



Spiritual Practice - What and Why?

A full practice requires contemplation, meditation, silence and the relentless investigation of how the qualities of the Divine are living in you and in your life. Spiritual inquiry is a driving component of a complete spiritual practice.

But spiritual practice is an additionally supportive stable reference point that anchors us. This is different for each individual and the varied requirements each person needs to feel this fulfillment are unique to him or her.

Bridging the work of SAEM and the development of regular silence of the mind is critical. Turns out the needs of SAEM Practitioner students are very interesting and deep silence is absolutely critical.

During training, tension is created in the structure. It is caused by constant conscious interactions with the subtle anatomy making a stronger energetic structure and a more powerful person. This could be thought of as the forward motion of growth. This tension is coming and going against the background of the fears of new things, discomfort with change, issues of not being enough, perfectionism, fear of doing it wrong—all the ways our ego we can nature both stops and cracks open. What we create adds up to a glorious experience: one that requires silence within to allow integration and deep shift.

Real transformation is rare. But SAEM evokes it from the depths of being and the big shift has the potential to occur in this setting in a big way for the students during training. Having a spiritual practice that holds the container of space is what is required to not spin out. It holds the growing edge...

No practice = losing footing.