



Here are some ideas and resources I use and would suggest are helpful; even essential, for creating a more spiritually comfortable situation when individuals want and/or need to interact with loved ones. I also suggest that these resources will bring a feeling of calmness, of wholeness, to a situation that can be problematic for some.

Discover Your Spiritual Side

What is spirituality? Think of it as your connection to the things you consider meaningful and holy. For many of us, that means praying, observing rituals, studying texts and attending religious services. For others, it means non-traditional structures or notions of God.

Connecting with a higher power offers more than just hope. It strengthens our emotional health, too. Regular spiritual practice offers many proven health benefits, especially when it comes to preventing depression and many serious chronic illnesses

Which Secular Spiritual Practices Can Help?

1. Meditate and contemplate. Spend time in quiet, get centered, take deep breaths as a beginning practice.
2. Practice disciplines like Yoga and Tai Chi. These are possible even when there are no classes close. The internet and tv provide opportunities to accomplish this.
3. Eat right and exercise to stay in good health. Health is a necessary component to put ourselves in a position for both experiencing our spirituality and approaching others .
4. Read contemplative books and articles. There is no shortage of these; the world is full of writers and authors who have written about this subject as our lifestyles become busier, allowing less time for in depth individual conversations.
5. Get outside and enjoy nature. The lifestyles have changes, many are not close, or cannot get close to nature as we once experienced it. However, if we look around we are likely to discover small patches of grass, woods, parks, lakes, rivers. Let your awareness of nature to expand, including every area, small or large, to welcome you.
6. Appreciate the arts and take part in creative activities. Don't be concerned about the "perfect" piece; take out the crayons, paints, glue gun, etc. Again the internet will help with examples and ideas, even classes to help you.
7. Get involved in cooperative group activities. But remember that self care and awareness are also essential.
8. Keep stable relationships with friends and family. This may seem difficult however this can be done through texts, email, phone, planned lunches, etc. Be creative; quality is better than quantity.
9. Be compassionate with thoughtful gifts of time, money, and talents. Again, quality over quantity, thoughtfulness over excessiveness, small acts and gifts can sooth the soul. This is only a short list of ideas to help move towards a deeper spiritual connection.

Which one would you choose to do today?

**Connect with me at mssigurd@mymts.net
for more or to discuss your choices!**