



## Spiritual Practice: Essential for Subtle Work

I request that anyone doing this class or engaging their Sacred Anatomy, even for the very first time, commit to a spiritual practice for **at least** the time we're working together. Who knows, maybe it will catch on for you. A spiritual practice might even quiet that turbulent lake in your heart and create a big spacious opening where you can allow more ease and guidance to flow into your life.

A spiritual practice is not about religion or discipline. It's about being able to experience spaciousness in your body, mind, and life. Meditating quietly can allow you to have all the room you need inside:

- To be able to hear that still small voice within.
- To tune in to your intuitive truths.
- To be able to experience insight in flashes that emerge out of your soul's evolutionary drive.

So whatever spiritual practice you chose, the goal is to get quiet inside. Becoming spacious allows you to witness other people and see them as extraordinary manifestations of Divine\* light. When you can see even strangers as cosmically attuned pure beings who already know who they are and why they are here it changes your relationship with humanity.

Spiritual practice can open the door into the depth of your own being-ness. Allowing you to dive into the deepest cleanest place there is, the lake of the heart within you.

Every human being has access to the spiritual realm within. No one is better at spiritual connection than anyone else. It is an innate human skill that everyone can experience. We all have the opportunity to find this hidden deep well inside of ourselves. An inexhaustible supply of truth and expansive spaciousness within you; where anything is possible. It's not about believing in anything. Instead, it is about allowing yourself to be quiet and attuned to the voice of Creation whispering within you. If you're harshly talking to yourself saying impatiently: "*I have to work harder on my spiritual practice!*" That is just not helpful. Take a bit of time and make it pleasurable in some way.



## **If You Have a Hard Time Meditating Try This:**

I recommend calling upon a universal Source energy called *Universal Love and Light*: it is white, shimmering, with a golden-silver sparkling tint to it. As it comes into your energy structure and through your body, it soothes the hurts, takes care of any pain, and can repairs even subtle damage. It is the balm of the Universe. Visualize a column of *Universal Love and Light* coming from the origin of life, itself, the mind and the heart of all Creation. Sit in this energy flow for five minutes. Tune into it. Relax and simply note how it makes you feel. Allow yourself to experience spaciousness and renewal.

## **Spacious Sitting in *Universal Love and Light***

- ✓ Find a comfy cushion or suitably supportive chair with a good back.
  - ✓ Choose an environment that is quiet and not conflicted – that hopefully is neat and clean.
  - ✓ Pick a time just for you. Even if you need to put a sign on your door that says “*Do Not Disturb- Give me five minutes to meditate!*”
  - ✓ Set the alarm on your phone for 5 minutes (increase after a week).
1. Sit and tune into the soothing Universal Source energy, *Universal Love and Light*.
  2. Visualize yourself sitting in a column of white light with goldish-silver iridescent sparkles all through it flowing from the mind and the heart of Divine Source.
  3. Feel the *Universal Love and Light* bathing you- washing your worries and cares away.
  4. Feel your heart opening. Your mind letting go of busy thoughts and concerns and replacing them with the light.
  5. As you breath in deeply your body fills with the healing balm of *Universal Love and Light* relieving tension and holding.
  6. Your spirit attuning to the primordial Source energy releases and expands.
  7. Sit in this calm and restorative way for 5 minutes.



8. As you finish, be sure to thank and release *Universal Love and Light*. When your meditation is over take a deep breath and stretch.

## How to Experience Even More Spaciousness

1. Close your eyes and open your inner vista beyond your five senses.
2. Let your awareness and soft focus rest in that fullness.
3. Imagine your physical body flattening into your back to allow the experience of space to fill that cavity, too.
4. Let your conscious awakened awareness gently expand down below you 20 feet, up above your head 20 feet, 20 feet to your right and left, and 20 feet in front and in back of you. Fill this awareness of your big self with white, gold and silver *Universal Love and Light*.
5. Sit in your bubble of light. Floating, suspended in space and noticing yourself breath in and out.
6. Let that soft relaxed awareness fill the space from the center of your heart to the farthest reaches of your bubble of light as it is enfolding you.
7. Take a big deep breath and slowly come back to your life, relaxed and spacious. Release the *Universal Love and Light* and thank it.

## The Difference Between Spaciousness and Stillness

Spaciousness	Stillness
Spaciousness is the complete allowing of everything that is.	Stillness is bringing your mind to a stopped place.
Spaciousness incorporates the busy and allows that it is perfectly fine; to settle, be even and easy. Tranquility arises from spaciousness.	Stillness is a function of stopping your mind as a mental process.
Spaciousness is a state of being that can be attained by anybody.	Stillness is a doing. A precious state to be held, cultivated by committing to a specific discipline.

\*Divine = not a named God or a deity, but all Creation – the spark of life.