



Practicing the Presence

By Hitesh Tailor

1. Practice his presence by being aware he is always with us. The first point to be made is that before we can practice his presence, we need to be aware of it. Master tells us when initiated us, he placed his subtle form, **SHABD** form in at the eye center, he constantly watches over us.
2. Practice his presence by acceptance, for in reality everything that we receive comes from him. He alone knows what is best for us.
3. Practice his presence by obedience, surrender and submission. Every time we obey Master, even in the smallest way, we are practicing his presence because we are acknowledging his sovereignty over our lives.
4. Practice his presence by giving up desires. Things of the world will bring us unhappiness, so we must lose our desire for them. We can do this only by attaching our attention to the **SHABD**.
5. Practice his presence by simplifying our lives by reducing unnecessary activities.
6. Practice his presence by being alone. The more time we spend in the company of others the less time we have to spend with Master. The more time we spend with Master the less time we will want to spend with others.
7. Practice his presence by constant remembrance. Master is with us all the time; it behooves us therefore, to pay attention to him.
8. Practice his presence by waiting for guidance. Waiting for him is not time wasted.
9. Practice his presence by constantly praying for his help, not just now and then, not just when we are in trouble, but always.
10. Practice his presence by talking to the Master within about all your problems, for when you talk about your problems, you are, as it were, in his presence having a conversation with him