

### #3 Spiritual Nourishment

We grow up knowing that our survival depends upon others' care. As adults, we tend to look to just one person, our mate or best friend, to provide for our needs. When that person leaves or is not there for us, we fear for our emotional or physical well-being. We might be tempted to project back to our childhood, to a time when our parent wasn't there for us and we felt lost and helpless. But as adults, we know that relying too completely on ourselves or just one other person for everything we need can be dangerous. We need to fortify ourselves with several close friends who lend support.

Everybody needs spiritual nourishment. When we are spiritual omnivores we can derive energy from many sources. It can be as simple as two people smiling at each other. I nourish my spirit by intimacy, passion, joy, music, reading, animals, beauty, laughter, love, dance, adventures, exercise, time in nature, playing with kids and meaningful work.

Another way is to teach the care and feeding of our spirit to our friends. We can ask our friends to show us how they would like to have their spirits nurtured. A kindred spirit relationship is based on a mutual commitment to nurture each other's spirits.

The path is simple: nurture the spirit.

Asking the question "Would you teach me how you would like me to nurture your spirit?" strikes a chord and may create intense, unexpected responses. Be open to receiving the other's honest requests. Asking indicates intent to care for others in a meaningful way.

Embody your sacred, centered self. Find people, places and activities that fill you up and give you nourishment. Ask people what they do to brighten their spirit. In these ways we learn how to mutually assist each other.

In what ways do you like to be nurtured by others?

How do you enrich your spirit, nurture its growth and provide for its needs?

Guided by Virtues

Virtues form the path to understanding what spiritual being is. Our virtues manifest universal qualities and the full range of spirituality. Spirit, as well as love, can be defined by virtues. Virtues are the foundation for our spiritual journey. Virtues illuminate our path. Being spiritual is a virtue and acting in a virtuous way is spiritual.

Virtues represent our core self, our spiritual center. One way to imagine this concept is humanity as part human, part angel. Virtues are the link between the two: humanity's link to divinity. Each virtue is a facet of our spirit and together, virtues are spirit-making. The virtues are a system and language that can help see your personal and our global evolution.

Virtues are spiritual assets.

We need our kindred spirits to help us fully develop our spiritual virtues. Empathy is a true spirit-to-spirit connection, one's spirit welcoming the spirit of another. Kindred spirits help co-create a critical mass of virtue-centered consciousness.

Each of us was imbued with a spirit at birth carrying different propensities for good and evil. Our spiritual development is promoted through the practice of reducing our vices and increasing our virtues. Our virtues and vices reveal the current state of our spirit. In this life, we have the free will to ignore our inner guidance, or we can choose to call on the wisdom of those around us. Our spirit will guide us unerringly if we let it.

What is one of your spiritual assets?