There is always a practice before the practice; a sitting before the incomprehensible long enough to feel and sometimes understand the mystery each instrument and craft is designed to invoke. --Mark Nepo

**The Practice Before the Practice**

"From the moment we open our eyes, we are meaning-seeking creatures, looking for what matters though we carry what matters deep within us. And more than the hard-earned understandings we arrive at, more than the principles or beliefs we stitch together out of our experience, how we stay in relationship to the mysterious Whole of Life is what brings us alive and keeps us alive. Everyone knows firsthand that life is messy and painful, beautiful and unpredictable. The endless practice is keeping our heart open to the whole of it. And the journey of becoming who we were born to be never ends. It's limitless, eternal. We don't arrive--we grow." Mark Nepo shares more...

**Be The Change:**

How do you relate to the notion of 'the practice before the practice'? What helps you deepen?