fits all model.

There is no hard and fast rule of what happiness looks like on an individual level, but there is a general philosophy which breeds a more content and satisfied nature in people who manage to master it.

The first thing you could do is to try and change your external world. Think of all the things you want and work towards getting them.

If you are realistic this does hold some merit, as your goals can bring you some happiness. However the model of changing your external world is flawed due to the fact that there are so many things in life you cannot control. An example would be- if your job brings you happiness and you lose your job, you lose your happiness.

The second thing you can try to do is to change your internal world, meaning the way you view things. This is done by consciously looking for something good in situations, switching from I lost my job to I can find a better job.

Also accepting that there will be uncertainties and being prepared mentally for when things are not going your way. The key to this is by looking for as much good in things as you possibly can, no matter the circumstances you are in. Humans have a habit of coasting through life when it is treating them well, but

when we do we are setting ourselves up for the big crash the moment things turn. Get into the routine of expressing gratitude through the good, the bad and the ugly.

Of the two ways the first way is totally reliant on perfection and while things can run smooth for a while, it is only a matter of time before something affects your perfect world.

However the latter can be lived out anywhere in the world, with anyone, in any environment. It has helped prisoners of war get through concentration camps and bereaved widows, heal from the loss of their partners. Not only has it helped people through pain, but it has also helped inventors keep on trying new ideas and business owners moving through financial loss.

I am not saying that if you have this perception you will not feel upset if you lose something or someone important to you and it's not to say hardship will have no effect on you. It is saying that- regardless of your circumstances, you can still maintain a good attitude.

Equally important as your internal view of the world is to have purpose in your life. This varies from person to person but in the same way your adaptability to change needs flexibility, so does your purpose, or at least to some extent.

One person may go through their entire life with a goal in mind and execute it with perfection, but sometimes outside factors will stop you from achieving this purpose. You may be a piano player, but injure your hands or a business owner whose main product is no longer desirable. At times you may need to refocus, reconnect or redirect your energy, but being connected to something that is more significant than yourself is the secondary key to happiness.

For an example of how the 2 connect- If you are a parent and you pride yourself on being a good parent, you have a connection to something significant. But if you cannot accept factors outside of your control and it becomes apparent your child has a disability this will tear your world apart.

Another example would be- If you are able to accept factors that you cannot control, but have a job which you don't have any real connection with, you may not worry too much if you lose your job, moving aimlessly from position to position without any real purpose.

These ideas are easy in theory, but ultimately they are an ongoing process. You will have moments of happiness, unhappiness and everything in between. This is why I say it is a journey, not a destination.

There are a few other areas which we need to investigate to get a better understanding of how we can implement this theory.

The 4 Areas Of Health



We all have our 4 levels of health- spiritual, emotional, mental and physical. I believe that spirituality is the foundations for good health and when you have strong spiritual roots, it is a lot easier to regulate the other areas of your life.

One of the differences between spirituality and the other 3 areas are that your emotional, mental and physical health is easy to define, spirituality is not quite as easy to explain.

There is a lot of misunderstanding around spirituality- If you ask a priest what spirituality is, you will get a different answer than if you ask a CEO who uses it to stay motivated. If you ask a musician, an artist or a dancer what spirituality is they may not even see themselves as spiritual, but what they are doing is still very spiritual in nature.

Some people argue that spirituality is not even a real thing! And while I don't claim to hold the one true definition of spirituality, in a moment you will see that the way I see it, it is something that is within all of us.

Some of your health from all areas can be linked to genetics, but just because you are more likely to exhibit a certain health problem or perk it doesn't mean that you will. In most cases what you do with your time will be the defining factor in your health, although some problems are unavoidable.

Emotional Health

Your emotions are the different feelings that come up throughout your days, they are changeable and you will experience them all in varying degrees over time.

To give you an example- You are late for work so you feel anxious, you go to your car and think you have forgotten your keys so you panic, you search and find your keys and feel relieved, you go to pull out of your drive and a child runs past and you feel shocked, you start to drive and see the road is clear and feel reassured you will get to work on time, as you are driving someone dangerously overtakes you and you feel angry and you finally get to work on time and feel happy.

In this example you feel 7 different emotions in a matter of minutes and there are examples when you could feel many more emotions. Our emotions chop and change constantly and to foster good emotional health you need to accept this changeability and be able to consciously process your different emotional states.

You cannot get rid of emotions, but you can learn to deal with them in the best way possible and encourage more of the positive ones while shifting your attention

away from the negative ones when they become a problem.

There are many ways in which you can do this, my favourite is a technique I call Emotional Verbalisation.

The goal here is to bring awareness to your emotions by using an exercise which verbalizes them. So if you feel angry you will say the word angry. If you feel sad you will the word sad.

It does not just have to be your negative emotions, if you feel happy verbalise it. If you feel joy say to yourself joy.

Because we mostly think on an unconscious level this simple exercise will bring awareness to how you are feeling on a conscious level. When you process your thoughts consciously it gives the brain a chance to rationalise them and regulate them.

When you start to do this you will have some big revelations, as you work backwards from your negative emotions you will realise at times they are irrational and at other times you will see the real reason you are upset.

When you shut your finger in the door and proceed to smash a table into pieces, shutting your finger in the door is not the cause of your anger, but the trigger. When you start to move past these triggers you might just realise what is causing these issues and once you are aware it is a lot easier to process.

The same works for the good emotions, find the route of what makes you happy and as you start to uncover these things simply do more of them!

Mental Health

Your mental health is a direct manifestation of your dominant emotions stored in your unconscious mind over time. Your mental health is related, but not the same thing as your emotional health.

Think of it like this- you have a bank of emotional points, each time you feel an emotion you add a point to that bank. You stub your toe, one point goes in the anger bank. Your child makes you laugh, one point in the happiness bank and so on.

Over time your banks will fill up, so if you have lots of sadness and thoughts about sad things for a month your sadness bank will be filling up, which will manifest as mental health issues related to sadness.

Your mental health is supported by healthy regulation of your emotions and while your mental state can change quickly it is a little less flexible than the erratic changeability of your emotions.

It's like when people say things take a while to sink in, that is you building it up in your mind and repeatedly feeling the emotions until they manifest into the mental state which is related to whatever needs to sink in.

Being in a happy mental state does not prevent unhappy emotions, in the same way being in a depressed mental state will not stop you from feeling moments of happiness. It is just whatever is dominant that is your overall state of being.

In the short term mental states can be changed for the better by psyching yourself up, using affirmations, incantations, listening to music, motivational speakers

or anything that evokes a strong emotional response. However for the best results you should get into the habit of doing this stuff daily as it will slowly manifest into a positive mental state.

Physical Health

Your physical health can be in part a result of your mental and emotional health, but it could also be the other way around, with good physical health helping your mental and emotional health. It's all a big cycle, with each area playing a part in the other.

The other things that will affect your physical health are the food, drinks and substances you put in your body and the amount of exercise you get.

This is why it is important to take care of your mental and emotional health. Bad relationships with food can lead to emotional eating and bingeing. Food can definitely fill a void and if it is bad stuff you are taking in, it can be pretty detrimental to your health.

This is the same for exercise, the health industry is one of the biggest for a reason- because people are never

satisfied with their results or lack of results they get. You need to have a good positively charged reason to get yourself to the gym otherwise you are destined for failure.

No longer wanting to be fat is not going to work in most cases, firstly because if you lose the weight you will have no more motivation and probably pile the weight back on and secondly it is negatively charged, it is not a solution, it is the highlighting of a problem.

Being a good role model for your children or wanting to live a long and healthy life are the types of reasons you will get out of bed in the morning for and push through when you feel like quitting. So make sure your reason is a good one.

I am not saying you cannot hit the gym motivated by negative emotions, you can train every day in an attempt to win back your ex or because you want to be able to kill someone with your bare hands, but this will jeopardise the other areas of your health.

So keep your motives positive and figure out your reason why!

Spiritual Health

As I said earlier- I believe that spirituality is the foundations for good health, I will get to what this means in a minute but first- what is spirituality or spiritual health?

Your spirit is your essence, it is that elusive thing inside of you which you cannot hide from without facing a certain amount of anguish. It is the things you feel drawn to, sometimes for what seems like no reason. The foods you like and the activities you take part in for no reason other than you love them.

Meditation and religion are an example of spiritual practice, but they are not spirituality. Spiritual enlightenment can be reached without either of them and it is more connected with being conscious and in the moment than any ritualised stuff.

Meditation is the practice of being spiritual, hence the name- Meditation practice, really what you are practicing is that deep level of focus on a single activity.

Hobbies can be spiritual, work can be spiritual, even washing the dishes can be spiritual. It is that feeling of being fully conscious of yourself and being intensely immersed in what you are doing.

To connect spiritually is to be connected to what matters to you, this is why I say spirituality is the foundations for good health. Because if you regulate all other areas of your health, but you are still stuck in a life which is not the one you want to be living you will never be able to shake that feeling of disharmony.

You may get on with things, live comfortably and accept the life in front of you, but you will never truly reach the level of fulfilment you could if you lived in line with your true nature.

This does not necessarily mean you have to meditate, do yoga or pray. It means you have to connect with what matters to you. This could be science or music or art or dance, it could be working in an office or living off the grid on a remote island. This is individual to you!

Spirituality is the thing or things that you have such a strong affinity with that you would do it in your final moments and still get lost in it.

Although you don't need meditation, if you are disconnected spiritually there is no better way to reconnect than to meditate, no matter how you view it, it makes sense. If you are doing it for deep and meaningful reasons or based upon the scientific research behind it, it is effective and it makes sense.

Collective Spirituality



Spirituality or being spiritual on a more collective level concerns other people and things that exist outside of yourself.

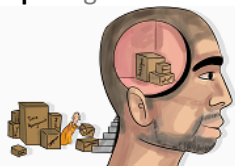
Nature, the concrete jungle or whatever it is that surrounds you is your spiritual playground. You can improve your spiritual health by connecting with this and taking time out to observe the world around you.

Love, compassion, forgiveness and gratitude are all parts of spirituality. Expressing these feelings not just to other human beings, but projecting it out there for the whole universe will take you far in building the spiritual foundations of your health.

If your awareness of yourself is your individual consciousness, this is the awareness and consciousness of the world around you.

To be conscious is to see, not based on memories or assumptions, but on what is real and what is not. Your ability to look at things objectively and accept the truth even if most think it is lies. To have an open mind and be fully aware of the world around you. Collective consciousness is your connection to the world.

Living On Your Terms



It could be argued that living on your terms could be defined as living a spiritual life and that is in part true, but to live on your terms is only the essence of spirituality as a whole.

The fundamentals of living life on your terms are to firstly know what your terms are and it is very rare these days for people to be fully in touch with what their terms actually are. You can do this by connecting with your values which will work as a reference for your life.

Values

Values do change over time so you should keep updating and adding to them, but a lot of them will stay the same from childhood all the way through your adult life.

The great thing about knowing and being connected to your values is they can make decisions easier. We can all be ruled by emotions from time to time and

something that seems like a great idea on Monday may not seem so great by Tuesday morning.

If you are fully in touch with your values you can just match up your current opportunities to your values, if they are inline go for it, if not you will know that you need to pass this time around.

Here are 3 techniques for deeply connecting with your values-

Ask Yourself Questions-

Questions are a powerful way to uncover information and emotions stored away in our minds. Questions are hard to ignore so can really open you up for some deep connections. Ask yourself-

What would I do If I was not afraid?

What makes me happy?

What excites me?

What do I love doing?

What makes me feel proud of myself?

What am I committed to in my life?

What am I grateful for?

What skills do I have?

What is amazing in my life?

Once you have your answers, ask yourself why. For example-

If I was not afraid I would? Become a school teacher.

Why would I like to be a school teacher? Because I like helping people, it can help me grow intellectually and I can spend the school holidays with my family.

Values from this question- Helping people, intellectual growth, family time. Once you answer all your questions you will have a list of values.

List Your Interests/Habits-

Our hobbies and interests will reveal a lot about who we are, but don't get your interests confused with things you just do. If you host a quiz night at your house once a month, but spend the week leading up to it dreading having a house full of people it's not really an interest.

Interests would be things you do purely for the love of doing it- Music, art and even your bad habits can reveal a lot about you. Not from just the habit or interest alone but from the reasoning behind it.

You might play the piano because you love music, but what do you love about it? Is it the feeling of freedom it gives you? The time out from life? Being able to spend time alone ? Spending time playing in front of people and being recognised for your skills?

The why behind how you spend your time will tell you a lot more than how you spend your time.

Return To Your Childhood-

This is similar to listing your interests and habits, the only difference is that when we were children there was a lot less cultural conditioning. I always say you will proceed much further in life from unlearning things than you ever will from learning things and this is why it is good to return to your childhood.

What did you like doing?

How did you spend your time?

What things did you not enjoy?

What kind of people did you like?

Then like the other steps find out the why behind the answers.

Once you have your lists, you should order your values from least important to most important. A tip for this is not to rush, it is a process that you need to work through in your mind, get a rough order and then come back the next day and reorder it again and keep repeating until you have your list of values in order.

This is the ultimate key for living life on your terms, think of it like a blueprint for life, any decision you need to make ask yourself- does this match my values?

Peak Performance

The final chapter is to be able to perform at your peak and get the best out of your life experience. A lot of what we have covered so far will help with this, but there are also other ways that you can get an extra edge.

Good routine and building habits is key- find the 5 things that if you do every morning they will lead you down the road to being happy, healthy and successful and then do them as often as you can.

For me it is meditation, reading, exercise, a raw nutritious breakfast and a litre of water. This sets me up in around an hour to have a good day, for you it may be a little different.

The next step is to find the 3 things you should do in your work or whatever makes you happy, which will produce the best results.

For me it is to write an article, build my audience and connect with my current audience.

You will usually find if you focus on these 3 things and give it your full attention it can occupy 80% of your allocated time, leaving the rest of your time to deal with trivial things.

The next thing is life hacks, I will be sharing some of these over at the blog in more detail, but a life or bio hack is a shortcut that saves time without sacrificing on

performance or vice versa- an example of this would be a writer who has a template which he bases his writing on or an athlete who finds an exercise routine that is equally as good for their fitness, but takes half the time- like high intensity interval training.

Once you are connected to what you love, immerse yourself in it and be on the lookout for ways you can do it better, challenge yourself and think of it as a game, ask yourself how can I do lots of things just that little bit better and dedicate yourself to doing it.

Another type of hack is something you do, listen to or ingest that increases performance. Examples would be to take a power nap to increase productivity or listening to music to help you focus or ingesting an energy boosting supplement.

This will be something that is individual to the person because while it might make sense for a life coach to be pumped on caffeine, it may not make so much sense for a family therapist who needs to be a little calmer.

Experiment, think of the results that you would want to get, then find something that will help boost your performance towards that goal.

Conclusion

To sum things up, happiness is not something that is a result of the fortunes or misfortunes of life, it is an attitude which is not dictated by outside events or hardship. Happiness can be maintained regardless of what is going on in your personal life. It is an ongoing process which lasts a lifetime, not a 30 day programme which promises quick results.

Spirituality is the foundations of good health and when you take care of yourself on a spiritual level it is a lot easier to maintain your happiness and take care of the other 3 areas of your health- Emotional, Mental and Physical.

You will find it easier to connect spiritually if you can create a life which you actually want to live, and you can find out what life on your terms looks like by connecting with your values and living out what matters to you.

If you really want to push life to the limit you will need to be at your best, you can achieve peak performance in part by following the other steps outlined, but also by hacking life, creating non-destructive shortcuts that can give you an edge.



Thanks for reading, I hope you have enjoyed this! You can let me know what you think by sending me an email to lukemiller@potentialforchange.com and if you think your friends, social media followers or subscribers could benefit from hearing this go right ahead and send them to this page where they can grab a copy> <http://potentialforchange.com/>

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