

## Recommended Time for Spiritual Practice

### 1 Hour Practice

What is the difference between doing one consecutive hour of spiritual practice and doing three separate practices of 20 minutes each?

Fact: we have three steps in the process.

1. After 20 minutes we affect the mental plane;
2. After 40 consecutive minutes, we affect the emotional plane; and
3. After 60 consecutive minutes, we affect the physical plane.

For example, one person does 30 minutes in the morning, 30 minutes in the afternoon and 20 minutes in the evening, but he/she continues to have difficulty to see in the physical plane. We observe that he/she affect the mental plane three times a day. He/she touches a little in the emotional plane twice a day, but he/she affects mostly nothing in the physical plane.

The mental plane has less density than the natural plane. Because of this, it's easier to affect this plane, so we need less time for our spiritual process. Twenty minutes is enough time to affect the mental plane. The emotional plane is ten times denser than the mental plane, so we need more time. Since it's denser, we suggest 40 minutes of practice to affect this plane. The physical plane is 1000 times denser than the mental plane. We need more time to permit to the light to pass through all the layers, to enter the flesh.

This is why we do one hour of practice non-stop. We charge fixity and Kuji-In one hour a day. If we spend one hour contemplating a siddhi, we can see a big difference compared to the minimum of 20 minutes. When a student does one hour of fixity for one year, he prepares the physical plane to receive any spiritual information in the flesh. He/she puts light on the flesh every day.

In the Mahajrya, we learn to integrate our emotions. In general, though, we use less than one minute for all kinds of integration. If we use more than that, it's because we are in a denial and not in the mask of the ego. To integrate more quickly, observe the denial. It's easier to observe a denial in the emotional plane.

Each day, we can mix a mantra, prayer, siddhi or any other process. It's not only one type of process like fixity or Kuji-In. Usually, students use 20 minutes to charge a mantra and 20 minutes to contemplate a siddhi or something else. But, when it's time to look at the flesh it's more complicated. How many students do one hour of process a day every day? Some students do more than one hour a day but then they take a break or decrease the time of their process. During this break, the light stops going in the physical plane. Now, we understand why the one hour of practice is useful and makes sense for our spiritual practice.



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