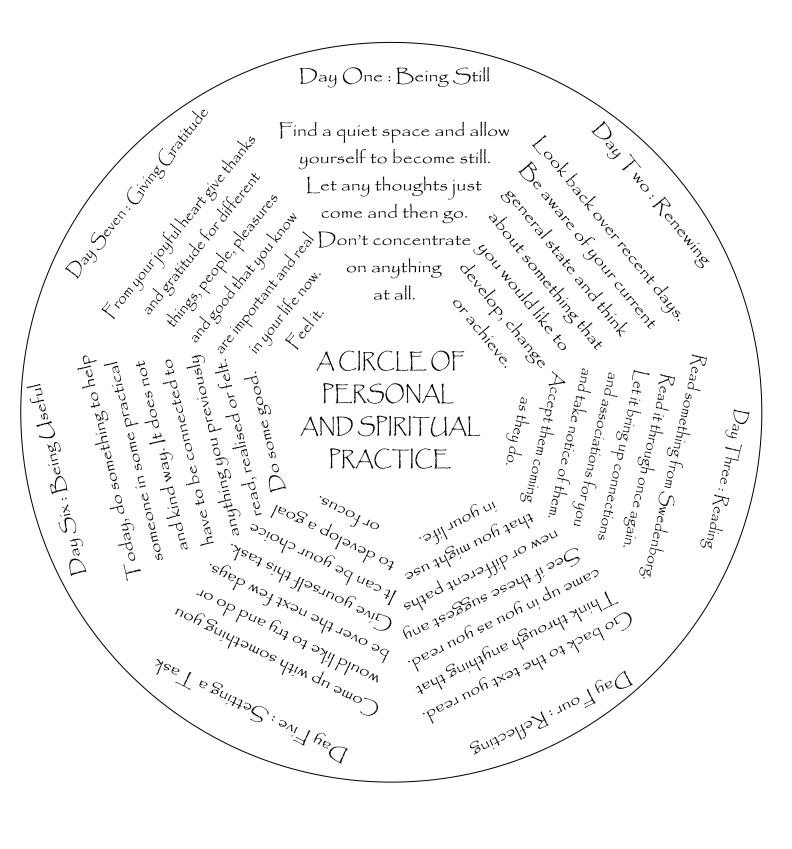
#### CIRCLE OF SPIRITUAL PRACTICE

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.



# 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 Caelestía 10057)