

Life-
Changing
Spiritual
Practices
Volume 3

*Spiritual practices to build
into your lifestyle, as you
walk the spiritual path on practical feet.*

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Life-Changing Spiritual Practices: Vol. 3

Individual spiritual practices to build into your lifestyle, as you walk the spiritual path on practical feet

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CONTENTS

[Title Page](#)

[Spiritual Practices Introduction](#)

[Tickle the Ant](#)

[Baggage Claim](#)

[Honoring Your Bereitschafts Potential](#)

[Bumper Sticker Theology](#)

[Critter Control](#)

[Cycling / Motorcycling](#)

[Damnably Defunding](#)

[Forelsket Reaction](#)

[Friendscaping](#)

[Gratitude](#)

[Holotrophic Breathwork](#)

[Turn Inter-Faith Into an Inter-Spiritual Monologue](#)

[Interior Decorating](#)

[Lets Duet](#)

[Boycotting Looney Tunes](#)

[A Lotta Lottery](#)

[Abstain From Medical Hexing](#)

[Eliminate Mental Kudzu](#)

[Dine on Metaphysical Hors d' Oeuvres](#)

[Avoid Manacled Miniaturization](#)

[Masterful Mettle](#)

[Ensuring the Music to Noise Ratio](#)

[Muted Eloquence](#)

[Negligible Numbing](#)

[Optimistic Spirit](#)

[Parachuting](#)

[Choose the Perpendicular Path](#)
[Avoiding Pixelation](#)
[Affirmative Prayer](#)
[Refraining From Pathological Procrastinations](#)
[Practicing the Presence](#)
[Pseudocoding](#)
[Reducing Runtime Errors](#)
[Retouching](#)
[Practice Saintly Joviality](#)
[Prosperity Shaping](#)
[Sannyasinic Renunciation](#)
[Seeing Reverence as Sacred Civility](#)
[Singing](#)
[Skirting 'Sinnamis'](#)
[Spiritual Alka Seltzer](#)
[Spiritual Hydration](#)
[Spiritual Inoculations](#)
[Acknowledging Your Spiritual URL](#)
[The Zen of Swim](#)
[Tasawwuric Focus](#)
[Uncorked Erasure](#)
[Refraining From Unproductive Uzzaic Tendencies](#)
[Vertical Farming](#)
[Vision Quests](#)
[Vroom With a View](#)
[Yeheedahic Union](#)
[White Light Technique](#)
[Xochipilling](#)
[Your Word Is Your Wand](#)

[You've Gotta Have Heart!](#)

[Zamzummim Action](#)

[About the Authors](#)

Spiritual Practices Introduction

Spiritual practice refers to the intentional and purposeful choices you make, actions you take, soul deepening habits you adopt, and rituals you perform each day to nurture your connection with your Divine Nature. It means becoming consciously one with the Eternal Presence within expressing as your Higher Self so you can master the art of living by staying connected with your own truth and purpose.

It is an intentional personal journey inward to accelerate your enlightenment. And you do that by building into each day spiritual practices that keep you focused on your spiritual growth. We focus on ‘orthopraxy’—the belief that lifestyle and practice are much more important than mere verbal orthodoxy. That means applying spiritual teachings is the key to enlightenment.

A spiritual practice is not a dogmatic path, nor is it a ‘worship a god in the sky who is an entity separate from you’ path. It is a path of Self-realization that acknowledges that you are the human expression of the Eternal Presence (God) expressing Itself at the point of you.

Spiritual practices can take many forms. And that’s the wonderful thing about devoting yourself to a spiritual practice. You can decide what practices constitute your over-all practice! While the forms of spiritual practices may differ, the intent is the same: nurturing the connection with your Higher Self which we call the Extraordinary You.

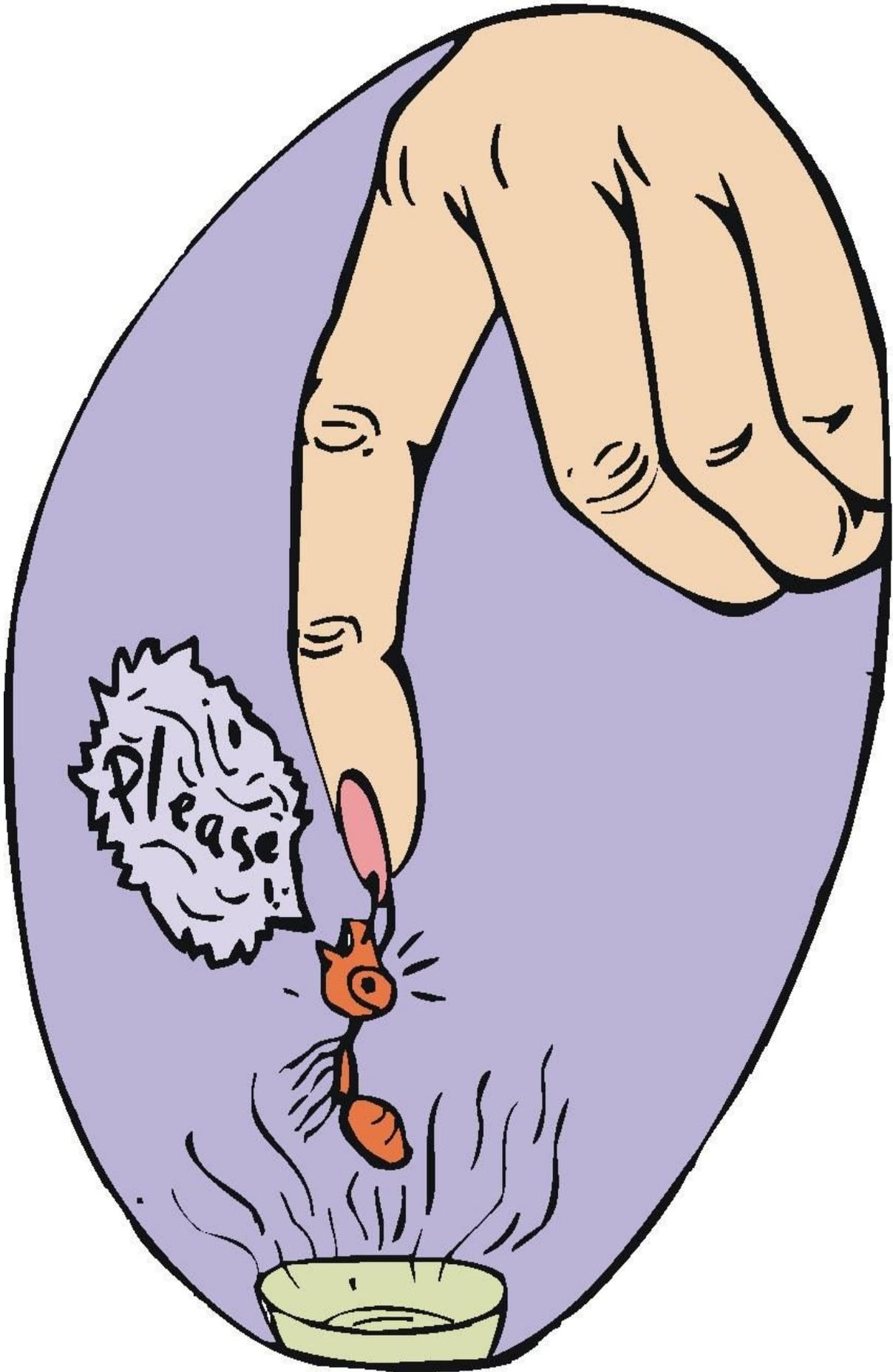
The spiritual practices we share in Volume 3 are all sacred experiences, whether they involve just a few precious moments or take longer nuggets of your time. Developing a regular spiritual practice is a highly personal and intuitive process. We feel certain you’ll find the perrrr-fect practices that resonate with your core being.

We applaud your desire to live a more spiritual life. You’ll find it’s the difference between surviving and thriving. The transformation you’re seeking – we’re all searching for – is possible when we enrich and enliven our lives by adopting a daily spiritual practice.

Choose what works for you. Adopting a practice someone else recommends is not nearly as important as how you feel while you’re engaged in it. Be willing to “try out” a number of these practices. Look for a good fit between the practice and you. When you commit to a practice see it as one of the ways to express your spiritual unfoldment. Make it high on your lifestyle priority list. See it as concrete evidence of walking your talk.

Tickle the Ant

The most often quoted ‘ant verse’ from the *Hebrew Testament* is Proverbs 6:6. “Be like the ant,” says King Solomon, “consider her ways, and be wise. That comes from the *Holy Bible* from George Lamsa’s *Aramaic of the Peshitta*. The *King James Version* is a little more direct and in your face. It refers to us as sluggards. It says, “Go to the ant, thou sluggard, consider her ways, and be wise.”



We don't recommend calling people sluggards; however, the derogatory language makes an important point. Most people are a bit sluggish when it comes to applying Truth principles. And they're even more reticent when it comes to expanding their awareness of higher truth principles and aligning their human self (small 's' self) with their Higher Self (capital 'S' Self).

Solomon was well versed in the wisdom traditions of the East and what we call the Mid-East today. He was well aware that the Egyptians called this expanded awareness the *arat* and the Hindus called it the *ajna*. Taoist alchemists call it the Third Eye. According to Theosophists this eye atrophied and sunk into what today is known as the pineal gland. In all of these traditions the Third Eye is the doorway to higher consciousness.

This mystical 'perceptive organ' provides 'sight' beyond ordinary sight. It's located slightly above your eyebrows in the middle of your forehead. It is sometimes called the 'clear sight' or guru chakra. Hindus place a colored dot on their foreheads to mark the spot. Fundamental Christians place ashes which form a cross on congregants' foreheads just above the location of the Third Eye on Ash Wednesday to remind them they are simply dust and in need of repentance.

As Unity ministers we prefer to anoint people's foreheads with oil to celebrate their Christ connection and affirm their goodness. The ancient Egyptians wore a tiara with a small serpent protruding over the Third Eye to honor its influence. Muslims place their faces on prayer mats to achieve a prostration mark that represents piety.

In the *Book of Revelation* the Third Eye is the sixth chakra (pineal gland) and is identified with the 6th church, the Church of Philadelphia. Here's the connection with the *ant* and why this is a valued spiritual practice. When the Third Eye becomes active, you feel a tingling behind the skin of the forehead. Some esoteric traditions call that sensation 'the tickling of the ant.'

Here's How 'Tickling the Ant' Works:

In the Bible, when Solomon advises people to learn the ways of the ant and become wise, the ant's 'wisdom' is a play on the esoteric 'tickling of the ant' when the 'clear sight' chakra becomes active. What Solomon is really saying is 'go inside' – meditate - and connect with your Divine Nature. Another way of saying it is: "Go inside and align yourself with your Christ Nature so you can 'up your consciousness!'"

If you want to be wise 'listen to the ant's speech' – that is, listen to your inner guidance. (If you still think Solomon lowered his ear to an anthill to listen to ants you've had one coffee too much). Adopt one of more meditation

techniques as regular spiritual practices. Cultivate your Third Eye awareness.

In the wisdom traditions, the Third Eye is the gateway to higher consciousness, and thus enlightenment. The Third Eye is often associated with clairvoyance, precognition, astral visions, out-of-body experiences, and astral travel.

These inner ‘knowings’ are not clouded by thoughts, intentions or assumptions. They are instinctual messages that come to you, seemingly from no where and often run in opposition to your rational thoughts.

However, one thing is for certain – your inner knowing is an intuitive compass. It’s guidance is pure and its timing is exquisite. What makes intuition’s timing so reliable is that intuition is a form of knowing that is connected to the collective universal knowledge and experience that have made you what you are.

It is a composite of all of your left and right brain cognitions. So, in a very real sense, intuition is logic in a hurry! And it is this inner choreography that presents itself as an intuitive flash.

As you become more disciplined in ‘listening to the ant,’ you’ll begin to trust your intuition more and respond more positively whenever you ‘feel’ its call. Like anything else worthwhile, this spiritual practice takes practice and patience. (See our *Nurture Your Innate Wisdom* spiritual practice in Vol. 4.)

Baggage Claim

In the airline industry, baggage claim is the area in the airport where you can pick up your checked luggage before you take ground transportation home. Baggage claim is a unique spiritual practice that uses self-evaluation to make sure you don't wander too far from your spiritual path. Baggage claim means admitting your mistakes, error tendencies, bad habits and poor choices.

So, it's an apt metaphor for claiming your shortcomings (baggage) so you can do something about them. Admitting your foibles, faults and flaws is the first step in becoming baggage-free! Once you've identified them you can work out a plan to 'check your baggage' before you fly off the handle, say something you may regret, and/or do something that is out-of-character.

Here's How This Spiritual Practice Works:

The 'baggage' this is a spiritual practice encourages to consider checking is: dogma, literal-only interpretations of scripture, the belief in an anthropomorphic god in the sky, heaven and hell being places you go to after you die, believing you are only here to learn lessons, being more religious than spiritual, forgetting you are a spiritual being having a human experience, etc. (See our *Be Well Inoculated* spiritual practice in Vol. 6.)

Honoring Your Bereitschafts Potential

Have you ever heard anyone say, “The devil made me do it!” Have you ever said it? Well, we’ve got news for you. When you say something like that it usually gets smiles and even a little laughter, but it wasn’t the devil – or anyone else that made you do it.

If the truth be told, it was you and you only! How do we know this? All human beings – and that includes you – are born with a failsafe mechanism called the Bereitschafts Potential.

Your Bereitschafts Potential is the narrow neural time line between when you decide to do something and actually do it. In neurology, the Bereitschafts Potential (German for *readiness potential*), is also called the ‘pre-motor potential.’ It is a measure of activity in the motor cortex area of your brain that indicates voluntary muscle movement.

The Bereitschafts Potential is a genetically wired cortical response to pre-motor volitional movement. It was first recorded and reported in 1964 by Hans Helmut Kornhuber and Luder Deecke at the University of Freiburg in Germany.

Years later, in a series of experiments in the 1980’s, Benjamin Libet studied the relationship between conscious volition and the Bereitschafts Potential. He found that the Bereitschafts Potential is triggered about 0.35 seconds *earlier* than we become consciously aware that that we feel a desire to take some kind of action.

He found that people are able to prevent an intended action at the last moment by consciously vetoing actions they didn’t want to take. So, we choose what actions we take. We have a built-in third of a second to decide if we are going to snap at someone, or punch someone, or kiss someone. We call it the Bereitschafts Failsafe.

Here’s How the Bereitschafts Failsafe Works:

Incorporating the Bereitschafts Failsafe as a spiritual practice will help you to take the actions you want to take instead of doing something in the spur of the moment that you may regret.

It reminds you that you have 0.35 seconds to change your mind before you take action. It’s an excellent awareness to have, especially when you want to remain poised and in control of any situation.

So, before you take action on, well anything, remind yourself to pause for a brief 0.35 seconds to decide if that’s what you really want to do. It’s a

good habit to cultivate and will earn you the reputation of someone who is composed, thoughtful, and centered. (See *Make Consistent Codified Choices* in Vol. 4.

Bumper Sticker Theology

You can't drive anywhere these days without running into ten inch billboards called bumper stickers. A growing number of people are wearing their personal, political, and religious preferences on their bumpers.

As you might well imagine, we pay attention to what people advertise on their bumper stickers, especially religious ones like:

“Jesus Is The Answer ”

“Honk If You Love Jesus”

“Lord, Save Me From Your Followers.”

“Don't Let My Car Fool You. My Treasure Is In Heaven.”

In researching this spiritual practice we came across a story of a Unity motorist who was waiting at a stoplight when he noticed a car with the “Honk If You Love Jesus” sticker on the rear bumper. He thought to himself, “Well, I love the Jesus quality in me. Why not give my horn a beep!” So he did.

The woman who was driving the car in front of him rolled down her window and cursed at him, shouting “Are you blind? Can't you see the light is red!”

So much for honking your horn if you love Jesus. And so much for advertising something you're not.

Bumper stickers were invented shortly after the end of World War II by Forest P. Gill, a silk screen printer from Kansas City. Gill combined two existing products: fluorescent ink and pressure sensitive adhesive. The result was a bright, self-sticking paper sign that could be attached to a car bumper.

At first bumper stickers were used in political campaigns, but people saw their potential and quickly expanded their use. Conservatives came up with ones like: “America, Love It or Leave It” and “Support Your Local Fire Dept.”

The National Rifle Association members put “Preserve the Right to Bear Arms” on their cars. This led to one of the first humorous bumper stickers by animal rights activists, which said “Preserve the Right to Arm Bears.”

Following September 11, bumper stickers appeared that declared, “United We Stand.” But since that tragic day, the message “United We Stand” has disappeared and has been replaced with unyielding partisanship on Capital Hill, controversy over same sex marriages, tax equality, road rage, religious bigotry, and gun control.

Activists sport a bumper sticker that says, “War is not the Answer.” And environmentalists chorus, “I’d Rather Be Fighting Global Warming.”

A couple of stickers we took an immediate liking to are: “Caution Driver Under the Influence of Children” and “Midwives Help People Out”!

A conservative Christian bumper sticker we saw said, “In Case of Rapture This Car Will Be Left Driverless.” (The rapture, as you know, is the imaginary moment when fundamental Christians believe all believers are simultaneously transported to Heaven in a kind of giant “beam me up Scotty” event).

Others who believe in a literal interpretation of the Bible display bumper stickers that read: “God said it, I believe it, that settles it!” Another bumper sticker asks “Do You Follow Jesus?” and a clever soul followed it up with, “Do You Follow Jesus This Close?”

During the era of persecution by the Romans 2000 years ago, the fish was used among Christians as a secret symbol. If two strangers met and were unsure whether the other was a Christian, one would draw an arc in the dirt. If the other were a Christian, he or she would complete the symbol with a reverse arc forming the outline of a fish.

Today this fish symbol is commonly seen in the form of a bumper sticker, or casting, mounted on the back of cars. This has inspired believers in evolution to create a fish with the word “DARWIN” in the middle, and little legs underneath.

This has been met with a Christian rejoinder: the Darwin fish with feet encountering a much larger open-mouthed Christian fish about to eat it. The caption reads: “Survival of the Fittest.” Fundamental Christians are suggesting their belief in the Bible will outlast the belief in evolution. Apparently tired of all this bickering, someone has come out with a bumper sticker that shows a Christian fish kissing a Darwin fish.

Fundamental religious groups have created a sticker based on a famous line from one of Governor Arnold Schwarzenegger’s movies. The bumper sticker reads “I’ll be back—God.” A more liberal approach to the same topic is the sticker that says “God IS coming back soon—and SHE’s ...” you fill in the blank.

Even existentialists have their own bumper sticker. It reads: “What If the Hokey Pokey Really **IS** What It’s All About?”

Another conservative Christian bumper sticker says, “Born Again.” According to fundamentalists (fundies), the first birth is our physical birth and the second birth is a spiritual birth that supposedly takes place when people

accept Jesus as their personal Lord and Savior. This commitment supposedly frees the believer from the original sin of Adam and Eve.

A liberal religious response to the “Born Again” slogan is one we particularly like. It says “Born OK the First Time.” It suggests that we are born good, and not sinners. It supports our belief in Original Blessing and not original sin.

Two more we particularly like are, “God Is Too Big to Fit Inside One Religion” and “My Karma Ran Over Your Dogma.”

It is amazing how eye opening, educational, and controversial sound bytes on a ten inch strip of paper can be! They’re extremely effective communication tools.

However, the most powerful and effective bumper sticker is, and always will be, the one you wear on your sleeve, on the tip of your tongue, and from the bottom of your heart.

It’s a bumper sticker you wear 24 – 7 – 365. It doesn’t come with fluorescent ink or pressure sensitive adhesive. It comes with skin, and a personality, and a religious perspective. These bumper stickers are one of a kind. They come in different shapes, and sizes, and colors, and temperaments.

These bumper stickers either adhere to truth principles or stick to false surfaces. These bumper stickers are you and me. They are the image we project to the world through our words, choices, and actions.

Are we good role models for truth? Are we good advertisements for the Christ Presence within us? Are we marquee bytes for spiritual growth, for equality, for world peace, for environmental stewardship?

If someone asked you to sum up your theology on a bumper sticker, what would your sticker say?

We have several. As a matter of fact, eight stickers pretty much sum up our entire theology:

The first would say: Let Your Christ Light Shine.

Another one would say: Faith It Till you Make It.

Another: I Don’t Do Dogma.

Another: Walk the Spiritual Path on Practical Feet.

Another: We Are the Christ Expressing at the Point of Us.

Another: Meditation Is Medication

Another: Let the Extraordinary You Out

And finally: Be the Best Christ You Can Be

Now we have a ‘bumper crop’ of ideas to share with you to make this spiritual practice one of your favorite.

A story to illustrate: It was 1987. Beautiful Hilton Head Island, in a gorgeous resort hotel. Cher was giving a keynote speech for a Sale Conference of a corporation, honoring their top salespeople for the year. Just before it was her moment to speak, the president of the company stood up and delivered some news about the sales goals and incentives for the next quarter that were extremely devastating to these sales people, and very controversial. Needless to say, no one was happy.

As soon as the president finished delivering his negative announcement, he followed up by saying, “And now, here’s our speaker for this morning, Dr. Cher Holton!” And Cher was on but she was facing a really tough crowd. Cher got through it, but we were very anxious to get out of Dodge! We packed up our stuff and hit the road.

About an hour into the trip home, Cher suddenly looked down and realized she didn’t have her briefcase! A quick search confirmed it. The briefcase, holding all of her critical stuff (like billfold, credit cards, license, and make up!) was sitting back at that fateful hotel in Hilton Head!

“That was the day Bil earned ‘Husband of the Year award,” Cher will tell you even today “He was so kind, so understanding, so compassionate, as he turned the car around and make the hour-plus drive back to Hilton Head! No negative comments or snide remarks about my forgetfulness. Just loving support. He even went in and recovered the errant briefcase, which thankfully was still right where I had left it!

“That day, Bil lived the Truth of what he said: how much he loved and cared for me! His actions were his bumper sticker. He done good, as the saying goes.”

Here’s How This Spiritual Practice Works:

What can we learn from bumper stickers, so we can be the very best bumper stickers for Truth? Here are a few things to consider:

Know what to believe: Bumper stickers represent the essence of what a person believes, and makes that statement to the world. It only takes a quick Google search to discover that there are thousands of bumper stickers out there! With the keyword bumper sticker, we got almost 10 million hits in 14 seconds! In order to choose a bumper sticker that truly reflects your philosophy and beliefs, you have to know what it is you really believe! If you are a vegetarian, you’re not going to get a bumper sticker that says “If we

aren't supposed to eat animals, why are they made with meat?"

If we don't know what we believe, we find ourselves feeling either at a loss, or getting defensive when anyone asks us about our faith practice. We might end up reflecting something similar to the bumper sticker we saw that said: "Give me ambiguity or give me something else." Or the one we saw which was simply blank.

We believe there is only one Power, the Eternal Presence! This seems obvious, but when you think about it, lots of people believe in two powers: Good and Evil. They actually believe someone out there has the power to pull them into evil. As Flip Wilson used to say, "The Devil made me do it!" We know there is only one power, God the Infinite Presence. We also believe that we are God localized in the eachness of us. We are God expressing. We recognize the power of our thoughts to create our reality, and acknowledge that prayer is how we make our connection with Divine source. Finally and most importantly, we make it a point to say it is not enough to know Truth principles — we need to make them a part of how we live our life!

Capture it in a short statement: We have great spiritual principles, but it was hard enough to get them on a business card, let alone a bumper sticker! Ever notice how bumper stickers capture your whole philosophy about something in one, concise statement? Like the powerful bumper stickers we shared earlier:

Or some other ideas:

Life is My Spiritual Practice!

Outer Appearances are Optical Delusions.

I'm a Spiritual Being Having a Human Experience!

See if you can capture your Truth in short, concise statements. If you could put your beliefs on a bumper sticker, what would it say?

Match your actions with your message:

Once you proudly advertise your philosophy in a bumper sticker, be sure your behavior matches your words. *Emerson said, "Who you are speaks so loudly I can't hear what you're saying."* Sometimes, the most powerful way you can spread the word is to simply "BE" the Truth you advocate. That means "Being" that Truth even when it's tough — especially when it's tough! Because that's when you make the statement. Like Bil, when he became Husband of the Year. It wasn't anything he said - it was solely the actions he took. That said it all!

So, if we say we believe *everyone is Divine within*, we need to be sure

we treat every person that way. If we believe *we are connected to Divine Substance*, we need to live in alignment with that belief. If we recognize the *power of meditation and prayer*, we need to be sure we are making time to spend there!

Remember the story we shared at the beginning of the explanation of this spiritual practice, about the *honk if you love Jesus* bumper sticker and the driver who just did not model the expected behavior of someone sporting that philosophy? Well, here's a follow-up:

A stressed out woman on a busy boulevard was tailgating a man. Suddenly, the light turned yellow, just in front of him. He did the right thing. He stopped at the crosswalk, even though he could have beaten the red light by accelerating through the intersection. The tailgating woman was furious and honked her horn, screaming in frustration because she missed her chance to get through the intersection.

As she was still in mid-rant, she heard a tap on her window and looked up into the face of a very serious police officer. The officer ordered her to exit her car. He took her to the police station where she was searched, finger printed, photographed, and placed in a holding cell. After a couple of hours, a policeman approached the cell and opened the door. She was escorted back to the booking desk where the arresting officer was waiting with her personal effects.

He said, "I'm very sorry for this mistake. I pulled up behind your car while you were blowing your horn at the guy in front of you, and cussing a blue streak at him. I noticed the 'What Would Jesus Do' bumper sticker; the 'Choose Life' license plate holder; the 'Follow Me to Sunday-School' bumper sticker; and the chrome-plated Christian fish emblem on the trunk. Naturally, I assumed you had stolen the car."

We hope you'll want to be a good bumper sticker for your truth walk. That means you know what you believe, you have captured it in a concise statement, and you model the truth of who you are in everything you do!

Critter Control

Three campers were setting up their campsite when a bear suddenly appeared. Two of the campers saw the bear and climbed a nearby tree. The third camper who was not as observant wasn't fast enough to escape.

He threw himself on the ground and pretended to be dead. He had heard that bears, like Levites and Pharisees, will not touch dead bodies, so he laid as still as he could and held his breath. He tried his best to control his trembling, too.

His life passed before him as the bear sniffed at his clothing and then moved up to his face. The camper lay as still as he could.

To his astonishment, the bear whispered something in his ear. After a few moments, when he opened his eyes, the bear was gone. When the coast was clear, the other two campers climbed down out of the tree and rushed over to their comatose comrade.

"Are you okay?" the taller one asked.

The prone camper nodded. He was still too frightened to move.

"It's okay," the third camper replied, "the bear's gone."

The two helped the frightened camper to his feet.

"By the way," the taller one said, "I could have sworn I saw the bear whisper something in your ear. I know that sounds crazy, but am I right?"

The camper who had the close encounter with the bear nodded.

"You're kidding," his comrades exclaimed in unison. "A talking bear. No way! Like we're going to believe that," they laughed.

Their comrade replied, "He told me never to travel with 'friends' who desert you at the first sign of trouble."



The story is apocryphal, of course. But it represents an important point we want to make. This spiritual practice is about critter control. The more critter control you have - the happier, safer, more balanced, and prosperous your life will be.

The critters we're talking about are just as ferocious as the bear. They are false assumptions, engrained beliefs based on those false assumptions, self-defeating habits, feelings of unworthiness, fears, doubts in your ability to prosper, negative thinking, and a host of other wild and untamed thought and feeling critters.

These are all critters that keep you flat out or up a tree instead of living confidently and happily at the speed of your Christ Consciousness. A bear of a doubt or a grizzly of a false assumption can keep you immobilized or up a tree for years.

Suppose you're sitting on your front porch. A convertible comes by and someone shouts, "Get in!" And so you get in. You don't know where it's going but you get in anyway. Later that same day you're sitting on the porch again and an SUV comes by. Someone says, "Get in." You get in although you're not sure where it's going or how long it's going to take.

Later that evening you're sitting on that same porch and a truck comes by. Someone shouts, "Get in..." and so you ... (you get the picture). Suppose each of those vehicles represents a creepy critter.

Just because a false assumption surfaces in your consciousness doesn't mean you have to go with it. You don't have to let an

outdated belief take you for a ride. You can face a fear you've been avoiding instead of letting it chase you up a tree.

You can leave formaldehyde beliefs and atrophied assumptions behind. You can create critter controls that keep critters in check.

In his classic Unity book, *Talks On Truth*, Charles Fillmore reminds us, "*In the days of Moses the Egyptians refused to give freedom to the Israelites. So, the Egyptians saw frogs, lice, and locusts.*"

Those who look at the world through divinity denying filters will see all kinds of critters that frighten them and send them running for cover. But you don't have to live that way. You are a spiritual beings going through a human experience. You have spiritual powers. You can look at your experiences through spiritual filters or human filters. The choice is yours.

Here's How This Spiritual Practice Works:

See the world from the groundedness of your Higher Self or from the error-prone nature of your human personality. The choice is yours.

Here's the thing, research from the science called neuro-theology suggests you really do have a higher, more transcendent Self which is more universal in nature. So, become consciously aware of that Transcendent Self by adopting any and all of the spiritual practices we recommend.

Listen to what neuro-biologist Andrew Newberg and his team have found: "Spiritual reality holds, and neurology does not contradict it," they say, "that beneath the mind's perception of thoughts, memories, and emotions, and beneath the subjective awareness we think of as the self, there is a deeper Self, a state of pure awareness that sees beyond the limits of subject and object, and rests in a universe where all things are one."

The object of this spiritual practice is obvious. Keep track of your thoughts over the next 21 days. Which ones would you classify as: false assumptions, engrained beliefs based on those false assumptions, self-defeating habits, feelings of unworthiness, fears, doubts in your ability to prosper, negative thinking, and a host of other wild and untamed thought and feeling critters?

How many of those critters would you say are personally demeaning? How many devalue you as a human being – as a spiritual being? To what extent are you allowing them free-rein in your consciousness? Under what circumstances do they occur?

Exercise whatever ‘critter control’ you need to get them out of your consciousness and your life. Use this spiritual practice as an on-going practice. It’s one of the best practices there is to cleanse your consciousness of negativity and falsehood. (See our spiritual practices *Embrace Error Exfoliation* in Vol. 6 and *Keep Error-Prone Echoes Economical* in Vol. 7)

Cycling / Motorcycling

Traffic, pedestrians, noise, fatigue, bike repairs, pot holes, obstacles of all kinds become immaterial when you are in the flow and enjoying your bike ride. You'll know when you're in the flow because a wide smile will form on your face as you hit that green light just right, weave into that tiny spot without slowing down, and cruise down that sliver of nice pavement between the potholes.

Whether you're riding a bicycle or motorcycle, the feel of the wind and the freedom of the open road or street grabs you at a soul level as you sense your oneness with the environment.

Here's How This Spiritual Practice Works:

Discover the joy of cycling! Cycling is a great way to get around for fun, a time devoted to thinking, repeating a mantra, fitness, communing with nature or a specific purpose. Whether it's just a short leisurely ride or a cross-country trip; an energetic ride on a biking trail; or for making practical trips to work, the grocery store or the library, cycling is a soulful way to go.

Record your thoughts, especially those thoughts that relate to feelings of transcendence, freedom, inner strength, wholeness and health.

Damnably Defunding

This spiritual practice asks you to realize that if you do not use your mental energy to elevate your worldly thoughts to spiritual thoughts, your mental energy may degenerate into a stagnant pool of mentation that produces malignant vibrations that perpetuate chronic degenerative thinking.

Sounds damnably doesn't it! Allowing your base instincts and repressed subconscious patterns to take over defunds your higher thought faculties and bars super-conscious processes that depend on elevated thinking, being, and doing. Your state of consciousness determines what you think about, choose to do, and – well, do!

Neuroscience research indicates that, at the subconscious level, our mind has a tendency to focus on the optimistic while, at the conscious level, it has a tendency to focus on the negative. This subconscious bias towards positivity is called the positivity bias. Barbara Frederickson, a social psychologist at the University of North Carolina at Chapel Hill, has written a compelling book called *Positivity*, which says we are wired for positivity.

Here's How This Spiritual Practice Works:

This practice encourages you to consider that your number one priority at all times has to be your frame of mind and keeping the positive energy flowing, particularly as it relates to your alignment with your Higher Self.

There is no doubting the many benefits that result when you have the right mindset and the right mental 'funding.' It is when you are at your absolute best and can tap into your Authentic Self. It is when things just seem to fall into place and unfold in the most amazing ways. There is nothing better and it all begins with having the right frame of mind where your positive energy just naturally flows, keeping your thoughts elevated and your super-consciousness funded with higher, more spiritual thoughts.

Every time you catch yourself having a negative thought, defund it, and fund your waking consciousness with positive life-affirming thoughts, words and actions. Positivity doesn't just change the contents of your mind – trading negative thoughts and tendencies for positive ones. It re-wires your brain and widens the span of possibilities you see so you live more positively and optimistically.

This ends the SAMPLE. You can purchase the entire book at
TheGlobalCenterForSpiritualAwakening.com/product-store