

CIRCLE OF SPIRITUAL PRACTICE

It is very useful for us in our spiritual life and focus to have a regular personal practice that we take part in. Life gets full of distractions and we need to come back in ourselves to its centre. We can do this in all kinds of ways but whatever we do, it needs to be simple and something that we keep going. We are giving you an example below – a circle of spiritual practice.

There are two printed circles facing each other so that you can cut them out to make a two-sided circle. On one side there is a seven-day series of something to do each day, each with a heading and some direction and explanation. You do 'Day One' and go round all seven, one each day during a week, and then begin again, and as you keep going, new thoughts, feelings and insights will come to you.

Ten minutes is plenty of time for each day. On the second circle (over the page) there are three Swedenborg quotes about the meaning of the circle of life, and a short introduction to the practice that we are giving. We invite you to try this daily practice for yourself and we hope that you will find the benefit and renewal that it will bring you in your spiritual journey.

Day One : Being Still

Find a quiet space and allow yourself to become still.

Let any thoughts just come and then go.

Don't concentrate on anything at all.

Feel it.

A CIRCLE OF PERSONAL AND SPIRITUAL PRACTICE

Day Two : Renewing

Look back over recent days. Be aware of your current general state and think about something that you would like to develop, change or achieve.

Day Three : Reading

Read something from Swedenborg. Read it through once again. Let it bring up connections and associations for you and take notice of them.

Day Four : Reflecting

Go back to the text you read. Think through anything that came up in you as you read. See if these suggest any new or different paths that you might use in your life.

It can be your choice to develop a goal or focus.

Do some good.

Read, realised or felt.

Day Five : Setting a Task

Come up with something you would like to try and do or be over the next few days. Give yourself this task.

Day Six : Being Useful

Today, do something to help someone in some practical and kind way. It does not have to be connected to anything you previously read, realised or felt.

Day Seven : Giving Gratitude

From your joyful heart give thanks and gratitude for different things, people, pleasures and good that you know are important and real in your life now.

SPIRITUAL PRACTICE

This circle is to help you keep up your own personal spiritual connection and practice, and it draws from an understanding of Swedenborg. It has 7 parts.

Swedenborg writes...

“The circle of life is to know, to understand, to will and to do because this sequence is our spiritual life. Knowledge is only in the entrance to life while it is in the memory and it is not fully present until it is in what we do. The more fully it is in what we do, the more fully it is in our understanding and our will.” (Apocalypse Explained 242)

Swedenborg writes...

“Things come to us from the world and become thoughts and then things we understand. If we love such things they pass into our will and from there into words and actions. Such is the circle,

The suggestion is to do one part each day for about ten minutes over the course of a week and repeat this each week. Try to commit to keeping it up. As you do so, you will begin to feel the beneficial effect and experience a closer connection to spiritual things, changes in yourself and a growing sense of the Divine presence. This is the effect of spiritual activity.

Swedenborg writes...

“The circle of love to thoughts and of thoughts-from-love to love occurs in all the functions of the human mind; we can call it the circle of life.”

(Divine Providence 29)

passing from our natural to our spiritual and from there to the world again. This circle is started by our will, which is the inmost core of our life; it begins there and is inspired by it to run its full course.”

(Arcana Caelestia 10057)