**Ishvara Pranidhana*:* Celebration of the Spiritual**

Ishvara=God and Pranidhan=Faith in, Love for, Surrender to

**What is Ishvara Pranidhana?**

Ishvara pranidhana means tosurrender to god or a higher power. Ishvara pranidhanarequires that we set aside some time each day to recognize that there is some omnipresent force larger than ourselves that is guiding and directing the course of our lives. Ishvara pranidhana provides a pathway through the obstacles of our ego toward our divine nature—grace, peace, unconditional love, clarity, and freedom. Ishvara Pranidhana is to live an ethical lifestyle of no harm, honesty, charity, purity, contentment, and discipline. All we have to do is let go.

**How Can you Practice Ishvara Pranidhan?**

* Do something meaningful
* Set aside time to get quiet, clear and centered
* Notice how a glass of water tastes
* Try to feel before you act
* One of the first ways that we can practice *ishvarapranidhana*is by putting aside some time each day, even a few minutes, to avail ourselves of an intelligence larger than our own.
* This might take the form of communing (exchanging spiritual thoughts) with your garden at dawn, taking a few moments on the bus to breathe slowly and clear your mind, or engaging in a more formal practice such as a daily reading, prayer, ritual, or meditation.
* This practice requires that we have recognized that there is some omnipresent force larger than ourselves that is guiding and directing the course of our lives. We all have had the experience of looking back at some event in our life that at the time may have seemed painful, confusing and disruptive, but later, in retrospect, made perfect sense in the context of our personal destiny. We recognize that the change that occurred during that time was necessary for our growth, and that we are happier for it. The catch is that it's hard to see the bigger picture when you think you are the great controller of your life. When you are the great controller, you fail to recognize that supposed coincidences, accidents and chance meetings all have some greater significance (the larger scheme of your destiny). When you are the master of your universe, it's hard to trust anything but your own self-made plans. When we don't have this recognition that there's a bigger story going on, we get caught up in our personal drama and a frustrating cycle of resistance to change.
* *Ishvarapranidhana*asks us to go quietly, even when it's not possible to see exactly where things are headed. At first this can be frightening, like being suspended in the air but, over time, this not knowing exactly how life is going to unfold and the giving up of our frantic attempts to manipulate and control makes each day an adventure

**When will you know if you are practicing Ishvara pranidhana?**

*I see the divine in all beings*

*I am one with the universe*

*I am filled with light*