

ALLOWING *The Light*

Three Daily Practices to Deeply Anchor and Guide Your Life

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<https://shamanicspiritualhealing.com>

For more inquiries and more information: allowingthelight@gmail.com



An anthropologist traveled around the globe and studied many different cultures. Wherever he would go, he would ask to talk to the people who were considered as the “wise” ones. To each of them, he asked if they had any daily spiritual practice, something that would support them on a daily basis. Across cultures and beyond the variations of the practices themselves, he found three key elements that they all shared:

1. State a sacred **intention** for your day: What do you want your day to be? It might be: being more patient with a co-worker or a child, feeling joyful, being more attentive to a person... Sometimes I suggest to slightly alter this to: “Who do I want to be today?”

2. Give **gratitude** for something: You may be grateful for the beautiful weather that morning, for a flower that you see, for a food that you are eating. My recommendation is generally to make it very concrete and real in the moment, not too general, so that your mind and body can really feel it.
3. Take a **life affirming action**, do something that says “**yes**” to life, something that brings you **joy**; it can be something very simple and mundane, something that you will do for yourself.

Most people would think about this during their morning meditation, but you can equally do it when you are in the shower or washing your teeth, for instance. Find what works best for you and make sure that it can fit easily into your daily routine. You will pretty soon discover that those simple practices will color your day and help you feel more centered, more aware and present.

If you want, at night, you may briefly touch base with those three key elements that you had selected for your day and reflect upon the way things may have unfolded. You may also want to start journaling about them. If you are at a crossroad of your life, do not know what is next, or feel lost and have lost purpose, this practice will help you tremendously. We sometimes think that we first need to get the answer to the big picture, and we get stuck in not finding it. My experience with hundreds of clients has been that re-finding the joy and life energy in daily life is what allows the bigger picture to emerge.