

The Practice

What is your practice actually for?

David Verdesi — Engineer of Attention

Transcript of the approved spoken words · Published 3 October 2026

TRANSCRIPT

In Part III, David begins with three questions: what spirituality means to you, why you think you need it, and what you expect it to give you.

Then comes the test: does what you do have anything to do with that aim?

Doing more is not the same question as understanding why. David asks whether a practice helps us examine what is difficult—or lets us leave it unexamined.

Bring this to one practice in your own life. Name its purpose before judging its value.

Which is hardest to answer: what you're seeking, why you need it, or whether your practice serves it?

David returns to an approximate formulation of truth: put the question into words, then look at what you actually do.

The difficulty is not only finding words. It is meeting unspoken needs, desire and conflict—and what acknowledging them might require. Some feelings seem unbearable. Some actions seem unforgivable or unthinkable.

The invitation is to examine that resistance, not to glorify suffering or act on every impulse.

What is harder for you: naming what is true for now or taking the next considered step?

Approved spoken words from the published episode. Editorial summaries and reflection questions appear separately on the episode page.