

The Sacred Seven Core Spiritual Practices of the Transformed Life

The transformed life is the life in which the heart is opened to experience God's profound love and joy and in which dreams are made manifest.

Meditation

A practice sacred to many spiritual traditions, meditation is our opportunity to go within and commune with the God of our Being. Through meditation, we gain not only mental discipline, but clarity, peace and a deep sense of connection with God.

Visioning

Visioning is a meditative process during which we set aside our own agendas to “catch” God’s highest idea or vision for our lives. When we live in harmony with that vision, our lives are enriched.

Affirmative Prayer

Affirmative Prayer is a fundamental New Thought practice which opens us up to receive the All Good of God that is readily available.

Affirmations

Affirmations are quick and effective ways to refocus the mind to bring it into immediate alignment with our Spiritual Truth as well as with our highest dreams and goals.

Visualizing

Through the use of our mental faculty of imagination, we bring our dreams and aspirations to life by seeing and feeling them before they occur, thus aligning us with the vibration that attracts them to us.

Sacred Service (or Seva)

Through Sacred Service, we reenact the loving Givingness of God and therefore touch on our own Divine Nature. With this understanding, we evolve from volunteers to Sacred Servers.

Tithing

Giving the first tenth of our financial good to support God’s work in the world is a high and holy spiritual practice, anchored in scripture and proven to be a key to living in the ongoing flow of good.

Source: *Notes from the Universe*, by Mike Dooley, 2007