

## #1 Spirituality

Each of us has our own way of being spiritual, of expressing the life force that flows through us. To be human is to be spiritual. Our spirituality is expressed in the act of living. Whether we realize it or not, we bring spirituality into everything we do. Being spiritual is an inner search as well as an outer one. We use our resources and uncover the teachings spirit offers us.

Seek to foster an openness to what is spiritual by borrowing from any spiritual tradition. Continually ask, what is sacred to me? Discover for yourself, your brand of spirituality and then to offer it to the world. Express your individual spirit and merge your spirit with others. Cherish feeling bigger than yourself. Spirit is that quiet, reassuring voice that guides you.

Spirituality expresses itself through what you value and the virtuous way you live your life. Be in love with the universe, a reverence for life at the cosmic level. Balance spiritual solitude and then to be with other pathfinders.

### Exploring your Spiritual Nature

Developed a holistic approach to your spirituality as an integral part of your daily life. Live life as a sacrament. Being spiritual involves doing that which nurtures the spirit and stopping that which harms. By living our truth, we bring our life into alignment.

The spiritual path is not really a path until many travelers have used it. Most of the time one needs to be a trail blazer. Even when the trail appears smooth the next minute, you might hit a paradoxical pot hole that will shake you up. These holes come in infinite varieties such as inconsistencies, contradictions, enigmas and mysteries. The classic signpost reads "you can't get there from here." Perplexed turn right. Puzzled turn left. Confusion is more prevalent than certainty. What a dilemma!

Any path that has been cleared will still be riddled with obstacles as you go around the next bent. A path that you have been led to believe to be straight will have dangerous twists and dips. Some of the holes you will be able to skirt and miss. While some you will see clearly and fall into any how. Yet, you will know you are on the right path because it is marked by paradoxical pot holes. Every adventure will have a certain amount of misery.

Being spiritual necessitates bold moves. Courage is frequently needed to be spiritual and to follow your own path. There always seems to be someone around telling you how you are supposed to be. It takes courage to put into action what you value when you are being pulled in another direction. We will all be tested to see if we are loyal to our principles. Examine what you believe to be the truth on a regular basis and if necessary to make a course correction. Making spiritual growth our number one priority takes a fearless resolve. Being on a life long quest will require spiritual stamina.

The quest can begin by asking these questions:

How do you define your spirituality?

Who are your spiritual role models?

What are your sources of spiritual fulfillment?

What is sacred to you?

Who are holy the men and women in your life?

Review your spiritual path what is holy about you?

What your spiritual principles?

Who has been a spiritual guide for you and what you learned?

What is your spiritual essence?