

Daily Practice

By Molly Remer, 30daysofgoddess.com

It is important to remember that nurturing, nourishing, supporting, advocating for daily practice is actually about nurturing, nourishing, and supporting yourself. Sometimes people get caught up in wanting to know a formula for getting it “right,” or feel like daily practice is an obligation or a must do, or an expectation to meet. Truly though, daily practice is about creating a container for the sacred, a regular, reliable space for the sacred in your life and in your days and in the awareness in your heart. Daily practice is about consciously and intentionally making a space for the sacred, about returning to center, and about consciously holding a space for yourself (and the Goddess) in your own life.

Maybe it sounds dramatic, but I believe daily practice can change the world, it will change your life, it changes everything. And, it does. Not in a rule based or obligatory way, but in a relational way as you permit the practice itself to teach you in each day. I have spent so much time stepping into the world each morning, onto the deck each morning, onto the road each morning, or onto my yoga mat each morning, and this consistency of regular engagement with where I am—stepping into the invitation offered so freely each day—has taught me to expect magic, to expect the sacred to speak. It has taught me to be alert for the whispers from the sacred. We need time in stillness. We need time to listen to what's coming from within. And, we need time that is unfettered to just see what there is to see, to just look at what there is to look at, to just be where we are and to experience what there is. We need these moments of presence. We need these moments of what I call “holy hereness” and we need time spent in the temple of the ordinary seeing what there is to see, learning what there is to learn. Through daily practice, I have learned to let this teach me. I've learned to both expect those moments to be there, to sparkle and shine and to be full of little scraps of delight. I've learned to let presence teach me, to let the small experiences of holy hereness teach me and speak to me, whether it is the way the light is in the trees right now, or whether it is the cards that I draw each day, whether it is the birds that I see, or the flowers that are in bloom, or the plants that are growing, or something that the weather's doing, I have learned that all of these things hold the power to teach me something every day. I find that commitment to regular daily practices, primes my heart, my vision, my understanding, to be alert for these moments, to see them and to be aware of them.

Remember, daily practices can look extremely different from person to person and practices for an individual can also be wildly different on different days. In fact, one of the things that delights me and enchants me the most about daily practice is how it's never the same, how I always learn something new, and always see something new. I've come to trust wholeheartedly that there's always another lesson, there's always a little scrap of magic, there's always something. Paradoxically, the true gift of daily practice is that it's always different. This is its enchantment and its delight, the thing to savor most of all--stepping into the present, opening your heart/awareness and looking. What is there going to be today? What am I going to see today? What will I learn from that? This is the persistent and insistent and consistent enchantment of daily practice.

Daily practice is about consciously holding space for the sacred and creating a container in which to listen and in which to be present. Even a very simple practice or a fifteen second gesture, such as holding your hands in prayer pose, can re-center you back into home, into center.

Daily practice is not a formula, but it is a promise. It's a promise that you're making and it's a promise that you're receiving. It's a relationship that you're building with yourself, with the Goddess, with the world itself, with the rhythms of life itself. It's a promise that you're keeping and that is being kept *to you*, all rolled up together in a magical bundle of opportunity and trust.