

Spiritual Practices

Even if you're not quite ready to leap into higher visions of universal creation, you can certainly follow simple practices such as sitting for meditation or improving the spiritual atmosphere of your environment with sacred images and sounds. Chapter 6 explains the importance of bringing spirituality into form through practices for body, mind, and spirit, and guides you in choosing which practices are right for your individual nature.

- **Practices for your body:** When you approach life with a spiritual perspective, it can be easier to treat your body with love and respect, as a temple of the divine and a gift from the universe that has brought you to live in this world. Physical practices, including hatha yoga, martial arts, religious dance, and breathing exercises, can help you anchor your awareness of the divine in your body and give you the stamina to have a long and vibrant spiritual journey (see Chapter 7).
- **Practices for your mind:** It is in your mind that everything you know and experience takes place. Therefore, many spiritual sages have given supreme importance to the clarity and power of the mind. Spiritual practices for your mind include meditation, study, and contemplation. These practices help you clear up the mental and emotional clutter that keeps you from experiencing spiritual freedom. Spiritual practices for your mind can open your ability to understand and experience the universe in a personal and joyful way (see Chapter 8).
- **Practices for your spirit:** Devotional practices unlock the hardened areas of your spiritual heart so that the river of grace and love can flow more freely through your life. You can nourish your spirit through practices such as prayer, charity, devotional singing, service and worship, and by turning your everyday environment into a sacred space (see Chapter 9).