

Now Creations Seven Daily Spiritual Practices

1. Upon awakening, before getting out of bed, dedicate the day to the God Spirit.

An example: "I will love everyone today, and in so doing I am ushering in the kingdom of God"

2. Do a 20-30 minute Meditation that refreshes you. This is the most important daily practice.

3. Do a 20-30 minute physical exercise, preferably a yoga energization.

4. Formulate your personal "go-to" phase which will "rescue" you when your focus is slipping in the day.

An example: "Only Love, right here, right now."

5. Formulate your personal wisdom statement that is a clear guidance in your life.

An example: "I am the Love of God in human form."

6. Attend daily meetings with Now Creations as frequently as possible

7. Formulate a mantra that raises your Spiritual Energy during the day.

An example: "I am in the flow of the Loving Presence."

Please feel comfortable to call Vince if you would like assistance for this most important foundation in your Spiritual growth.