

3 Steps To Align With Your Spiritual Aspiration

Many spiritual practitioners put a lot of effort into their practice but they never define nor are clear about why are they practicing. Clear aspiration gives you reason, direction and inspiration for your practice.

People practice spirituality for various reasons: to feel better, to address certain physical, emotional and psycho-spiritual issues, to be better persons, to better serve the world, to get enlightened, etc. Aligning with your aspiration will deepen your practice and fasten your spiritual growth.

Step 1: Define Your Aspiration

Be clear, honest and realistic about what you aspire from your practice. What do you want to accomplish spiritually? What does your Heart want? How much time, energy and money are you ready to invest into your spiritual growth? How are others included into your aspiration? Define your aspiration mentally, emotionally and energetically. You will discover that spiritual aspirations change, grow and deepen over time.

Step 2: Bring Your Aspiration Into Your Spiritual Practice

Bringing your aspiration to your practice brings a special quality to your practice. Now you know why you are practicing. Having a goal sharpens your energy to practice. Aspiration also brings more inspiration to practice. Remind yourself of your aspiration before, during and after practice. Feel it in your body. Let it connect your body, mind and soul and release you into Spirit.

Step 3: Live Your Aspiration

In spirituality the best way to know, accomplish, or master something is simply to live it and be it. In the morning, remind yourself of your aspiration, feel it fully, breathe it, live it. Throughout the day, walk with it, eat with it, make love with it, fall asleep with it. By fully embodying your aspiration you transform your life, the lives of others and the world. The unity of aspiration, practice and life is the best foundation for spiritual growth.