

*Spiritual Café*  
with Revs. Drs. Bil & Cher Holton

**KEEP YOUR**  
**'HEIR-CONDITIONING'**  
**WELL-MAINTENANCED**

Mastering the Art of Living  
MetaSpiritually

Sunday, July 21 ~ 10:30 am-noon, ET

1

*Mastering the Art of Living  
MetaSpiritually*

**KEEP YOUR**  
**'HEIR-CONDITIONING'**  
**WELL-MAINTENANCED**

We're Heir-conditioned by our past and present thoughts, words, choices, and actions, so we need to make sure they can help us climb the summits of our spiritual growth ...

... by grounding us in our ability to master our human experience each and every day.

© Bil & Cher Holton, GCSAcommunity.org

2

You've no doubt heard the expression:

*You are the sum of your*  
**CHOICES**

We believe that you ... we ... all of us are **MORE** than the sum of our current thoughts, choices, and actions.

**We are the sum of our existential and transcendental thoughts, words, choices, actions, and experiences.**

*Why?* **BECAUSE BOTH OUR PHYSICALITY AND ETHEREALITY ARE FILLED WITH POSSIBILITIES, PROBABILITIES, APTITUDES, AND LATENT CAPABILITIES!**

© Bil & Cher Holton, GCSAcommunity.org

3

# Adapting to Relaxation

Being diligent in what you've learned and are continuing to learn by adopting Spiritual Principles to live by helps in both your business activities and your **relaxation**, as well as your Higher Consciousness evolvment.

**IT PREVENTS YOU FROM UNNECESSARY**  
*relapse-ation*

**INTO OLD SELF-DEFEATING BELIEFS AND HABITS THAT CAN CURB YOUR EXISTENTIAL GROWTH AND HAPPINESS.**

© Bil & Cher Holton, GCSAcommunity.org

4

Thinking and voicing sayings that do not reflect the Truth of what you believe are what we call

# NOISE POLLUTION

It curbs your spiritual and metaphysical growth and well-being.

© Bill & Cher Holton, GCSAcommunity.org

5

**A FEW EXAMPLES OF** **NOISE POLLUTION**

EVERYTHING HAPPENS FOR A REASON.

I didn't have a choice.

There but for the grace of God ...

No good deed goes unpunished.

You can only get sick if you want to be sick.

Let go, let God.

The Universe has your back.

© Bill & Cher Holton, GCSAcommunity.org

6

*Heir-Conditioning Maintenance Checklist*

- **Clean and Replace Filters.**
- **Check the Thermostat.**
- **Tighten Connections.**
- **Inspect for Frost or Ice Buildup.**
- **Inspect Ductwork for Leaks.**
- **Keep Doors and Windows Closed.**

© Bil & Cher Holton, GCSAcommunity.org

7

*Heir-Conditioning Maintenance Checklist*

Bring the **POISE** of your Divine Nature to the noise of life's circumstances!

- **Clean and Replace Filters.**
- **Check the Thermostat.**
- **Tighten Connections.**
- **Inspect for Frost or Ice Buildup.**
- **Inspect Ductwork for Leaks.**
- **Keep Doors and Windows Closed.**

*Check your Filter Bubbles*

*Remember what you can control ... and what you influence!*

*Daily Meditation Practice!*

*Forgiveness: Self and Others*

*Match Thoughts & Words with Beliefs*

*Block Out Negativity and Dogma. Focus on Positivity!*

© Bil & Cher Holton, GCSAcommunity.org

8