

SPIRITUALITY

One of the first things apparent to early man; when confronted with the mystery of life, which was also the mystery of death; was that a living person breathed and a dead one didn't. To be dead meant to have no breath, no movement, no "nothing". A feather held to the lips or nostrils remained unstirred, a mirror didn't fog up. To breath was to be alive, to have the power to rise up, walk, run and shout. Breath was the livingness of those alive. It was aliveness. And so it was.

Spirituality comes from the word spirit "breath of life", and it came to mean more than just the wisps of air we breathe in and out; but the very mystery and power of life that fills a living person.

Each of us has a spirit, this power of life in us. Spirituality has to do with becoming a person in the fullest sense of the word. Spirituality is dynamic and active. Everyone of us has the capacity, more at times than others, to project some of this power of his or her own life and energy into others. Each of us is gifted in one way or another with the power to literally inspire "breath" into others.

Spirituality has to do with relationships. Each of us has many relationships; a relationship with myself - me with me; a relationship with others - me with others; a relationship with God - me with the God of my understanding (Step 2 "...a power greater than ourselves"); and a relationship with nature - the world we live in. We live in a spiritual system of sorts; each relationship affecting another.

Spirituality is to be connected, not alone and separate, and yet having the freedom to choose how separate and connected I want to be, knowing though that I don't have to live alone. Man was not created to be alone, but in a relationship.

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HOMEWORK

Relationships - Spirituality

Use the following exercises (on the reverse side) to help cite some specific ways in which you are spiritual. Be gentle on yourself. Sometimes it's difficult to find words that will adequately describe what you believe your spiritual life to be.

SPIRITUALITY - Relationship worksheet:

I. Relationship with myself - ME WITH OTHERS

Describe and give some examples of the relationship you have with yourself:
feelings about yourself , sense of purpose etc: _____

II. Relationship with others - ME WITH OTHERS

Give some examples of how you see yourself relating to others; sharing, trusting,
risking, open, closed etc: _____

III. Relationship with God - ME WITH THE GOD OF MY UNDERSTANDING

Describe and/or give examples of the relationship you have with God; feeling His
presence within you and around you, close, distant, open, warm, scary etc: _____

IV. Relationship with nature - ME WITH THE WORLD I LIVE IN

Describe how it is for you to live in the world; feeling at home, comfortable
alone, good, alot to see etc: _____
