



Spiritual practices encourage us to do something
- to **do** something and to think about what we are doing.

What we do may be something small or common,
but we are also encouraged, at the same time, to think,
and to and make a connection with something much larger.

Spiritual practices and rituals always encourage you
to seek the profound in the ordinary,
and the vast huge truths that are contained
within the small vessel
in which we live.

Meditating on a specific word is a spiritual practice
and a Star Word is a word to meditate on throughout the year.

This Star Word practice
is to encourage you to seek and find direction,
to take more notice of the moments around you
and the lessons they have to teach you...

For now, for the moment...
just be... just be a Magi...
with your gifts... and your star...
And see where they take you.