



## **7 Simple Practices for Realizing Your Highest Spiritual Possibilities**

### **Practice #1: Welcome Every Revelation**

Key Lesson: The less afraid we become of seeing and realizing the depth and breadth of our human imperfections, the nearer we are to being spiritually, perfectly fearless.

### **Practice #2: Learn to Let Go and Welcome Every Life Lesson**

Key Lesson: It is what we are willing to learn in the unfolding moment, and not what we think we already know, that awakens us, at last, to our highest spiritual possibilities. This is why the wise ones have always taught that knowledge is the seed of wisdom, but its flowering is in conscious action.

### **Practice #3: Step Down as Judge and Take the Witness Stand**

Key Lesson: When it comes to dealing with others who have failed to meet our expectations, let us never forget the following: whatever their choices in the past that may have caused us pain, ought never blindly determine how we treat them in the present. After all, if the Divine decided to judge us "once and for all" – for even a small portion of our poorly made, self-centered decisions – surely It would have given up on us a long time ago.

### **Practice #4: Take the Step You're Sure You Can't**

Key Lesson: There is no way to discover, let alone realize, the hidden depths of our still latent spiritual strength without a willingness to witness its corresponding weakness. This means that strength and weakness are



NOT opposing forces, but complementary in nature. To see this truth is the same as ending our fear of feeling powerless in the face of any perceived limitation.

### **Practice #5: Remember: There's No Place Like Home!**

Key Lesson – Part 1: The wish to know the truth of ourselves - to make the soul's journey back to its Celestial Home - originates from within a part of us that is already there... as it is impossible to long to return to some place where we haven't already been.

Part 2: Each moment we will dare return into the quiet awareness of ourselves - remaining there long enough to see, and sense, the whole of ourselves - is the same as the dawn of an altogether new and higher understanding whose Light first reveals the way back Home... and then guides us, safely, back to it.

### **Practice #6: Take Time to Nourish Your True Self**

Key Lesson: When it comes to a choice in meals, deals, even making plans, one can afford to make certain mistakes; these decisions, including their delay are generally not irreparable. But this isn't so when it comes to the interior work required to develop the nascent soul. The choice and eventual cost of delaying, or otherwise ignoring its needs, is to lose a once-in-a-lifetime opportunity to realize your highest possibilities.

### **Practice #7: Invite the Light of Love to Lead You to Spiritual Freedom**

Key Lesson: For all who are willing to consciously persist – who will walk up to, and go through whatever challenge or limitation they encounter along the Way – they are guaranteed to realize the following truth... that helps set them free: hidden in the seed of any limitation awaits the flower of some new and higher possibility beyond anything that can be imagined.