

Clarifying what you want

You got to be careful if you don't know where you're going, because you might not get there.

—Yogi Berra

Spiritual practices make all your thoughts and actions more powerful. Therefore, it's important that you clarify and purify your understandings and motives, so your empowered thoughts and actions are focused in the right directions.

Conveniently enough, the best way to gain clarity in knowing what to want is also through spiritual practices for body, mind, and spirit:

- **How practices for your body help you to know what to want:** Keeping your body in good shape will help you know what you want, because the state of your body is reflected in the state of your brain — which is part of that body. And just as the “knee bone’s connected to the ankle bone,” so the state of your body and brain have a powerful influence on the state of your mind and spirit. (See Chapter 7 for more on practices for your body.)
- **How practices for your mind help you to know what to want:** Clarity of mind is important when you want to discern your best goals. Spiritual practices shine a light on these goals and give your mind the power of focus. This focus helps synchronize all your thoughts and actions, conscious and subconscious, toward your highest spiritual goals. (See Chapter 8 for more on practices for your mind.)
- **How practices for your spirit help you to know what to want:** Spiritual and devotional rituals open your heart to the nectar of devotion and help you stay receptive to receiving divine guidance while moving toward your highest goals. Practices such as prayers and chanting also bring feelings of love, joy, and happiness, which are important nourishment for your spiritual journey. (See Chapter 9 for more on practices for your spirit.)

Be Careful

If you try to access spiritual powers without preparation, you risk making choices that can create more harm than good. For example, certain occult or “black magic” techniques may allow you to access some measure of spiritual power without the proper spiritual preparation. However, powers that are used without the clarity of spiritual discernment can backfire and create harmful setbacks in your journey (see Chapter 16).

How practices keep grace alive

Grace is an unbidden gift of assistance from God or the universe. When grace descends into your life, it is your practice that helps keep that grace vibrant and alive.

For example, one of the most potent ways to experience grace is to be in the presence of holy and enlightened spiritual beings. Just spending some time in the company of high-spirited ones can bring amazing spiritual boosts to your journey, as the vibrations of your spirit resonate with their holy vibrations. One spiritual practice from India is called *darshan*, which basically means to be in the presence of a being who exudes grace.

Still, even if you're fortunate enough to meet great spiritual beings and hear powerful spiritual teachings, all those blessings of grace may end up shimmering up as a fireworks finale, only to expire as they fade back into the night. Your spiritual practices and efforts are what help to keep these spiritual-grace fireworks blazing.