

Current Practices

Let's take a look at your current spiritual practices. Through these questions we can figure out what is working for you and what is not. Be very honest with yourself about how effective your current practices are for you. Don't use this as a time to feel guilt or shame.



Describe where your roots of spirituality came from. Church, tradition, culture, family, community, parents, siblings etc.



What do you currently practice to spiritually align? (ex.. gratitude, service, prayer, music, energy healing, grounding work, thought work etc)

Step One: Dig Into Your Roots

WHETHER YOU HAVEN'T CONSIDERED YOUR ROOTS OR ARE DEEPLY CONNECTED TO THEM, LETS DIVE IN.

Ask yourself some important questions about your spiritual roots. Where did you originate? What are some of the spiritual traditions of your culture? Consider the music, prayer, gatherings, meditation, attire, art and food of your origins.

As you think about this, ask yourself, "Do any of these feel like a connection back to me?" You may consider adopting them again and incorporating them into your practice.

Do any of these NOT feel like a connection to yourself? You may consider dropping them and seeking out different spiritual roots or traditions. Some family roots bring up shame or sadness for some people, that's okay, you can feel those feelings and chose to not participate in those traditions.



*To forget one's ancestors
is to be a brook without
a source, a tree without
a root. ~*

CHINESE PROVERB

Step Two: Relearn Your Spiritual Language



Think back to the first time you felt spiritually aligned. Were you able to articulate what you were feeling? How did you know you were in sync with God? Be specific about how you felt. For ex: I felt peaceful, content, joy, safe, understood etc. When was the last time you felt that way? What thoughts would you need to think to feel those feelings again?

Describe a time in your life when you were introduced to a new practice of spirituality and it really resonated with you. For ex: *I felt spiritually grounded for the first time when I was eight years old and my mom had cancer. This is when I really started praying. Praying made me feel safe and peaceful. Then I learned about journaling and discovered that writing my thoughts and feelings helped me gain clarity and lifted a weight off my shoulders.*

I adopted writing into my spiritual practice. When I write, more inspiration for my life comes to me and I feel that I am in a conversation with God and my spirit.

Take note of these feelings and think about them. I love to think about how God and Spirit speak to me. It reminds me of the special connection I have to them that I can call upon anytime I want to feel them.

Step Three: Tapping In

Now that we have dug into what has spiritually served you in the past, let's take a look at the direction your spirit is telling you to go now. Here is one way you can tap into your spirit and listen.



Sit comfortably, close your eyes and place one hand on your heart. Ask your spirit, "What can I do that connects me to you?" Then sit and listen. If you get fidgety or nothing happens, no big deal. You can keep asking and listening or get up, walk around bit then try again. If you feel inspiration, write it down and record how you received that inspiration. Was it a voice in your mind, a tingling in your hands, a wash of warm, a rush of joy or inspiration to act.



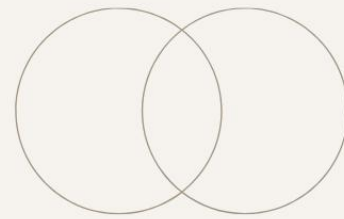
Ask yourself: "What would love for myself do to feel aligned?" Listen to your spirit and record your answers.

What Now?

Now you should have a good idea of how your spirituality began, how it has evolved over time and where it is now. With this information we can begin creating spiritual practices that work for you to enhance and enrich your life.

STEP 1

Take a look at your answers, do you recognize any common themes in ways you feel aligned? Or ways you don't feel aligned?



STEP 2

Schedule an appointment with me to review your answers. In this conversation we will discuss what makes you feel spirit as well as other practices you could consider to feel aligned.



STEP 3

After our discussion we will create structure around your practice to keep you consistently aligned. Then you can start putting your practices to work and notice the guidance you life has.

