



Practices That Support Your Being

Practices sustain and expand your experience of being present to yourself, to others, and to life. The act of being present to yourself, the Light in you and around you, the moment, and others changes the quality of your life. If you want to live life in the present, practices will support you.

We encourage you to **commit to daily practices** that support you in staying connected to yourself. During the Process you learned many different practices that supported you in being authentic. There may be others you practiced before the Process. The important thing is to have practices that suit you and your lifestyle.

Selecting a specific time during the day to do your practice is very useful. It might be when you first wake up, before you go to sleep, or in the shower. Selecting a special place can also be important – this could be a special chair or in front of an altar you create for yourself. Or you can choose to be more spontaneous, choosing different times, places, and practices as you move through your day.

This section provides you with practices you learned in the Process. Feel free to add, create, or design your own. And as you practice, notice what your practices add to your life, your liveliness, and your experience of all that is.

You can start a practice any time. You can do it now regardless of how much time has passed since you completed your Process. Just begin. And when you let a practice lapse, you can begin again.

Spirit is always present. You just need to choose to be present to Spirit – to ask for its help, listen to its guidance, surrender to its wisdom, and to just be. Your practices will help you continue to deepen your connection to your Spiritual Self.

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Practices

Personalize your Right Road map using the following list of practices to guide you. **Take on one daily practice.** Practices can actually train/rewire your brain to become more positive, work optimistically, and more successfully. You now have many examples of practices that can bring you present to yourself, your Spirit, your wholeness.

- Appreciation & Gratitude Journal (hoffmaninstitute.org/hoffman-journal/)
- Appreciating Self & Others
- Centering Practice
- *Create an Altar – You may choose to use candles, pictures, and other items that have a special meaning for you. Light the candle each day as a reminder of the Light within you.*
- *Dance – Find music that moves you and let your Body take the lead**
- *De-energize patterns in the present moment as they come up*
- Hand on Heart
- Heart to Heart
- Identifying Feelings & Body Sensations
- Journal a Positive Experience
- Left Road/Right Road – Making a Choice
- *Meditate*
- Messages from Spiritual Self, Spirit Guide & High Spiritual Teacher
- *Play, fun, laughter*
- Quadrinity Check-In
- Read Inspirational Writings
- Remake the Truce
- Self-Forgiveness/Self-Love Walk
- Singing & Listening to Music*
- *Spend time in nature*
- Visioning
- Visualizations

*Process music playlists can be found at: spotify.com/user/hoffmanprocess