

Spiritual Practice

Who is Buddha – Schmidt

(name)

Bo Lozoff in “Prisons of Our Own Making” says that the wisdom traditions give us 3 fundamental rules to follow:

- (1) Be cautious about materialism
- (2) Dedicate yourself to something you believe in
- (3) Commit yourself to a personal spiritual practice

For the next few days I am asking you to do some kind of simple spiritual practice:

- Take a walk along in a place that is attractive to you (e.g., a natural setting, not a shopping mall!)
- Meditation or simply quiet time
- Reading of a Sacred Scripture (Bible, Buddhist Scripture)
- Reading of a book/article or watching a video/movie that points you to your spiritual life (e.g., re-read “Getting Free: Escaping Prisons of Our Own Making,” finding Internet sites like www.belief.net, reading about the Enneagram (personality types), etc)
- Worship experience (church, prayer, singing, etc)
- Writing in a journal

SORRY, I DON’T WANT IT SIMPLY TO BE A CONVERSATION WITH A FRIEND/PARENT/RELATIVE; ALTHOUGH THESE CAN BE VERY SPIRITUAL EVENTS, I WANT YOU TO TRY SOMETHING THAT MAY BE NEW OR OUT OF THE ORDINARY FOR YOU.

So, between now and _____, I want you to have at least three (3) 15-minute (or more) experiences with a spiritual practice.

Spiritual Practice Log

When? How long? (Sat. PM, 20 minutes)	What did you do? (read “Chicken Soup”)	What did you learn? (Thought about how my life . . .)
1.		
2.		

3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		