

A Gratitude Practice

Taking up a spiritual practice connects us with the spiritual dimension of life. It draws our attention to the divine in the daily. The power of the practice is in the intention we bring to it and in our repetition of the practice over time.

- Each day, find a time and place to be in stillness.
- Settle for a few minutes and then bring to mind relationships, happenings, and unfoldings for which you feel grateful this day.
- Focus on each one and savor each in gratitude.
- Try to return to this practice each day for 2 or 3 months. It will only take a few minutes.

Changes You May Notice:

- A greater capacity for kindness
- A call to forgive
- Movement beyond a stuck place in a relationship

This is evidence of the Light at work within.

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The Language of the Inner Journey

It helps to have words to describe and convey our inner journey. Below are a few to help as we begin.

Grounded—anchored in Love and Light or God. An approach or direction is then in alignment with what is True and good and thus has a stronger foundation.

Life—vitality and inspiration of the Spirit, God, which results in love changing lives.

Opening—something is now possible, accessible or available that previously was not. Also, Fox used this especially as an insight given to him by God.

Release—An ability to let go or move beyond an inner obstacle or hurt that obstructed the flow of love and growth. Also, a sense that work the Spirit asked of us is completed and we may stop.

Spiritual Movement—a sense that perceptions and understandings are shifting.