

Applying steady effort

Approaching spiritual practices in a disciplined, steady, and ongoing way is like digging a hole to your own freedom. Sometimes you're able to see the light on the other side, while other times you may wonder why you should spend your precious time doing spiritual practices when you'd be just as happy sleeping in or going to a party.

Nevertheless, if you persevere in your efforts, one day you will attain the goal.

Spiritual Wisdom

A saint is a sinner who never gave up.

—Paramahansa Yogananda

Sometimes the benefits of spiritual practices are felt immediately, and sometimes you don't really experience the benefits until you've practiced for some time. For example:

- You may stand up from a long prayer or meditation session and feel a bit groggy; however in the long run, your mind becomes more awake and clear from the practice of meditation.
- Your body may ache a bit after a yoga session, but in the long run, it becomes more healthy and comfortable.

Consider

Practicing the right way

Here are some tips to keep in mind as you learn spiritual practices:

- Be patient and gentle with yourself.
- Don't try to be perfect. You still get benefits even if you can't do a practice fully.
- Your attitude is paramount in any practice.
- Practice cheerfully.