

Doing practices for body, mind, and spirit

Spiritual practices help to purify, strengthen, and elevate your body, mind, and spirit:

- **Practices for your body:** These practices include yoga postures, breathing exercises, martial arts, spiritual dance, and energy balancing — all for the purpose of making your “temple of God” (that is, your body) a worthy vessel to contain and carry the great energy of Holy Spirit. See Chapter 7 for an array of practices for your body.
- **Practices for your mind:** These practices include meditation, contemplation, repetition of mantras, study of spiritual teachings, and affirmations — all of which help to polish the mirror of your mind so it can reflect divine light more clearly and brightly. Check out Chapter 8 for a selection of practices for your mind.
- **Practices for your spirit:** These practices include rituals, prayers, chanting, singing of hymns, and other devotional efforts that inspire love, surrender, and faith. Flip to Chapter 9 to check out some practices that nourish your spirit.

Consider

Spiritual practices do more than just nourish and guide your own journey. Through you, your practices also radiate a spiritual vibration to other people. You become a force of blessing to this world. Doesn't that sound great?