

# A New Year's Practice- Choosing a Word to Walk with You

## The Spirit Word: Setting Intention

As we know, setting *intention* is a powerful act. Through our selection of a Spirit Word we open ourselves up to creating a new year's practice of a spiritual nature. We can then share with God that we are open and ready to receive the teachings that are at the core of the attribute or qualities of the word we choose and frankly listen for a word that chooses us. It can then also be something we share with others in our lives who are walking with us.

Where do we begin? We begin by delving into the concept of inspiration...that from which intention springs forth.

**Step One: Inspiration:** *The trick here is to avoid confusing the voice of Spirit with that of your ego or personal agenda.* Let yourself be inspired by something that you long to experience in your life. Open the field of your dreams to let a few words come to you that feel like the next right step on your path. You may choose words whose power inspires you (e.g. loyalty, believe, deep stillness), or words whose power has eluded you (e.g. trust, courage, forgiveness), Step one, let yourself be inspired and follow that inspiration to find one to three words that are calling you to consider them as your spirit word for the year.

**Step two: Choose the one word.** Your task is now to decide which one word is the right word for you to "walk with" for this year. This is a very personal decision – in your deliberation you may want to incorporate three things: Your current desire to deepen your own spiritual practice, what you hear intuitively that God is calling to you and reflection on your life journey to this point and what might be your next "growing edge".

When choosing which word is the right word for you, it is most helpful to try each word you are considering on – like a garment- to see which word best fits within your whole being at this time. How does it feel – listen to yourself – the voice from within.

Hold yourself when you speak the word – hold your belly, hold your heart, hold your head.  
Listen

**Step Three: Define Your Spirit Word.** Find yourself a good and detailed dictionary and write on a piece of paper the literal meaning of the word. Sit with this meaning. Is it what you thought it would be or are you surprised by the literal meaning? Now, using the literal meaning and your intention create your own spiritual meaning for the word- how you plan to use it as a tool for yourself. Then let it walk with you..... write it out, create an artistic piece related to your word, journal, pray and meditate using this word, LISTEN to this word as others speak it, as it shows up in this next year.....

This is information adapted from an article written by Merret Mann-