

Practical Spirituality

practicalspirituality.org

Date -

Dreams last night. Dream Journal entry. *What did you dream about?*

Daily Practice and Journal Entry

Moon in Zodiac Sign -

Moon phase -

See <http://www.astrologycafe.com/>

Morning Notes - Time for Remembrance and Celebration – Time in your Sacred Space

Taking time in the morning to celebrate Life, Yourself, Family, Friends, Nature, and the world around you.

Daily Practice - Concentration Exercises – *How did it go? Any thoughts?*

An easy exercise is simply counting backwards from 100 down to 0.

See more concentration practices on the practicalspirituality.org website.

Daily Practice - Basic Meditation – *How did it go? Any thoughts?*

You can use the Pause and Re-Connect meditation on the last page. Or see additional meditation practices on the practicalspirituality.org website.

Daily interaction with others – Practicing Kindness, Compassion, Positivity, and Tolerance

How were your daily interactions? Write down your thoughts... Successes? Challenges?

Getting ready for bed.

Spend several minutes going over the events of the day. Any thoughts? No judgement.

Any things you could have done better?

Namasté – I salute the God in You.

“This is my simple religion. There is no need for temples; no need for complicated philosophy.

Our own brain, our own heart is our temple; the philosophy is kindness.”

-Dalai Lama

Meditation: Pause and Reconnect

“Remember your connection to the World around you.”

When you're feeling stressed, out of it, angry, overburdened by the issues of the day, etc., this can be a great way to reconnect to a calm center.

- Take a break from your activities for a moment.
- Find a quiet comfortable place, or just sit still.
- Close your eyes and relax your body. Start with your toes and feet - then gently relax all the parts of your body all the way up to your face and head. You can slowly tighten each group of muscles and then relax them.
- Count backward from 30 to 0.
- Listen to your own breathing for a while.
- Think about the majestic beauty of Earth. Imagine a nature image that you think is beautiful.
- Picture the Earth in your mind. Remind yourself of the incredible diversity of Life here on a massive scale.
- Remind yourself of your inter-connection to all Life and the beauty of the Earth.
- Picture the Sun above the Earth.
- Imagine the Sun's golden light descending through your head and filling your body. From your toes up to the top of your head.
- Rest for a few moments.
- Open your eyes.
- Rejoin your day.