

Spiritual Practices for Devotional Activism

Review your personal habits, and meditate on the extent to which you have fully liberated your highest capacities and on what your next steps should be. Pray for forgiveness, guidance and strength.

How much of your time and money have you contributed to projects or organizations treating those who suffer from social conditions and how much to organizations working to change social structures in order to remove causes of the suffering (such as peace or economic reform organizations)?

Are there changes to be made in the ratio of your giving?

As a problem in personal morality, meditate on your buying habits at a time when so many in the world are desperately poor.

You might list some items commonly used in our society such as a high-powered car, color television, dishwasher, liquor or soft drinks, cosmetics, latest style clothes, expensive cuts of meat, and others.

Draw three columns beside your list, headed "use as is customary in our society," "reduce expenditure or use," "eliminate entirely."

Continuously recalling the purposes of God, put a check mark after each item in whichever of the columns you are convinced is appropriate. Such a chart deserves further meditation and discussion with other sensitive persons.

Draw a circle with segments shaped like wedges of pie to show the estimated proportion of your time spent on activities like sleep, your job, family life, recreation, community service and others.

Draw a second chart showing how you feel you would distribute time if you were sufficiently dedicated.

What will you do about any differences that show up?

List the seven or eight social problems you consider most important today. Arrange these in order of priority, asking which are the most basic, urgent, and neglected.

Among your higher priorities circle the two or three to which you think you are best equipped to make a contribution.

What specific steps might you now take on these personalized priorities?