



# Your Spiritual Practice

I pulled over my car, put the car in park, and cried. My father's death was just too much to handle. I don't know how I went into work that day.

As my head laid on the steering wheel I prayed.

"Dear God! Please help me get through this grief. I'm in a lot of pain and I don't know what to do. What should I do? Give me a sign, anything."

I picked up my head, blinked away the tears and waited.

Nothing.

I took a deep breath, whipped away my tears, looked in the mirror to make sure I didn't look too disheveled and went into work.

This moment is vividly impressed in my brain. It still upsets me. Not because I was a mess, but because I didn't know how to talk to God. It had been so long and now I was reaching out and I felt spiritually alone. Very alone.

Now that I look back on this moment. I was praying all wrong. I want to share how you can improve your spiritual connection. I'm not a believer in one religion. I've taken a lot from Christianity and Buddhism. I was raised Lutheran and studied Buddhism. I believe in a higher power, but my beliefs are a mix of Christianity and Buddhism.

I encourage people to maintain a spiritual gratitude practice because it helps you stay connected when you feel lost. When you believe in something greater than yourself, it makes it a little easier to pick yourself back up after you've been knocked down. Eckhart Tolle puts it this way: "It is through gratitude for the present moment that the spiritual dimension of life opens up."

You could start with a simple "thank you" before eating a meal. That will only take a second or two of your time. Once you master this habit, you can go a little deeper. Try keeping a Spiritual Gratitude journal. Write down or record opportunities you are grateful for and had nothing to do with. They arrived seemingly out of nowhere, like grace.



**My last Spiritual Gratitude journal entry looked like this:**

- I'm grateful that God has given me this body with all its faults because it's the only one I have.
- I'm grateful for the opportunity to love my wife because she cares so much.
- I'm grateful that the Universe put water on this earth so that I can drink a glass of water and hydrate myself.

The universe and/or Divine Creator, which I use interchangeably with God, has put amazing gifts before me. It's up to me — and you — to recognize impossible possibilities. Every breath you take is a gift. You have to make the most of it.

If you don't believe in God, that's fine. The idea is to appreciate the divine design of everything we can experience.

I believe God is everywhere and helps support everything alive. When we can tap into this source of Love/Power then we have more energy because our existence is tied to all living things. It encourages us to be more kind, caring and helpful. This is the circle of growth that we seek to tackle the things that scare us, but also help us feel alive and connected to our friends and family as well as our earth.

Why are you grateful to be alive?

What helps you feel connected to God/Creator/Universe?

How can you do more of this action? (Visit a place, give to others in need, pray, etc.)



What can you do to stay consistent with this action?

Go and watch the video to help you go a little deeper into this lesson.



---

Find Daily Joy With Bite-Sized Minset Practices

[BringGratitude.com](http://BringGratitude.com)