

Mindfulness Throughout The Day

We who desire to be on a spiritual journey arc always searching for methods that we can employ that would assist us on a daily basis to keep on track. We may have made commitments before to pursue our spirituality more diligently only to have it slip away from us in the busyness of the day. We arc sadly aware that we have missed so much when this happens, and we wish for some way to hang on to our initial commitments.

As with any maturing process, it takes a certain amount of discipline. In this case it takes an effort to remain mindful of what it is we truly desire for our lives.



Spiritual maturity comes as a result of a relentless desire to pursue God's will for us, however faltering our efforts might be. It helpful to remain mindful that success in this pursuit does not come in direct proportion to our own efforts, rather it comes as a gift from God. God who ever so generously responds to our deepest desires, yet always on a divine time schedule.

In the same sense that St. Paul said: "It is not I who live, but Christ who lives in me.", it is the Holy Spirit who lives within us who bestows upon us the spiritual growth in response to our sincere desires and meager efforts. So we must be mindful that the end result is truly a gift, and be open to receive it and be grateful for the surprise of its appearance in our lives. It is a promise that God will certainly be fulfilling although we may recognize it only in retrospect.

If we truly desire to be on our way along this spiritual journey with God, one requisite is that we be open to new and sometimes inexplicable experiences. We need to begin thinking outside the box. We need to learn to live within the realm of mystery. We should begin allowing things to happen to us, without our having to analyze and understand them immediately. It is important that we remember that we will live with a degree of mystery that goes beyond our experience of mystery until now.

Since this very likely will be new territory that we are exploring, it might be helpful to have another person to be a sounding board or monitor. That person should be an individual whom you trust and who has some background in spirituality. Such a person could help you assess your experiences and either validate them or call them into question. The same effect could also occur within a group in which you listen to the experiences of others and gauge your own experiences accordingly.

A sounding board, whether a person or a group, may serve well because spiritual growth can sometimes be puzzling as well as overwhelming as it was with St. Paul in his conversion experience. On the other hand it is much more likely to be a very calming and empowering gift. Regardless of the shape of its onset we should always be mindful of its transforming

The key is learning to give each day that special context of labeling it as being God's day. We will have achieved that perception shift when we are able to perceive that we live in God's day rather than inviting God to come into our day. This is an extremely important differentiation to make.

The second step in this daily process is to reestablish that new perception at various times throughout the day. This is of utmost importance since that new perception slips away and gets lost unless it is renewed. This can become a most exciting although challenging process.

