Practical Spirituality

1) Introductions
2) Definition: What is practical spirituality?
3) Identifying personal spiritual practices that are already working
4) Exploring alternatives
   i) Chanting – repeat words and/or lyrics
   ii) Keeping good company – spend time with people who share a positive outlook
   iii) Visualization – create an image in mind or design a vision board
   iv) Journaling – use paper and pen or computer to empty thoughts
   v) Laughter – laugh with others or alone; laugh for no reason
   vi) Creativity – write, play, dance, draw, paint, sing
   vii) Positive Self-Talk – speak kindly of yourself, focus on strengths
   viii) Affirmations – read or write affirmative statements in the first person and present tense
   ix) Contemplation - be quiet; ask a question; listen for the answer
   x) Music – listening or playing
   xi) Mindfulness – keeping one’s consciousness alive to the present reality
   xii) Meditation – a practice of quieting the mind
   xiii) Order – maintaining organized environments
   xiv) Mind your body – consciousness about bodily needs for sleep, food, exercise, water, comfort
   xv) Prayer – addressing a Higher Power
   xvi) Detachment – surrender to what is for now
5) Choosing from among alternatives
   i) Select up to 3 practices that you wish to explore further
   ii) Share how you will implement your Personal Practical Spirituality Plan and what obstacles you may need to overcome (small group sharing)
6) Professional application
   i) What is the protocol at your worksite?
   ii) What are some moral and ethical considerations?
   iii) Formal (client intake) or informal (conversation) inquiry?
   iv) Questions on practical spirituality:
      (a) What do you most value?
      (b) How do you/could you bring these values into your everyday living?
      (c) How is your distribution of resources (time, energy, money) in alignment with your values?
7) General group sharing
8) Questions and answers
9) Take-aways
Personal Practical Spirituality Plan

Spiritual practices that are already working for me

1.

2.

3.

3 people with whom I share/I could share a positive outlook

1.

2.

3.

Spiritual practices I would like to explore further (chanting, visualization, journal writing, laughter, prayer, etc.). See the attached Mindful Practices Worksheet.

1.

2.

3.

What support do I need?

What obstacles do I choose to remove?

What else do I need to know, become, release or realize in order to implement my Personal Practical Spirituality Plan?

Affirmation: I, __________________, utilize my ____________________ and how have/enjoy
Guidelines for Using the Mindful Practices Worksheet

Mindful Practices are ongoing activities that support your mental, physical, emotional and spiritual well-being. The following is a sampling of mindful practices that may assist you in completing your Mindful Practice worksheet. Remember to personalize your list and specify the duration and frequency of each activity.

Personal Growth
- Silent contemplation, meditation, journaling, reading
- Silent Retreat - Practice complete silence (no reading, writing, music or speaking) for 10 minutes a day, for 1 hour or for a whole day.
- Be very aware of a simple task that you are performing. Do only this task. Follow it from beginning to middle to end. Examples are doing the dishes, making a bed, pumping your gas, arranging flowers.

Money
- Keep accurate financial records
- Write a meaningful, powerful phrase on your checks (e.g. “Thank You,” “In God I Trust,” “With Joy!”)
- Keep an up-to-date record of expenses and/or income
- Be more aware of spending and receiving money by being aware of what you say about money and what you do with your money.
- Establish and maintain order in your financial affairs (bank statements, check register, investments)

Health
- Weight management and eating
  - Follow an eating program that adds to your vitality and health
- Physical well-being
  - Commit to an exercise routine
  - Receive bodywork
  - Follow the recommendations of your doctor or health practitioner

Fun and Recreation
- Take a mindful walk in a serene setting
- Enjoy music, dance, a sport or a game with child-like abandon
- Laugh out loud

Physical Environment
- Establish and maintain order in your work, home, car, desk, computer, garden, and garage
Bibliography


Berman-Fortgang, Laura. the little book on meaning: Why We Crave It, How We Create It. (2009) 978-158542-713-4


Mindful Practices for the Month of _____________

| Mindful Practices | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|-------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1                 |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 2                 |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 3                 |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 4                 |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 5                 |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 6                 |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 7                 |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 8                 |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 9                 |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 10                |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |

Mindful Practices are done on a regular basis to support your physical, emotional, intellectual and spiritual well-being.

Directions: List up to 10 Mindful Practices in the spaces provided. Each day you complete one of the Mindful Practices acknowledge yourself by checking or coloring in the box intersecting that day and the practice. This chart will assist you to visually track your progress and provide you with valuable feedback.