

**10-Week CHRISTIAN
"SPIRITUAL PRACTICE PERIOD"
Now until 10-10-10**

TEN CHRISTIAN SPIRITUAL PRACTICES:

1) 10*10*10 "Maranatha Prayer Practice" -- This is the "default" practice during these next 10 weeks. If you practice nothing else in this list, this is the one to stay consistent with. Its effectiveness will be weakened if you do not practice it consistently during these 10 weeks. Simply put, the practice is to pray "**MARANATHA**" ("Come, Lord") or your own other prayer 10 times (which takes about 1 minute) during 10 periods of every day for the next 10 weeks:

1. Upon waking
2. Before breakfast
3. After breakfast
4. Before work
5. Before lunch
6. After lunch
7. After work
8. Before dinner
9. After dinner
10. At bedtime

2) Daily Meditation -- (preferably at least 20 minutes twice a day before breakfast and before dinner).

3) Weekly Group Meditation -- Attend group meditation every week. The minimum is once a month.

4) Meditation Retreat -- Attend a meditation retreat sometime during this 10-week period. It could be a weeklong retreat, or a weekend retreat, or even just a daylong retreat, but the minimum is a half-day retreat (at least 3 or 4 hours).

5) Nature -- Spend time regularly in Nature (preferably in silence).

6) Gratitude -- Practice reciting out loud for at least 3 minutes nonstop all that you feel grateful for, or all that is positive, or at least all that is not bad. If you do this every day alone or with a friend, you will notice a major shift in your attitude. The minimum is to practice this once a week, preferably with a friend, taking turns.

7) Journal-writing & Spiritual-reading -- Buy a new journal and write in it every day or at least once a week. And read good spiritual books during this period. Immerse your mind in positive teachings. And express yourself on paper.

8) Exercise -- If you don't already exercise regularly, then this is the best time to start. Take a gentle Yoga class or energizing Qigong class (or some other form of fitness program). There are several to choose from at the Dallas Meditation Center and other places. You will be amazed at how much this supports your meditation practice and your spiritual growth.

9) Semi-Vegetarian Diet -- Consciously cut back on your meat consumption. When eating meat, choose fish over other forms. The next best would be poultry. Eliminate or cut back on pork and beef. Eat more fresh vegetables. Perhaps take a vegetarian cooking class. There are several great vegetarian restaurants, such as "Veggie Garden" on Arapaho Rd. @ Custer Rd. in Richardson, Texas. Consider having at least one vegetarian meal per day, and maybe one day a week that is completely vegetarian.

10) Generosity & Service -- Consider making a donation of \$10 each week during this Spiritual Practice Period to the GRACE: Christian Meditation Fellowship. Or give a one-time gift of \$100. Or \$1,000. And serve through volunteer work here or elsewhere. Generosity and service are at the very heart of our practice. ~ **Norman Eng**