



## Spirituality Overview: An Introduction

Tom Reid, Consultant, Mediator, Coach

The Reid Group

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*Who am I?*

*Why am I here?*

*What is the meaning of life?*

*What is my purpose in life?*

Aren't these the questions of the ages that the great religions address? Our culture—and quite often, even the church—doesn't teach us practically how to develop a healthy spirituality, leaving us feeling disconnected from our own sense of ourselves and our relationships.

Today, perhaps more than ever, the voices of commercialism overwhelm the voice of the spirit. We are bombarded with messages from the culture that urge us to “grab for the gusto” rather than focus on finding answers to the questions of who we are and what is our purpose. In the stream of life, we are pulled along with the current of mainstream values. But developing a healthy spirituality requires the effort of constant practice to go against the current.

For many years, I've said that I've been both blessed and cursed with a hunger for God. Over the last 35 years, I have pursued with increasing intensity what it means to be human and what are the components and practices of a healthy spirituality.

In my work with leaders, groups and organizations, I have been struck with how our educational/formational system tends to focus more on the intellectual knowledge almost to the exclusion of the with the experiential and essential life skills in the areas of personal growth, relationships, meaningful work and giving rather than getting. Many of us today are challenged to maintain connection with ourselves, one another, nature, and the purpose of life. We need to find and incorporate practices to ground ourselves and to tap into the wisdom that lies within.

*The rational mind sees the parts; the intuitive mind grasps the whole, feels the whole, lives the whole.*

The foundation and components of a healthy spirituality are the organizing principles that help us connect the dots and see and experience an integrated, whole life:

## Foundations

- Awareness – what fosters, what blocks it? Following the breath.
- Relationship and connection – am I aware of the practices and disciplines of the relationship with self, others, creation, Creator? What helps or hinders the flourishing of these relationships?

## Components or Practices

- Disciplines: Grounding practices – “turning the searchlight within”
  - Journaling – writing ourselves to self understanding
  - Talking to another (spiritual director, soul friend, mentor, coach)
- Movement practices
  - Physical exercise
  - Stretching/yoga as a contemplative practice
- Stillness practices and prayer
  - Entering the quiet - befriending silence
  - Attention to the rhythm of the breath
  - Singing and listening to music
  - Centering prayer
- Creativity practices
  - Consider what is draining your energy, what fuels your energy
  - Attending to thoughts, feelings, intuitions
- Active, mindful practices
  - Mindfulness of daily living
  - Mindfulness at work
- Generative practices
  - Extending compassion
  - Bringing caring concern to all people, to all creation
- Ritual practices
  - Days of reflection/retreats
  - Seasonal observances
  - Daily, weekly, feast day liturgies

How are you doing in these areas? Which of these practices stirs you? Which of these would you like to explore further? Call The Reid Group, 425-450-4949 or [info@TheReidGroup.biz](mailto:info@TheReidGroup.biz), for information on workshops and retreats to help you continue along the way to developing a vibrant spirituality.