

Spirituality in Action

Experiencing self-awareness — right here and right now

One important element of spiritual growth is to become more self-aware. This is something you can practice anytime and anywhere. Try it now:

1. Observe yourself in this present moment.

How are you feeling? Are you taking nice, relaxed breaths? Is your posture gentle yet supportive of your body? Are you able to focus on the words you're reading, or is your mind flitting around to outer distractions, inner concerns, and random thoughts?

2. Look upon yourself with a kind and friendly eye.

If you aren't as peaceful or focused as you'd like to be, don't fret — because fretting definitely won't help you feel more harmonious and calm. Just be aware of your inner state without judging it as good or bad.

3. Gently align yourself, adjust your posture if necessary, and put a little more effort into focusing on the ideas you're reading.

Sometimes not-so-spiritual thoughts come up while you're contemplating spiritual teachings. If these unwelcome thoughts come up, your mind may just be doing a bit of housekeeping, such as sweeping up some old mental clutter that needs to be cleared. Be receptive to also receiving your own inner wisdom as it's churned up by all these spiritual words and contemplations.

4. Take a deep breath, allowing oxygen and energy to fill your entire body.

Breathing is how you live in continual union with the universe around you. The life force pours into your body, mind, and soul with each inhalation and then rides back out on the wave of exhalation, merging into the outer air. You may want to take a peaceful break right now by closing your eyes for a few moments and enjoying a few deep, slow breaths.