

# Spiritual Awakening in Action

## 5 Practices You Can Do at Home

1

Communicate more skillfully.

Consider that the other person's perspective may be as valuable and accurate as your own, and speak and act that way.

For techniques, check out the concepts of 'Appreciative Inquiry', 'constructive disagreement' and 'skillful dialogue'.

2

Meditate on the fly.

See what happens when you take your meditation off the cushion.

Where and when can you stay in the moment? Where do you lose it and why? Things gets interesting when we investigate like this.

3

Support people more experienced than you.

Seek out wise, compassionate, skillful and positive people, and spend as much time around them as possible. It'll rub off on you.

Make yourself useful to them so that they – and you – can have more impact. Imagine the good karma rippling out.

4

Stretch your comfort zone.

Break habits. Do things you don't normally do. Learn to like things you think you don't like.

You'll rewire your brain, integrate the shadow and thereby gain greater freedom.

5

Embrace spiritual community.

It takes skill to live and work in community. Support and celebrate others' growth, and ask for feedback – they'll do the same.

Act like your wellbeing depends on one another's. Because it does.