

Taking steps to refine your mind

Refining your mind gives you the clarity to create a better outlook and improve your life. Three ways to refine your mind are contemplation, meditation, and communion with spirit.

- **Contemplation** includes cleaning up, organizing, uplifting, and taking control of the thoughts in your mind — watching, directing, and guiding your thoughts to find greater awareness and understanding. (For more on contemplation, see the section “Contemplation: Clearing the Clutter,” later in this chapter.)
- **Meditation** is a practice of peaceful introspection that helps you increase your mental strength and clarity by focusing your mind and quieting your thoughts. (I cover meditation in the upcoming section “Meditating: Silent Mind, Holy Mind.”)
- **Communion with spirit** is not really a practice that you do to refine your mind as much as a gift that comes when your mind has become more refined. Through your contemplation and meditation efforts and the magical sprinkling of divine grace, you come to feel near, within, and in an ongoing interaction with spirit, God, or universal Consciousness. (For more on this topic, see Chapter 9.)

Saying it another way

Here are quick descriptions of contemplation, meditation, and spiritual union:

1. First you focus your mind — contemplation.
2. Next you quiet your mind — meditation.
3. Then there is no mind — spiritual union.