

Practical Techniques for Spiritual Living



based on concepts found in the spiritual writings of Emanuel Swedenborg, scientist and Christian seer (1688-1772)

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The following techniques can be used for working spiritually on ourselves and in our relationships with others. Emanuel Swedenborg directly experienced how the angels work with people on earth, leading them to life's goodness yet never compromising their spiritual freedom. What he saw and heard he recorded in several books. The quotations in italics in support of each technique come from Swedenborg's first major spiritual work, *Secrets of Heaven*, and the number refers to the specific paragraph where it can be found. Swedenborg's spiritual experiences showed him that angels are not a separate race of beings but are men and women who have died and are now in the spiritual dimension and have chosen an essentially selfless approach to life. These techniques may well help you with that task here and now.



Try to stay conscious of the feelings behind your thoughts, where these come from and what your intention is.

Angels are able to represent more in just one idea than can be said in a thousand words. But angels perceive what lies within the idea, what the love in it is, what the origin of that love is, what its intention is, as well as more things that lie deeper. (1391)

Notice whether anything coming into your mind is contrary to what is good and true.

Angels keenly perceive whether anything entering our mind violates spiritual truth or a love of goodness. (228)

Create a good atmosphere and feeling to begin with, and only after doing that, focus on specific points to do with someone's state of mind.

The angels who are with us continually flow in with good feelings and they then activate any truths which are linked to these. On the other hand, if truths are not linked with good feelings, the angels cannot stimulate things to do with faith and with love for others. (7967)

If you pay close attention to any changes in your state of mind you can usually tell if evil spirits are present and what they intend doing.

If we are growing spiritually, angels with us help us see and perceive all the changes that are going on in us. From these changes and by means of them, the Lord then enables these angels to lead us towards good provided we allow it. (4122)

Clear any negative attitudes and doubts when there is a difficult situation, and hold on to a sense of hope which will build up positive outcomes.

Evil spirits with us during times of spiritual struggle do all they can to infuse a negative outlook, but good spirits and angels who are from the Lord dispel that doubting attitude in every way they can and all the time keep alive a feeling of hope towards the goal of strengthening a positive outlook. (2338)



If any thoughts about your own goodness or superiority come up in you, then immediately introduce thoughts that acknowledge the divine presence in your life.

When we reflect on any good that is there in us, the angels in whose community we are at that time, immediately introduce the thought that good is not there in us. They do this to prevent us claiming good as our own and to divert any thoughts of self-merit and of superiority to others. (2380)

Always share a loving sphere with someone along with the good that is in it.

When angels do good to anyone they also communicate their own good, their good fortune and their bliss with the desire to give the other everything and retain nothing. (6478)

When you are discussing spiritual truths, start by introducing ideas which other people are going to know about and only move on to new and higher ideas afterwards.

Even though angels possess celestial and spiritual wisdom they nevertheless do not go above the heads of those they are teaching but use simple ideas in talking with them, gradually advancing to higher ones. (2533)

Do not try to convince someone that they should believe what goes against their present understanding.

The influence of angels flows into what we know and believe, but not into what we do not know and do not believe. (6206)

Never attack another person's spiritual understanding but only speak about and uphold your own.

Angels never attack the negative spirits we are wrestling with in our spiritual struggles; they merely ward them off and defend us. (1683)

It is much more important to arouse someone's general feelings about spiritual matters than to openly bring up spiritual points we feel they need reminding about.

When we are growing spiritually, angels take charge of us by keeping us mindful of truths we have come to accept, and through these, keeping us in loves and feelings to which these truths are linked. This is rarely done openly so as to excite a thought about a truth but instead a general idea is implanted of things that agree with it, along with the affection. (5893)

If we have helped someone to recognise the nature of something good and true, we should make sure they do not give us the credit for that discovery.

Angels are annoyed if anything they say about what is good and true is attributed to them and as far as possible they remove any such idea existing in others. (4085)

When we meet someone experiencing negative feelings try to gently guide them towards more positive ones.

Spiritual inflowing takes place through angels in accordance with our affections which they gently lead and bend towards what is good, and do not break. This flow is tacit and virtually imperceptible, since it flows into our interiors and continually acts by means of freedom. (6205)

Look past anything that seems to be coming from what is evil or false, and instead, excuse it and put a good interpretation on it.

If we are moved by love towards others, we will hardly notice any harmful intent they may show, but instead we will notice their good feelings and true ideas, and put a good interpretation on anything else. (1079)

Understand that evil and falsity always flow into people and so we should not see them as part of the person.

When angels are speaking and thinking about hell, they think and speak about falsities and evils abstractly from those who are there; this is because angels always remove ideas of person and remain in the ideas of things. (8343)

Your own state of humility needs to be your main priority and not what you are trying to get across to others.

Angels do not deal with what we ask for, they attend to the humility that is there in what we ask. (7391)

