Try this Spiritual Exercise: Breakthrough Progress

1. Touch — I touch the heart of moving freely forward

I find and hold an object that symbolizes for me the easing, or taking away of illusory obstacles, so that I can move forward in service. Like my body and breath, the Spirit who is the breath of God, needs clear airways to give me life.

I remember a small story of false obstacles to my good actions melting away when I wanted to move forward. If praying alone I hold that memory, if I am praying in a group, I share it with them, feeling touched by the Spirit of Progress …

2. Desire — I desire daily progress

I consider three things, taking a few minutes exploring each. I ask myself: Where is progress, the gift to do greater good, present in my life? … Where is such progress absent in my life? …

What is the contrary of spiritual progress for me; what is blocking me? …

I ask the Spirit that seemingly insurmountable mountains be removed from my heart and imagination, so that I may move forward peacefully, healed in every way.

3. Choose — I choose the Way of Progress

I slowly and prayerfully read the prayer text below:

It shall be said, "Build up, build up, prepare the way, remove every obstruction from my people's way." For thus says the high and lofty one who inhabits eternity, whose name is Holy: I dwell in the high and holy place, and also with those who are contrite and humble in spirit, to revive the spirit of the humble, and to revive the heart of the contrite.

I have seen their ways, but I will heal them; I will lead them and repay them with comfort. Peace, peace, to the far and the near, says the Lord; and I will heal them. Is 57:14-19

I choose, in three thoughtful steps, the direction I wish to take:

I choose the open way, led by the good spirit, who removes blockages to love.

I reject the spurious obstacles, imagined or feared, placed in my path by the bad spirit. I turn and walk in the contrary direction, from dismay, to freedom, to moving forward.

4. Rest — I rest in the Spirit of Progress

I imagine the Spirit of Progress saying, 'I will remove every obstacle in your way. Nothing will separate you from my love.'

I rest for a bit, now and reflectively through the whole day, in the Spirit of Progress who dispels my fears, false reasoning and blocks to healing …

If I belong to a group seeking spiritual progress, we rest in this Spirit together …

5. Reach Out

I conclude in thanks, considering two questions. Firstly, if possible, how might I make contact and reconnect with the one who freed me? Secondly, to whom and how do I pass on this exercise - who urgently needs freeing from spurious obstacles now?

Note: The three dots … indicate the places to pause.

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