

## **“Everyday Spirituality – Part One: Reaching Out”**

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Spirituality, in its broadest sense, encompasses far more than religion, or even faith. Spirituality involves recognizing and honoring the connections between yourself and every part of the world, living and non-living, surrounding you. Whether you like it or not, or are even aware of it, you are influenced by everything your human senses take in. Sights, sounds, smells, tastes and touch all put you into relationship with your world; nature, other people, plants, animals, insects, the sky, sun and moon, stars and planets.

By recognizing and honoring your connected-ness with the world around you, you grow inwardly, whether or not you may be inclined to consider the existence of an Ultimate Being (a topic for later in the month). Inward growth promotes well-being, which promotes positive changes in your thinking, emotions, behavior and relationships. When all that happens you are more available physically and emotionally to make more of life, and bring more to life!

Here is a (partial) list of activities that are sure to nurture your spiritual well-being by honoring your relationship with the world around you. Try even a few, and see the difference it makes in your outlook on life.

- Look up - especially at night. Feeling small and insignificant in proportion to something so boundless and deep is good for you.
- Look down – preferably on your hands and knees. Get a close look at that upon which your feet tread every day.
- Look around – when you have time to really take in what you may see – and allow yourself to react and respond honestly.
- Spend some time with significant people in your life – on purpose.
- Compliment a loved one.
- Compliment a friend.
- Compliment a stranger.
- Compliment an adversary.
- Sit on a rock and watch the tide move.
- Buy a lollipop for a kid behind you in line in the supermarket – *after* asking the parent standing there!
- Forgive someone.
- Bring dry bread to a pond and feed the ducks.
- Bring fresh bread to a soup kitchen, volunteer, and feed your soul.
- Stop what you are doing and just watch – or listen to – a child just being a kid.
- Practice whatever lesson watching the child may teach you.
- Walk in the woods.

NEXT WEEK: “Part Two – Reaching Up”

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**It's free, confidential and open to your family members.**

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