

SPIRITUAL PRACTICE BUILDER

By Krista Rosen, Paradigm Rebel



CONTENTS

- 1) WHAT IS A SPIRITUAL PRACTICE (SP)?
- 2) WHY IS A SP IMPORTANT?
- 3) THE 3 KEYS TO A SPIRITUAL PRACTICE
 - A) INTUITION (THE 4 "CLAIRS")
 - CLAIRVOYANCE
 - CLAIRAUDIENCE
 - CLAIRSENTIENCE
 - CLAIRCOGNITION
 - B) INTENTION
 - C) TIME
- 4) GETTING STARTED

1) What Is A Spiritual Practice (SP)?

A spiritual practice is regular block of time each day where we turn inward and connect to our Higher Self/Source. Here we anchor to our intuition, where clarity and insight come from. This downtime allows the mind and body **to clear and relax**. To just be. We can achieve **healing**, find **answers**, and experience a deeper, more **meaningful life** through the non-physical world of spirituality.

Many people practice every morning as a way to set the tone and intention of their day. There are many ways to get spiritual. **It's not just about meditating**, it's about getting into a situation where the mind is quiet enough to run in the background of your present state.

Spirituality is not a religion, it's a way to connect to your Source. Many people practice spirituality through a religion. **Source is the non-physical energy of life**. Examples of Source: Vital Force, God, Nature, Higher Self, Jesus, Universe, Cosmos, Buddha, Allah, Shiva, Kwan Yin, Holy Spirit.

COMBINE SPIRITUAL ACTIVITIES THAT YOU ENJOY.

CHECK OUT THESE EXAMPLES:

15 minutes of mindful meditation, oracle cards, and 5 minutes of stretching

1 hour walk outside without music

20 minute mantra meditation and 10 minutes of journaling

Restorative yoga class and reading a chapter in a self help book

15 minutes meditating in steam room after a workout at the gym

15 minutes of visualizing the life you want and goal setting for the new month

Qi Gong for 15 minutes and automatic writing for 5 minutes

MY FAVORITE WAYS TO GET SPIRITUAL

Meditation - guided meditation, focusing on your breath, counting, or mantras

Prayer/Intention setting - actively sending out what you want for the day or week

Spiritual study - reading a self-help book or article, a therapy book, or a religious text

Automatic writing - write with no intention or agenda, stream of consciousness

Journaling - expressing your desires, goals, purging fears and worries, planning, affirmations

Oracle cards - pull a daily card to see what you need to know for the day

Outside time - walking in nature, sitting in the morning drinking your coffee just being

Exercise yang - jogging, gym machines can relax the mind as your body is working hard

Exercise yin - gentle stretching, yin and kundalini yoga activates and clears energy pathways

Grounding - spending time outside on the ground in grass or earth.

Self Care - breath work, healthy food, good water, singing, appreciation for self, self love

Google any of these topics to really get into it!

2) WHY IS A SPIRITUAL PRACTICE IMPORTANT?

Today's fast paced world results in all of us living with too many stressors that leave us feeling **tired, overwhelmed, confused, and living with chronic health conditions.** A spiritual practice reduces stress by calming and clearing the mind. Clearing the energy results in restoring the body's natural ability to bring itself back into balance.

These days, **we must actively work to connect** to our Higher Self and Source energy in order to be present and grounded in our own bodies. Gone are the olden days where we'd have plenty of time for our minds to wander, dream, imagine, and relax while doing monotonous activities.

Modern living defaults to just a few automatic pilot activities such as driving and showering. Intentionally creating a SP restores and enriches our lives in countless ways.

3) THE THREE KEYS TO A SPIRITUAL PRACTICE

INTUITION

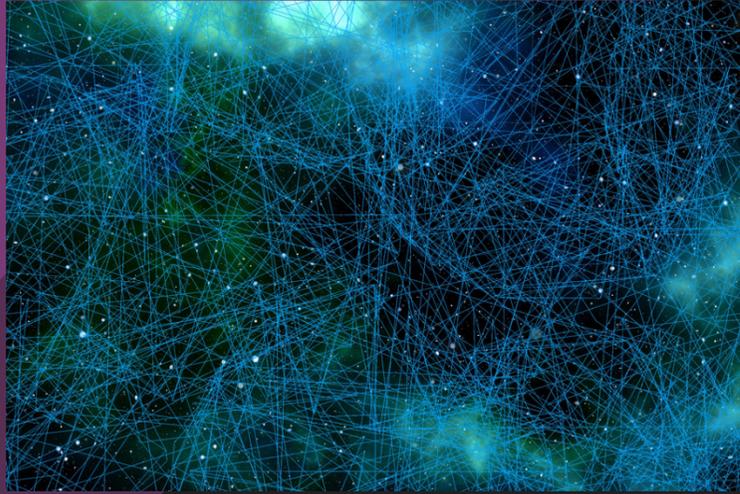
We ALL have intuition. We are all alive and connected to Source/God.

INTENTION

A desire, a non-judgmental focus on something you desire.

TIME

Cultivating a habit of 15 minutes a day, no matter the outcome.



Intuition is information that's **not obtained by our intellect**. It comes from a place of knowing, an instinct, that gut feeling coming from our senses. Clairvoyance = sight, Clairsentience= touch/feeling, Clairaudience = hearing, and Claircognition = thoughts). These are referred to as the 4 "Clairs". Even the sense of taste and smell can bring us intuitive information.

Everyone has the ability to tap into their intuition and become as intuitive as they want to be. The only requirement is to be alive and connected to Source energy. The Universe **repeats ways that have been successful** in gaining our attention.

As we meditate, walk in nature, do restorative yoga, journal, we are **utilizing one or a blend of the "Clairs."** Most of us have one that stands out as being the strongest. You will become more aware of them as you practice.

A) INTUITION

CLAIR- VOYANCE



is **nonphysical information received by the 3rd eye or physical eye**. It is the most known of the clairs because we associate it with psychics and mediums. Clairvoyance can be mental pictures that look animated like a cartoon or a black & white old-fashioned movie. Your mind's eye can show you a photo. A mental image or a realistic mini-movie can be a sign or a symbol meant to be a message.

Clairvoyance can **also be something you see** with your physical eyes, such as an animal, a person that looks just like a departed loved one, a word on a billboard that has meaning, repetitive numbers such as 111, a t-shirt someone is wearing, feathers, coins, shapes in clouds, rainbows, an object that has meaning.

CLAIR- VOYANCE

My Experience

When I ask my Higher Self what is best for me to eat for lunch, I may get a **mental picture** of a burrito or a salad. I can ask my Higher Self what top to wear my **eyes may be drawn** to a piece in my closet. I can ask what the weather may be like while packing for a trip, and get a mental picture of a clear blue sky or a weather symbol.

During a session with a client, I get mental images of my **client as a child or a mental image or a mini-movie of a person in their life**. I get location **scenes** in my mind's eye as well such as a classroom, a conference room, or a room in a house. I see colors, lights, auric fields, shapes, **faces of animals, angels and spirit**, and symbols such as geometric shapes during meditation.

If I am in a relaxed state, I can stare out into the air and sometimes see faint **waves or patterns** that look like visible heat coming out of an oven or electricity. I'll see layers like tapestry, geometric shapes, and spiral/mandala shaped patterns. I didn't understand visual input until years later as moved through my healing journey.

CLAIR- AUDIENCE

is nonphysical and physical sound, tones, music, words, or a line from a song. I will often get a short paragraph answer to a question that is a combination of clairaudience and claircognition in my mind. It can be an animal barking, chirping, or the wind. Pressure or sensations in or around the ear can indicate that you are receiving intuitive information.

My Experience: When my daughter was away at a camp I was worried about her. As I was feeling anxious, one of her favorite songs came on the radio. It was a sign that she was okay. I often hear tones **when I am receiving an intuitive “download” or when I am thinking of a loved one and they think of me in return.** This happens a lot with loved ones that have departed. When I’m in crisis mode, I will often get a tone to catch my attention to stop my Fear response



CLAIR- SENTIENCE

is feeling the emotions or physical feelings of another person, group of people, or collective conscious in your own body. These feelings can be your own or belong to others. **Empaths are in the clairsentience category and typically feel emotions of others in a way that is distracting or unhealthy.**

My Experience: This clair has been by far my strongest gift and also the most challenging in healing my energy field to maintain healthy boundaries. **I feel (and see) density** in my clients that have stuck energy or within an area that is an issue. It will feel heavy and dense and lack fluidity. I can feel this in my own body as well. I will feel weak in an area such as my legs, which tells me that the client has a depleted root chakra. I feel **tingling, heaviness, lightness, pulling, wind, cold, heat, and zapping** that feels like tiny miniature electric shocks.

CLAIR- COGNITION

are thoughts that “download” to you. It can be that lightbulb genius idea you get in the shower or while doing the dishes. When the mind is busy doing mundane activities it is happy, it more easily allows your intuitive side to take center stage. Many people that heavily use their intellect for work or enjoy rigorous study or intellectual pursuits find claircognition to be their strong suit.

Paying attention to **seemingly random thoughts or a thought that repeats are often intuitive hits.** For example, the thought of going to a certain store or choosing a certain class may be a guiding sign. These hits are different than repetitive, fearful thoughts or worries. Those come from our ego/mind as an attempt to protect us from past experiences.

The Universe is subtle, gentle, and never negative with messages when they are of pure light.



B) INTENTION

WHAT YOU WANT MORE OF, WHAT YOU WANT LESS OF

Intention is **different than having a goal**. Goals hold a masculine energy, something that's about control and pushing through. The old adage "no pain no gain" comes to mind when I think of goals. Goals work and are necessary, but for a spiritual practice, **intentions work better because they carry more of a feminine energy which is about Allowing and Receiving**. Intentions lack judgement or feelings of lack such as failure, worthiness, and comparison. There are **no consequences for having an intention**. Masculine energy is a vital part of us, but a spiritual practice cultivates the feminine energy which most of us need more of in today's world.

Having intentions for the day for your spiritual practice tells the Universe and your energy fields what you want more of and what you want less of. Goals can be written, spoken, or just thought of as you begin your practice. Be sure you are attending to all aspects of your life as you continue to practice regularly; Career, Financial, Health, Family, Personal, Spiritual, and Aspirational.

C) TIME

The most important part of your practice is making the time for it. Even if you feel distracted and stressed during your spiritual practice time, you are succeeding just by your intention of creating this space in your day. **If you felt like you used only 2 out of 20 minutes of spiritual time in a spiritual way, you have succeeded.** You are cultivating a habit and training your mind and body to slow down and fade into the background, allowing your spiritual side to take center stage. Like going to the gym or practicing a musical instrument, you'll have good days and challenging days as you gain momentum and a rhythm that is right for you. **Research has demonstrated that meditating everyday for two weeks converts this practice to a habit.** Access to research for all of the spiritual approaches I've mentioned can be found online.

AFFIRMATIONS FOR TIME

“I have plenty of time to do all of the things I want to do”

“I allow time for a spiritual practice”

“I know how it feels like to have a spiritual practice”

“I am worthy of a spiritual practice”

“I deserve to have a spiritual practice”

“It’s safe to cultivate a spiritual practice”

“It’s safe to connect and just Be”



4) GETTING STARTED

1) Set aside 15 minutes a day for 3 days. Optimal time for most people is as soon as you wake up in the morning. Set the alarm for 15 minutes before you typically need to. Select a spiritual activity for that time. Meditating, journaling, writing down intentions for your day are easy things to implement that don't require rising out of bed! Your 15 minutes could be used browsing meditation apps or locating a yoga class or community to join.

2) Be mindful of self-criticism and self-judgment. Everyone finds it challenging and different at first. Try to get in this time even if it's not at the same time or less than the 15 minutes. Even 2 minutes counts! Be your own best friend and cheerleader by noticing that you accomplished 2 minutes.

3) Reflect on your 3 days and try another time of day and/or activity for your 15 minutes. As you practice, you'll notice you are more successful certain times of day or that you prefer a certain approach. This is all good! The more you experiment, the more you will learn about yourself.

Day 7 - 14: Research has demonstrated that it takes two weeks to create a habit. Continue practicing everyday with the mindset of appreciating your being open to something new. As you continue practicing, you'll find certain approaches easier than others. There's always an ebb and flow as your needs shift and expand.

Week 3 and Beyond: Increase your time to 20 or 30 min as you see fit. 45 to 1 hour can be magical if you feel guided to expand your practice over time.

5) Find a Spiritual Buddy to meditate with, join you on a walk or go to yoga. Being with like-minded people on the same path amplifies your efforts because their vibration and intention is supporting yours and visa versa. There's meditation apps and fun groups to join online to work within a community if you feel guided to do so. Always follow how you feel. It's never wrong.

Thank you for reading the Spiritual Practice Builder!

We are our own best doctor, therapist, and healer!
Explore my online podcast courses to learn more
about self-healing tools. I am also available to
support your practice by connecting with me
for a 1-1 Energy Healing Session!

<https://www.paradigmrebels.com>

