

STILLNESS	SILENCE	SOLITUDE	SIMPLICITY
DETACHMENT	DISCERNMENT	DEVOTION	DELIGHT
HUMILITY	HEALING	HOLINESS	HEAVENLINESS

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THE TWELVE HEAVENLY PRACTICES OF THE NEW CHURCH FOR THE NEW AGE



God is doing a new thing now. God is creating the new church for the new age now. I am not proposing anything here. I am simply paying attention to what God is doing now. God is inviting us to participate in the creation of the new church for the new age which is creating [the new, most holy, glorious, fantastic realm of abundance, joy, wisdom, beauty, love, truth, peace, justice and freedom](#). [These nine attributes of heaven](#) begin to describe the only reality God has created and is creating. I am saying YES to this invitation. Are you?



There are at least two ways to progress through these practices which ultimately lead to our becoming fully awake as the heavenly beings God created us to be. We simply need to rediscover our heavenly identity. We need to become awake. This is the teaching of all spiritual teachers who know what they are talking about. You can progress in Order # 1 or Order # 2 or any other order which works! But all of the practices are necessary sooner or later. God will keep guiding us gently to learn each practice. Order # 1 is: stillness, silence, solitude, simplicity, detachment, discernment, devotion, delight, humility, healing, holiness, heavenliness. Order # 2 is: stillness, detachment, humility, silence, discernment, healing, solitude, devotion, holiness, simplicity, delight, heavenliness.



If you are saying YES or are thinking about saying YES, then maybe my offerings here can help. There are many who are creating the new church for the new age who will never explore this website. God can use many different people in many different ways to create. I hope I am serving God with this website.



As you explore this website, you will often see me refer you to several websites which are so full of wisdom for the journey of faith that I invite you explore them now and then come back here. Please bookmark [abundancetrek.com](#) now.



1. [SPIRITUALITY & PRACTICE](#) – Thousands of pages of quotes, spiritual practices, book reviews and excerpts, movie reviews and more. You can take a test and discover your own preferred practices. You might spend the rest of your life seeking wisdom with the guidance of this website. I am in awe of Frederic and Mary Ann Brussat. Their contribution to practical spiritual growth is enormous. They don't miss a thing! These web pages -- which I like to call the peak of the WWW -- moved recently (spring 2006) from the [SPIRITUALITY & HEALTH website](#)

2. [MYSTICISM IN WORLD RELIGIONS](#) (In February 2005, this website was removed by its webmaster, Deb Platt. I cried! It was the best website for learning about mysticism, the perennial philosophy. I'm still grieving this loss. I'm leaving the link because she said that it may return some day and I just can't remove it!) – Deb Platt doesn't miss much when it comes to finding the common ground of the sages of the ages. You can choose a particular religion or a particular mystic or a particular spiritual practice.

3. [CAROLINE MYSS](#) – This prolific writer contributes her practical wisdom on the chakras, 70 archetypes, sacred contracts and the daily practice of meditation, contemplation & prayer.

4. [PRESBYTERIAN OFFICE OF SPIRITUAL FORMATION](#) – Good definitions and many resources are offered.

5. [RESEARCHERS OF TRUTH](#) – Daskalos, a revered healer and sage, taught many people the wisdom of esoteric Christianity.

6. [CENTERING PRAYER & LECTIO DIVINA](#) – Father Thomas Keating has revived an ancient Christian practice of stillness, discernment and devotion.

7. [MOVING INTO STILLNESS](#) – Yoga Teacher Erich Schiffmann teaches that Yoga leads us to stillness, a

“higher energy state.”

8. [INNER FRONTIER: EXPLORING PRACTICAL SPIRITUALITY](#) - Spend some time and energy here. It is well worth it. Consider using the Inner Work weekly lessons. Here are some of the topics Joseph Naft discusses with immense wisdom: Cultivating Faith; Wholeness in Prayer; Relaxing Into Now; From Heartless to Kindness; Intentional Presence; Opening to the Divine; Turning Toward the Light; Entering Conscious Awareness; Prayer; Dimensions of Balance; Establishing Physical Presence; Barriers to Relating; Personal Integrity; Distance and Intimacy; Being; Respect; Motivation: Our Need to Walk the Path; Total Engagement; Self-Efficacy in Spirituality; Who Am I?; Conscious Energy; The Illusion of the Ego; The Peace of Being; Extending Our Bodily Presence; Tikkun Olam: Perfecting the World; Obstacles; Surrendering to the Divine; Living As Intention; Approaching the Divine; Basics: Heart, Energy, and Will; Teachers and Paths: True or False?; Generosity; Presence.

9. [THE FOUR PRECEPTS](#) - My friend Wayne Ferguson offers a multitude of spiritual resources and his own great ideas. This is definitely a wonderful spiritual formation website.

10. [THE TEN TEACHINGS SHARED BY ALL RELIGIONS](#) - Gary Beckworth of [the Harmony Institute](#) has developed this fantastic list.

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HERE ARE WEBSITES AND OTHER RESOURCES WITH IDEAS AND SUGGESTIONS FOR DEVELOPING THE TWELVE PRACTICES LEADING TO OUR AWAKENING AS HEAVENLY BEINGS:

STILLNESS

Stillness is the way to begin to become aware of the reality that we already are heavenly beings. You may want to stick with this practice and not go on to others for a while. It is that important.

- [MOVING INTO STILLNESS](#) -- Erich Schiffmann is a wise and experienced yoga teacher. MOVING INTO STILLNESS is a website and a book. Mary and I have learned his method through a video named "Yoga Mind and Body" with Ali Macgraw.
- [INNERFRONTIER.ORG](#) -- A wise and experienced spiritual guide, Joseph Naft, offers great ideas and suggestions on this practice.
- [PEACE OF MIND](#) -- Bertram Salzman leads a course with some very practical suggestions on how to be still.
- NEW 12/2/05 + [FOLLOWING THE CALL OF LOVE by Tom Kurzka](#) -- Excerpt: "In our deluded condition, our attention is constantly focused on objects, seeking each arising form as something to satisfy our sense of a separate, fixated self. We are like a broken record, skipping over the same tune segment, seeking fulfillment from the same thought stories, always seeking the next object or experience to make us happy. We are hopelessly lost in this habit throughout the day, from the moment we wake up in the morning until we drift off into sleep at night, lost in our meandering thoughts. If we could simply stop and see that we are already the Love in which all this takes place, the delusion would be over. We would wake up. Unfortunately, most of us do not know how to just stop."
- NEW 12/2/05 + [A SUGGESTION FOR MEDITATION by Jack Kornfield](#)
- NEW 12/6/05 + ["The Death of Stillness" by Richard Mahler](#). Excerpt: "What's wrong with being busy? Plenty. Americans have become the most anxious, time-stressed people in the world, thanks in part to all the high-tech devices at our fingertips that are meant to make life easier. The white noise of trivia and the thrill of consumption fill our heads and guide our behaviors."
- [The SPIRITUALITY & HEALTH search engine on this practice](#)
- [MORE ON THIS PRACTICE](#) -- My own thoughts and more websites, books, films, etc.

SILENCE

- [EXCERPT FROM A BOOK BY RICHARD MAHLER](#) -- excellent suggestions for this practice.
- [SPIRITUALITY & HEALTH](#) -- Fred and Mary Ann Brussat offer many ideas and resources on this practice. They also cover many other practices at [this website](#). They have written hundreds of book reviews, movie reviews, compilations of engaging quotes and educational guides. SPIRITUALITY & HEALTH is also the name of a great magazine this organization offers.
- [The SPIRITUALITY & HEALTH search engine on this practice](#)
- [MORE ON THIS PRACTICE](#) -- My own thoughts and more websites, books, films, etc.

SOLITUDE

- [THOUGHTS IN SOLITUDE](#) -- Here is a Frederic and Mary Ann Brussat review of the book THOUGHTS IN SOLITUDE by Thomas Merton.
- [THE WONDERS OF SOLITUDE](#) -- Here is a Frederic and Mary Ann Brussat review of the book THE WONDERS OF SOLITUDE edited by Dale Salwak.

- NEW 11/23/05 + [ZOKETSU NORMAN FISCHER](#) -- A talk given at the Everyday Zen All Day Sitting, August 25, 2001. Excerpt: "The truth is, spiritual practice is the practice of solitude. Meditation and prayer are supremely solitary acts."
- NEW 11/23/05 + [THE HERMITARY OFFERS SOME SAYINGS OF THE DESERT ABBAS & AMMAS and SOME REFLECTIONS](#)
- [The SPIRITUALITY & HEALTH search engine on this practice](#)
- [MORE ON THIS PRACTICE](#) -- My own thoughts and more websites, books, films, etc.

SIMPLICITY

NEW 11/23/05: A heavenly life is a simplified life. Thoreau, in WALDEN, wrote: "Simplify. Simplify! Simplify!" Our global economy needs to be transformed from a model of endless growth to a model of sustainability. We are all called to contribute to this transformation beginning right now! " 'Tis a Gift to be Simple."

- NEW 11/23/05 + [NEW AMERICAN DREAM](#) -- Many, many ideas and resources for simplifying our lives.
- [SIMPLICITY RESOURCES](#) as compiled by Frederic and Mary Ann Brussat of [SPIRITUALITYHEALTH.COM](#).
- NEW 12/7/05 + "[A Necessary Simplicity](#)" by [David Cadman](#). Excerpt: "Take, for example, the lessons of sufficiency of the Jains, the Middle Way of Buddhism and the teachings of selflessness given to us by Christ. In all of this there is a code that can lead us along the path of simplicity. At its root are qualities that contrast markedly with our present culture: co-operation instead of competition, generosity instead of greed, patience instead of haste, and sufficiency instead of indulgence. And, of course, underlying it all there is the mysterious and awesome teaching of Love as being not just virtue or emotion, but of the very essence, being with, not apart from: a teaching of the very connectedness of life."
- [The SPIRITUALITY & HEALTH search engine on this practice](#)
- [MORE ON THIS PRACTICE](#) -- My own thoughts and more websites, books, films, etc.

DETACHMENT

- [MORE ON THIS PRACTICE](#) -- My own thoughts and more websites, books, films, etc.

DISCERNMENT

Prayer leads to discernment.

- [CENTERING PRAYER and LECTIO DIVINA](#) -- This is an old way which is now being rediscovered by Christians as a tried and true method for opening up to the presence of God.
- [MORE ON THIS PRACTICE](#) -- My own thoughts and more websites, books, films, etc.

DEVOTION

A daily practice of prayer and meditation and contemplation is essential for awakening. There are many paths of devotion. Choose one or more from the following. Faithfully follow that path for as long as necessary, possibly the rest of your life.

- [THE LECTIONARY](#) -- The Lectionary is a great way to read through the Bible on a daily and/or weekly basis. Many Christian churches use the Lectionary.
- [DAILY WORD](#) -- Unity's DAILY WORD is a devotional booklet used by millions. You can be a part of a global community united for peace and healing.
- [HYMNS](#) -- While this particular website is Presbyterian, it connects to other hymn websites. Start singing as you listen to the audio accompaniment which is often provided!
- [DAILY ZEN](#) -- Zen Buddhism is closely associated with the Chinese TAO TE CHING. I have found enormous inspiration and guidance by turning to this source often.
- [A COURSE IN MIRACLES](#) -- I think you have to buy the book. I don't think the course is on the web. I may be wrong. I have found ACIM to be a fantastic and very challenging course developing a heavenly way of thinking beyond any ego attachment. I have been working on the text and the 365 lessons since 1989. ACIM is definitely not for everybody although a course in miracles in one form or another is a required course. Mary Ann Williamson applies many of the principles of ACIM in her books, lectures and website. For many, she makes ACIM comprehensible!
- [MORE ON THIS PRACTICE](#) -- My own thoughts and more websites, books, films, etc.

DELIGHT

- [JOY](#) -- Temporarily let's rely on the Brussat's suggestions for the practice of joy. According to the Brussats, "Joy is an essential spiritual practice growing out of faith, grace, gratitude, hope, and love. It is the pure and simple delight in being alive. Joy is our elated response to feelings of happiness, experiences of pleasure, and awareness of abundance. It is also the deep satisfaction we know when we are able to serve others and be glad for their good fortune."
- [MORE ON THIS PRACTICE](#) -- My own thoughts and more websites, books, films, etc.

HUMILITY

Humility is a way of life that the sages of the ages regard with utmost seriousness.

- NEW 11/23/05 + [THE DESERT FATHERS & MOTHERS](#) speak about the essential practice of humility.
- NEW 11/23/05 + [ST. BENEDICT'S LADDER OF HUMILITY](#)
- [MORE ON THIS PRACTICE](#) -- My own thoughts and more websites, books, films, etc.

HEALING

The sages of the ages all teach us that healing is always a collective enterprise. I am healed as you are healed and every one else is healed.

- [RESEARCHERS-OF-TRUTH.ORG](#) -- The followers of Daskalos, a renowned healer and teacher of Esoteric Christianity, share his wisdom and practices. Daskalos, a Cypriot named Stylianos Atteshli, died in 1995 (I think). A Cypriot-American anthropologist, [Kyriacos C. Markides](#), wrote 3 books about him in a fictionalized way reminiscent of Carlos Castaneda. The books are: THE MAGUS OF STROVOLOS, HOMAGE TO THE SUN and FIRE IN THE HEART.
- [CHI LEL QIGONG](#) -- You can learn how to do this practice if you buy the book and video.
- [CAROLINE MYSS](#) -- many ideas focusing on the seven chakras and a slew of archetypes.
- [THE SEVEN CENTERS OF CONSCIOUSNESS \(CHAKRAS\)](#) -- Ken Keyes wrote a classic on integrating the wisdom of the East with the wisdom of the West: THE HANDBOOK TO HIGHER CONSCIOUSNESS. It describes the Seven Centers of Consciousness.
- [THE TWELVE PATHWAYS TO HIGHER CONSCIOUSNESS](#) -- THE HANDBOOK TO HIGHER CONSCIOUSNESS by Ken Keyes offers these pathways so that we can attain oneness and unconditional love.
- [MORE ON THIS PRACTICE](#) -- My own thoughts and more websites, books, films, etc.

HOLINESS

- NEW 11/23/05 + [DESERT FATHERS & MOTHERS](#) -- Many affirm the holiness of these ancient saints.
- [DALAI LAMA](#) -- Many affirm the holiness of this living saint.
- [THICH NHAT HANH](#) -- Many affirm the holiness of this living saint. Scroll down to his 14 precepts and see if they work for you as a way to be holy.
- [MORE ON THIS PRACTICE](#) -- My own thoughts and more websites, books, films, etc.

HEAVENLINESS

This practice is essentially a gift. Faithful practice of all the disciplines make it possible for us to experience the realm where we become one with God and all creation. I like to point to nine glorious characteristics of this realm -- abundance, joy, wisdom, beauty, love, truth, peace, justice and freedom -- and the greatest of these is the one I place in the center: LOVE.

NEW 11/23/05: I am heavenly. Say it! I am heavenly. Fantastic. Wonderful. Divine. Delightful. That's how God made me. There is nothing I can do to stop being heavenly. I am eternally heavenly and only temporarily earthly.

- [THE CHURCH OF I AM](#) -- simply enjoy and learn and share the essential truths Peter Russell offers here.
- [MORE ON THIS PRACTICE](#) -- My own thoughts and more websites, books, films, etc.

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