

Refresh your Breath and Soul

My dentist constantly tells me I do not brush my teeth long enough. I have tried using timers and many other methods but none ever seemed to work.

Then one day while brushing my teeth I started reciting the “Our Father” in my head while brushing. The first few times it was hard to concentrate on brushing and reciting the “Our Father”, but eventually it got easier.

Now whenever I brush my teeth I “recite” the “Our Father” in my head. When I have completed saying the “Our Father”, not only are my teeth clean but my soul is also refreshed.

Shower your body and soul

Want to learn to how to save money when taking a shower and also cleanse your soul? It's simple. While taking a shower recite the “Our Father”, “Glory Be to the Father” and “Prayer to the Holy Spirit” or “Come Holy Spirit”. By the time you have finished reciting the prayers, your body will be cleaned and your soul will be refreshed. If your shower takes longer than it takes to recite these prayers, you are wasting water.