

The activity of spiritual practice has the possibility of being *quick, deep and painless*. However, in *reality* it can only be two of these things at the same time. Consequently, we must decide which two we want to experience.

(Pick Two)

☐ **Quick**

We all live in a '*fast mood*' society where it is difficult to sustain any effort over a long period of time. Consequently, any prolonged process that is excessively slow and tedious will not be well received.

☐ **Deep**

In order to produce meaningful results, we must initiate fundamental changes deep within our being. Consequently, any process that does not involve deep inner work will ultimately be fruitless.

☐ **Painless**

It is human nature to avoid any kind of experience that disturbs us emotionally. Consequently, any process that contains elements of fear, conflict, and upset generally will be avoided.

Possible Combinations:

☒ **Quick** + ☒ **Painless** = _____¹

A process that is both quick and painless will be relatively shallow. Consequently, it will be capable of producing only superficial results, if any at all. An example of such a process would involve the compiling of a '*Wish List*' of desired outcomes. In order for these goals to be attained, we will have to put forth an arduous effort and be willing to face our fears in the form of challenges in the outer world.

☒ **Painless** + ☒ **Deep** = _____²

A process that is both painless and deep will be relatively slow. Consequently, meaningful changes will come about in a very gradual way that will not be upsetting to us. An example of such a process is when we continuously pray over time for a desired outcome. This type of process requires great perseverance, and we will face our fears primarily in the form of doubts that will challenge us to give up.

☒ **Quick** + ☒ **Deep** = _____³

A process that is both quick and deep will always be relatively painful. Consequently, meaningful changes will come about rather quickly when we are willing to face our hidden fears in order to release them. An example of such a process is when we face our fears by engaging in deep spiritual practices that clarifies our intentions and reveals all that is *unhealed* within us. As a result of the deep healing that takes place, newness will emerge in the form of inspired ideas that will be met with relatively little opposition in the outer world.

! Wisdom Alert ! - The secret to achieving any kind of accelerated and meaningful spiritual growth is to simply 'not mind' the painfulness of it.