



## Rooted, I Transmit the Light

Because I made a commitment to be rooted in a spiritual practice that takes care of me I am prepared to be of service to others, shining God's light on its life known as me.

Intimate infiniteness my spiritual practice. My day starts at night when I read principle, then meditate before restoring my body to comfort in sleep. When I wake up in the morning, I meditate, exercise my body temple, then get myself ready for the day, focusing on creating the day I want in my consciousness. When I'm in my car I am mindful to listen to uplifting music. That's a spiritual practice that purposely takes care of me.

For me, it took much effort to NOT turn on the computer, NOT pick up the cell phone while I'm in the car, and NOT be distracted by the many, many well meaning things that come into my life during the time I've set aside to be in prayer and meditation. I didn't want to give up the other stuff that I was doing that I thought was good for me.

At first it felt very selfish to make time for myself. It took some time for me to bring balance into my life. I found that my rooted spiritual practice actually makes me more productive in the light. Every time I didn't do my inner work taking care of myself, I got behind on my bringing my life's purpose into form and being of service to others! Now I am just as comfortable being deep in the ocean of consciousness as I am surfing the waves in the light.