

# 5 Simple Ways to Be Spiritual Every Day

Are you what people call a “spiritual” person? I think I am – I like to meditate, say affirmations, drink herbal tea and pray. However, I also like to dance to hip hop music, drink coffee and keep up with the Kardashians.

You see, if you’re anything like me, you’re a spiritual seeker in a modern world, carrying a yoga mat in one hand and a vanilla latte in the other. You may find it challenging to balance your joy-seeking side with your human side, however, the good news is that we don’t have to choose between our spiritual selves and our human selves, we just have to choose between what brings us joy and what brings us misery.