

Experiencing Spirituality Everyday: Fostering a sense of connection

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This assessment will help illuminate when and where you experience spirituality in your everyday life. This tool does not help you decide what you believe; it will highlight what brings you a feeling of connectedness. Recognizing what brings you a sense of connection can help you align your lifestyle in a way that suits your spiritual goals. You may find that one or two columns have the highest scores, or you may find your scores evenly dispersed. There are many ways to experience spirituality, and this tool will help highlight three main areas. After exploring these areas you may notice more specific tendencies within yourself.

	A	B	C
I have many books, or a special book which brings me comfort.	no	yes	some
I enjoy observing plants, animals and insects.	some	no	yes
Helping others fills me with hope.	yes	some	no
Listening to music or poetry soothes or inspires me.	no	yes	some
The vastness of the universe comforts me.	some	no	yes
I experience awe often when in nature.	no	some	yes
I have had a special experience when hearing or reading words that had significant meaning to me, this experience has defined some aspect of the way I live.	some	yes	no
I have one person, or some people, whose presence brings me a sense of unity, oneness.	yes	no	some
I feel happier when I have spent time outside.	no	some	yes
I find solace in humanity.	yes	no	some
I enjoy re-reading words that are meaningful to me.	some	yes	no
I have had a special experience with another person or people, this experience has defined some aspect of the way I live.	yes	no	some
I like to focus upon specific words or ideas when I pray or meditate.	no	yes	some
I have had a special experience when with nature, this experience has defined some aspect of the way I live.	no	some	yes
The resilience of humanity inspires me.	yes	no	some
totals columns:			

Interpreting Results:

Tally the columns and find the column with the highest *yes* count. Below you will find suggestions for establishing connection rituals corresponding to three common types of connectedness. Look over the list of suggestions for some which sound appealing to you. Choose one of the appealing choices and commit to practicing it for a week to see how it feels. This is just a jumping off point; feel free to add and modify until you find a ritual that gives you a greater sense of connection with your higher power.

If column A has the highest YES total you may find a sense of spiritual connection with people (either one on one or humanity as a whole).

Suggestions to deepen and foster connection:

Volunteer at your local school or a community organization

Let someone help you

Hang pictures of people special to you in a place you use at the same time everyday

- place a picture of a loved one over the coffee maker
- create an ancestor wall with photos of your relatives from generations past

Research another country, place or global issue

- start a journal or notebook with clippings from around the world
- consider following Humans of New York on facebook, or browse the books <http://www.humansofnewyork.com>

-Start a Pinterest board with quotes and stories of shared humanity

Consider starting a book club, potluck night, or game club in your community

Create a photo journal with a friend (every day swap phone photos of a meaningful moment from your day)

If column B has the highest YES total you may find a sense of spiritual connection through words and text.

Suggestions to deepen and foster connection:

Keep a journal. Sometimes it is easier to keep a journal with a specific purpose.

- Gratitude: note something you are grateful for each night before bed.
- Record quotes from news articles or your favorite books

Change all your computer passwords to a word of deep meaning or representative of change you are trying bring about. Ex: If you are hoping to bring greater peace to your life you might change your password to a variation of the word *peace*. Every time you log into a device your word will link you with your intention.

Consider using prayers or blessings throughout your day (or increase them if you are already using prayer). Often we say a few words before we eat or go to bed, but you can have a short phrase for before you leave the house, or on return home. Try writing or drawing the phrase on a chalk board, or tack it to the door as a reminder.

Make use of bumper stickers: put one on your water bottle or refrigerator door.

If column C has the highest YES total you may find a sense of spiritual connection through nature.

Suggestions to deepen and foster connection:

Create a nature shelf in your home for placing seasonal treasures brought indoors.

Fill a vase with rocks and shells from various explorations

Create/find an outdoor space you can visit everyday (even just stepping out the front door first thing in the morning to check the sky)

Keep a nature journal or chart the sun, moon or weather in your day planner

Set up a bird feeder where you can see it every day.

Research ways to bring more nature into your yard or balcony.

Learn to/learn more about composting

Join a nature group in person or online

Consider starting a blog about your explorations (cool places to hike, birds you saw, or even just a nature photo from your day).

When you do things from your soul, you feel a river moving, a joy.- Rumi

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