

Following are a number of 'frequently asked questions' (FAQ's) about Spiritual Practice.

What is 'daily dedicated spiritual practice'?

'Daily dedicated spiritual practice' is the time that is spent each day exclusively devoted to developing a greater awareness of God in your life. It is the time spent in meditation, prayer and *spiritual study*. Although it is desirable to bring a spiritual perspective into every activity that you engage in, dedicated practice has no other activity mixed in with it. Don't delude yourself with rationalizations such as, "I kind of meditate while I'm mowing the lawn." While that may be true, it is not 'dedicated spiritual practice.'

Why do I need to study?

Ideally meditation and prayer should be all that you need for a successful dedicated spiritual practice. However, when you study the Principles of Truth, your prayer and meditation will become more productive. This is because the essence of productivity is to apply knowledge to whatever it is that you are doing. Spiritual Practice is no exception to this principle. Additionally, whenever you read 'sacred scriptures' or the teachings of enlightened masters, you mysteriously connect with a universal transmission of Truth emanating from higher spiritual sources.

How much time should I spend each day?

Whatever amount of time that you are willing to spend on a daily basis is the right amount. It is better to start with a few minutes a day on a regular and consistent basis than to attempt to spend a large amount of time that will be difficult to sustain. The ideal would be to spend 10% of your day in dedicated spiritual practice. However, if you are willing to begin with a few minutes a day on a regular and consistent basis, your practice will grow naturally over time into a longer session that will be easy to sustain.

Does it all have to be at the same time?

Your total daily practice can be broken up into two or three sessions throughout the day. An early morning and an evening session would be highly desirable. However, all sessions should be scheduled at fairly regular and consistent times. Additionally, it is advisable to designate one of those sessions as your 'anchor practice' that you never miss without fail.

Where's the best place to practice?

Any place that is quiet, comfortable and relatively free of distractions. The actual location is not as important as the fact that you consistently go to the same place. It would be best if you could set a place aside that is used for no other purpose. What you will find is that, after a time, simply going to that place will immediately draw you into a higher state of consciousness. It is generally recommended that you do not attempt to perform spiritual practice in your bed, which is place of *sleep*. The purpose of spiritual practice is to 'wake up.'

Do I need any special materials or apparatus?

Not really, although you may find it beneficial to furnish you sacred space with various '*forms of remembrance*' of the Divine, such as sacred images, flowers, candles, incense, etc. However, it is important to remember that these objects have no power in and of themselves, except to remind you of the '*divinity that is within you.*'

Are there any special techniques involved?

There is no one perfect technique or practice that is right for everyone. A wide variety of specific techniques are available through the many excellent spiritual texts that are currently available to us in almost any bookstore. Ask your 'Higher Wisdom Self' for guidance and select those practices that *feel* right for you. Never do anything that seems bizarre or unusual. Look for ways to practice that are both challenging and productive. Be prepared to modify your practice as you spiritually evolve and mature.

Is Spiritual Practice hard to do?

All spiritual practice is inherently *pleasurable*. The only thing difficult about it is overcoming the resistance to doing it. Your greatest obstacle will always be the need to occasionally face your inner fears. However, it is much easier to face those fears in your '*prayer chair*' than out on the street in your day-to-day life. Either way, your hidden fears will continue to come upon you until they are resolved.

What's the most important aspect of practice?

The single most important thing is to just '*show up*' each day. This demonstrates your willingness to be changed. God will do the rest.