

# Qualities of Spirit

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God is the One Presence and One Power everywhere equally present, expressing as certain qualities or attributes. These qualities are already the essence of our nature, because our essential nature is Spirit. As we bring forth these qualities from within and welcome them into expression in all areas of our lives, we find ourselves living our true nature... living the Life of Spirit.

Abundance	Plentifulness, profusion... an ample or overflowing quality... the state of having more than enough.
Balance	Equilibrium & harmony... an aesthetically pleasing integration of elements... enough energy and time to do everything that is important to you
Beauty	Loveliness... the quality in a person or thing that gives pleasure to the senses or pleasurable that exalts the mind or spirit.
Freedom	Liberation, independence, ease...the absence of necessity, coercion or constraint in choice or action.
Joy	Delight, gaiety, bliss... a state of happiness, the emotion evoked by well-being, success, good fortune or by the expectancy of good.
Love	The self-giving of Spirit to Its creation... affection, devotion, unselfish concern that freely accepts another and seeks his or her highest good.
Order	Regular or harmonious arrangement and organization... a straightening out so as to eliminate confusion.
Peace	A state of tranquility or quiet... freedom from disquieting or oppressive thoughts or emotions, harmony in personal relations
Power	Possession of control, authority or influence... the physical, mental or spiritual ability to act or produce an effect.
Unity	Oneness... accord, continuity with deviation or change.
Wisdom	Knowledge, insight, good sense... the ability to discern inner qualities and relationship.
Wholeness	The state of being complete, perfect, restored, unhurt, healed... having all parts or components.