

For those who have chosen to initiate their own spiritual transformation, there are three basic activities necessary to facilitate the revelation of their wholeness.

## 1. I Have a Daily Dedicated Practice



God's the Love that I Am.

'Daily dedicated spiritual practice' is the time that we spend each day exclusively devoted to developing a greater awareness of God in our lives. It is the time that we spend exclusively in meditation, prayer and spiritual study. Although it is desirable to bring a spiritual perspective into everything that we do, dedicated practice has no other activity mixed in with it. We must not delude ourselves with rationalizations such as, "*I kind of meditate while I'm mowing the lawn.*" While this may be true, it is not 'dedicated spiritual practice.' The key to establishing and sustaining a daily dedicated spiritual practice is to decide when and where you are going to practice, and then *always show up!* God will do the rest, when we are *willing* to be changed.

## 2. I Attend a Weekly Gathering



"For where two or three are gathered together in my name, there am I in the midst of them."  
-Matt. 18:20

A 'Worship Gathering' occurs whenever we come into the company of two or more other people for the purpose of formally worshipping God. The form of the gathering is not nearly as important as having an agreed upon purpose for coming together. Consequently, the reason for participating in such a Gathering should always be to set the concerns of the world aside, and to give our full attention to the source of our lives, which is the Presence of God as Love. The value of a Worship Gathering is the deepening of our faith that occurs whenever we come into *agreement* with others about the Presence of God in our lives.

## 3. I Arrange a Monthly Mentoring Session



When the student is ready, the teacher will arrive.

A 'Spiritual Mentor' is a wise and trusted guide though life, who functions as both a teacher and advisor on spiritual matters alone. A 'mentoring session' should always be a one-on-one interaction, where we learn to apply the universal Principles of Truth to the unique situations in our own lives. It is important to consciously acknowledge the Mentor-Student relationship, so that an opportunity for a valuable lesson in life is not engaged as a casual conversation. This is most effectively accomplished by an exchange of financial consideration for the Mentor's time. This can take place in the form of an '*appreciation offering*,' or a mutually agreed upon fee. Either way, it graciously establishes a right relationship between the Mentor and the Student, and places value upon their interaction.