

Defining Your Individual Spiritual Practice

BY Linda Dierks

There are many sources of magic in this world, but few as enduring and rewarding as a deep spiritual belief. It's a force born of your heart — a knowing, a constant presence that steadily grows and unfolds, revealing new awakenings.

This force greets every morning with promise, has the mystical allure of a full moon, sings to you like a choir, is magical as a waterfall, solid as granite, comforting as a warm fire on a winter night.

It is, at once, both timeless and novel. It is a presence filled with the freshness of nature and depth of time. It brings peace when the world is spinning, is never dulled by the passing shadows of life, stirs the reservoir of possibility and turns an ordinary life into a charmed existence.

A connection with the Divine makes you tall and confident in Its steady company, is the ladder up and out, and the source of endless joy. It is unconditional love that pulls you out of fear and anger.

It is your True North to a perfect course. Your all-generating spirit is always enriching you with its vitality. It dwells in you as a sacred core that can't be touched by pain, trauma or self-doubt and brings clarity to a confused world.

Over the years I've collected dozens of definitions of spirituality. But I always fall back on my simple interpretation: to recognize that we are part of something greater. We are all individual waves comprising a vast ocean of divine intelligence and infinite abundance.

Dr. Brené Brown defines spirituality this way: "Recognizing and celebrating that we are all inextricably connected to each other by a power greater than all of us, and that our connection to that power and to one another is grounded in love and compassion. Practicing spirituality brings a sense of perspective, meaning and purpose to our lives."

Establish Your Divine Connection

This is *your* time, the time for you to shape a spiritual companion, something that fits comfortably and is carried near your heart. You have the freedom to create a tailor-made belief; you don't have to fit into a mass-produced, off-the-rack creed.

As a unique individual, you can construct a personal belief that is freshly minted by you and you alone, genuine and self-directed, something that you hold dear. Construct your own interpretation of spirituality that's not bound by religious dogma that might judge, be vengeful and restrict your growth. Shape a belief that elevates, comforts and supports you — and invites you to be more.

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This is a relationship of oneness, with the camaraderie, peace and safety of engaging with something greater. You become an integral piece of the whole; you have a distinct purpose and always fit in. You become a shining facet of the larger gem. You are a unique sparkle that has never sparkled before. When you embrace this work, you plant more possibility, more fulfillment into your life. With the reassuring presence of this ally, you are more sure-footed and secure, with a stronger sense of self. Our lives flow with possibility, potential and promise, and your spiritual expression is the spigot.

Spirituality and interaction with a higher power are personal and not identical for any two people. We each approach our spiritual life with a unique perspective depending on our stage of development, our background and conditioning, the lessons we've chosen for this lifetime and our purpose.

When we recognize this diversity and honor everyone's beliefs, we deepen our knowledge and enrich our own expression. To be intolerant of someone else's interpretation of a higher presence shuts off the connection to our own.

Defining My Spirituality

I have two cardinal principles in my spiritual beliefs: They must be joyful and practical. I call it "kitchen table spirituality." I know if it doesn't elevate me or harmonize with my everyday life, it won't endure. It must fit like a glove, require little effort to maintain and flow as a part of me. It's a loving presence that is consistent in my everyday being. It is based in a mind-management practice and backed up by quantum mechanics.

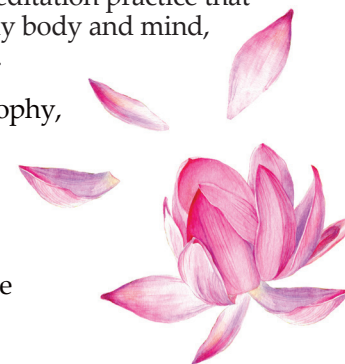
I define my spiritual beliefs in the following ways:

1. **My higher being**, Spirit, God, Creator, Source or Universal Field is an energetic force, an all-knowing higher intelligence and infinite source of joy, wellness and abundance. This higher force is invested in my well-being and is always conspiring for my greatest good. I am in Its guardianship and continually feel Its presence behind the scenes. When I recognize and claim this presence, It ignites with the energetic expansion of reciprocated love.
2. **My everyday place of worship is in nature**, where I can physically experience being part of a greater whole. When outdoors, I can clearly see the enormity of the universe and my integral place within it.

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3. **I am a creator of my life.** By choosing spiritual principles of love, joy, gratitude and inspiration, I attract more of the same into my life. When I eliminate low-frequency thoughts — of judgment, keeping score, over-striving, being controlling or harboring anger or fear — I am in greater alignment with this creative force. When I say yes to this higher force, life says yes to me.
4. **My purpose in this lifetime** is to be an instrument of my Creator by spreading the message of self-empowered joy and wellness. The more I live in my spiritual practice, the more I receive fresh ideas, opportunities, renewal and growth. Our interaction is my dance with the Divine.
5. **My voice is the language of love.** Love is the presence of the Divine and a theme throughout all religions. It's the tapestry that softens my life, unites me with others, quiets my mind and elevates my consciousness. When I embody love, I generate the highest earthly frequency and am instantly in divine presence. When I live from love, I'm a magnet for more of the same — more love, more contentment, more richness. I am radiant when I radiate love. Divine love is unconditional and ceaseless. Love erases all fear and doubt and is a language you can speak easily. Love is the music behind the divine dance.
6. **My spiritual practice is my second nature.** My constant focus is the management of my thoughts and attitudes, knowing that the universal field will always supply what I place my attention on, both positive and negative. I meditate each morning when I wake, then hike or do yoga. Incorporating quiet sports is an extension of my meditation practice that reinforces the connection between my body and mind, creating greater acuity and vibrancy.

In keeping with my kitchen-table philosophy, these concepts are simple, clear and lean. They define my relationship with my Creator, my purpose in the world, my role as an expression of God, my power as a co-creator of my life. They are a guideline for my conduct and style of living. There are no doctrines or dictates.





Defining Your *Spiritual* Practice

As I've done, take the time to define your beliefs and put them on paper. Doing so will bring clarity and focus to your personal path. Note the date, as spirituality is always evolving and you and Spirit are partners in discovery.

As you expand your perceptions and interpretations of the world, your life will shift. You'll see things from a higher plane with greater acceptance, patience and understanding of yourself, the universe and your place within it.

Your spiritual growth is a steady rise.

Honor the Broad Brush of Spirituality

I paint spirituality with a broad brush, recognizing that a spiritual practice is personal, unique and self-created. It's a belief system of illuminated thinking that rings true with pure joy, expansion and expression.

Partner with a greater consciousness. Plug your battery into God's battery. You honor your higher presence with the way you think, act and treat others. You come into alignment with your Source when you raise your frequency through the higher spiritual principles of love, joy, compassion and gratitude. Being happy is the highest compliment you can give to your creator.

Your belief is the ladder up to that which makes you secure in its presence and is a source of endless magic and joy. It inspires you to do more. It illuminates the perfect course, creates an endless stream you can always draw from and is an anchor in difficult times.

A spiritual expression is the natural link to a balanced mind and body that's less prone to illness, sadness and anxiety. It's a constant two-way interplay with your Source. Find that divine partner that invites, "Come, dance with me."

Connect with that divine spark of God's golden energy. Engage in your own dance with your higher power. You are always loved, and you are never, never alone. ✿

Find

what feels right for you, what is easy and joyful. Your spiritual growth is a steady rise, not some destination you're never going to reach.