



Be a Bridge
Practical Tools for Developing Your Spirituality
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- ❖ What gives your life meaning?
- ❖ What is my life purpose? Family & Community
- ❖ My story: age 12, age 16, continues to update and mature.
- ❖ Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life. As such, it is a universal human experience—something that touches us all. People may describe a spiritual experience as sacred or transcendent or simply a deep sense of aliveness and interconnectedness.

Source: <http://www.theresaparker.com/2012/05/10/what-is-spirituality/>

What is Spirituality?

- ❖ Some may find that their spiritual life is intricately linked to their association with a church, temple, mosque, or synagogue.
- ❖ Others may pray or find comfort in a personal relationship with God or a higher power.
- ❖ Still others seek meaning through their connections to nature or art.
- ❖ Like your sense of purpose, your personal definition of spirituality may change throughout your life, adapting to your own experiences and relationships.

What is Spirituality?

The relationship between religion and spirituality

- ❖ While spirituality may incorporate elements of religion, it is generally a broader concept.
- ❖ Religion and spirituality are not the same thing, nor are they entirely distinct from one another.

What is Spirituality?

The best way to understand this is to think of two overlapping circles.

Spirituality
Where do I find meaning?
How do I feel connected?
How should I live?

Religion
What practices, rites or rituals should I follow?
What is right and wrong?
What is true and false?

**Belief
Comfort
Reflection
Ethics
Awe**

What is Spirituality?

What is Spirituality?

Experts' definitions of spirituality:

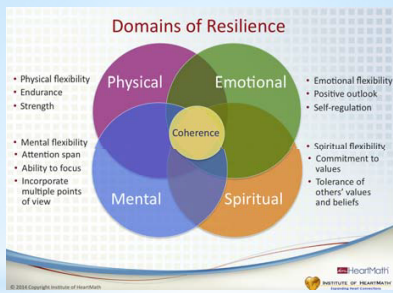
- ❖ Christina Puchalski, MD, Director of the George Washington Institute for Spirituality and Health, contends that "spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred."
- ❖ According to Mario Beauregard and Denyse O'Leary, researchers and authors of *The Spiritual Brain*, "spirituality means any experience that is thought to bring the experiencer into contact with the divine (in other words, not just any experience that feels meaningful)."
- ❖ Nurses Ruth Beckmann Murray and Judith Proctor Zenter write that "the spiritual dimension tries to be in harmony with the universe, and strives for answers about the infinite, and comes into focus when the person faces emotional stress, physical illness, or death."

For many, spirituality is connected to large questions about life and identity, such as:

- ❖ Am I a good person?
- ❖ What is the meaning of my suffering? Dealing with Grief
- ❖ What is my connection to the world around me?
- ❖ Do things really happen for a reason?
- ❖ How can I live my life in the best way possible?
- ❖ What is my life purpose?

Spiritual Questions

Source: <http://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/purpose/spirituality/what-spirituality>



Bridge/Balance All the Pieces

Source: HeartMath® Building Personal Resilience Guide



- ❖ We are multi-dimensional beings.
- ❖ We are Spiritual Beings having a physical experience. - Pierre Teilhard de Chardin
- ❖ Bridge/Balance the Physical, Mental, Emotional, Spiritual - Coherence
- ❖ Passenger - Vehicle
 - Pat Evans concept.
 - Imagine four bridges and all cross in the center.
 - If one bridge is not healthy, there's no balance.
 - Story of Bridge Song.

Bridging the Pieces

- ❖ Nutrition
- ❖ Exercise
- ❖ Sleep
- ❖ Relaxation
- ❖ A body that's fun to live in! - Jann Thomas
- ❖ The body is a sacred garment. - Martha Graham

Physical

- ❖ Keep your mind sharp through lifetime learning - study with nuns, Sister of St. Benedict at Ferdinand, Sr. Carla, languages
- ❖ Learn languages, crossword puzzles, musical instruments, singing, and many on-line tools.
- ❖ Movement, exercise, dance, yoga, tai chi, qi gong, walking

Mental

Tear Cup, Dr. Jim Fleming & Dr. William Fry from the University of Michigan: Tears are the Holy Water of the Soul.

- ♦ Dr. Candace Pert, Molecules of Emotion, endorphins
- ♦ Dr. Bruce Lipton, Biology of Belief
- ♦ Dr. Daniel Goleman, Emotional Intelligence - greater indicator of success in life (EQ, EI) - than (IQ)
- ♦ "Fear is the major Pathogen, The Inner Pulse," Mark Seigel - impact on immune system
- ♦ Every thought, feeling we have is a biochemical, hormonal, neurological, complete physiological response.
- ♦ Release or store in our body

Emotional

Renewing Emotions

Emotions and attitudes such as care, courage, tolerance and appreciation create neurochemicals that regenerate your system and offset energy drain, resulting in:

- Increased longevity

Depleting Emotions

Emotions such as fear, frustration, impatience and anger have a toxic feeling and cause the release of stress hormones. This often results in:

- Reduced muscle mass

Depleting and Renewing Emotions

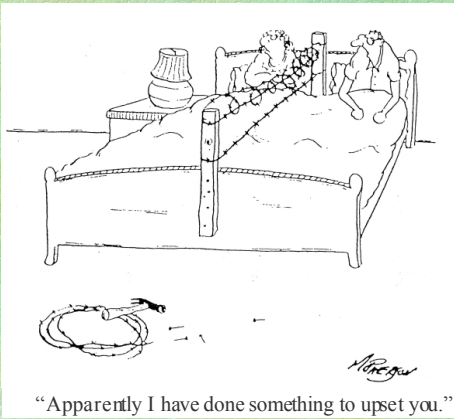
Source: HeartMath® Building Personal Resilience Guide



"It's pasghetti. You have to boil it to get it to relax."

- ❖ Our society is addicted to stress. *Handout my stress survey.
- ❖ The body cannot distinguish between a tiger and an argument.
- ❖ Dr. Joyce Brothers - lost ability to have FUN, 1992
- ❖ Dr. Herbert Benson - research Harvard 1970's - Eliciting the Relaxation Response - key is breath - warrior breathing
- ❖ Sr. Lucie - Haiti - praying for our stress levels in US
- ❖ "My Breath is My Prayer" - Thomas Merton
- ❖ How do we let the body know that there is NOT a tiger chasing us.
- ❖ Tough to work on your spirituality if body is "revved up" all the time
- ❖ Song "Little Brown Bug" - Donna Marie Cary

The Stress Response



- ❖ Bridge/Relationships through forgiveness, compassion, kindness, unconditional Love. Tools: Red String, Rachel, Kabbalah, Ho'oponono - Poem - Relearning Loveliness - The Bud, Galway Kinnell
- ❖ "This is My Way. What is Your Way? The Way does not exist." Friedrich Nietzsche
- ❖ "I could be wrong. I often am." - Brian Tracy
- ❖ Would you rather be Right or would you rather be Happy? - T-shirt
- ❖ "To have a happy neighborhood, all you have to do is learn to cooperate." - Big Bird, Sesame Street

Bridging Relationships/ Emotional Intelligence

- ❖ What works for YOU!
- ❖ It is a continuous unfolding journey. You never arrive.
- ❖ Life is a journey, not a destination. Enjoy the journey.
- ❖ If you think you've "got it," you ain't "got it." - Dr. Leland Kaiser
- ❖ This is your unique, magnificent design and journey.
- ❖ There's not another like you.
- ❖ "What you are speaks so loudly I cannot hear a word you say." - Ralph Waldo Emerson
- ❖ What do YOU radiate to all around you? Think of your experience of walking into a room. Does it feel oppressive, so thick could cut it with a knife or "light" and welcoming?
- ❖ Molecules of emotion are BOUNCING between us always.

Tools for the Journey

- ❖ Help bridge self, others, environment, source
- ❖ Connection to source, divine, that which is bigger than us
- ❖ Listening - source, others, self, inner wisdom
- ❖ Forgiveness, allowing, letting go, self, others - Ebenezer Scrooge, Jacob Marley, Dickens, Ho'oponopono - Dying to be Me, Anita Majani
- ❖ Kindness, compassion, unconditional love - Tiny Tim - God Bless Us Everyone!
- ❖ Mother Teresa - Dalai Lama - Jesus - Buddha - Golden Rule
- ❖ Volunteering - Being a servant is forever. Our purpose on this Earth is to serve. - Kaiser
- ❖ Haiti project - receive more than give
- ❖ Serving | everyday encounters is just as important

Tools for the Journey

"Kind words can be short and easy to speak but their echoes are truly endless" - Mother Teresa

My Kindness Card Project

Kindness

- ❖ Prayer - individual, group - silent, no words - The Lord's Prayer, 23rd Psalm - high frequency, so many participating gives it power
- ❖ Breath - detoxify, body, mind, emotions, spirit
- ❖ My Breath is My Prayer - Thomas Merton
- ❖ Dr. Herbert Benson - "elicit the relaxation response" - balance ANS, stress response
- ❖ Emotional Freedom Technique (EFT) - Gary Craig
- ❖ 12 Step programs - David R. Hawkins, Power vs Force
- ❖ Meditation - many forms - walking - sitting - Centering Prayer - daily reading books - all spiritual traditions
- ❖ Rest - Finding time for "Sabbath" - Wayne Muller

Tools for the Journey

- ❖ Mindfulness - complete presence every moment - dishes, being with children, work
- ❖ Ticht Naht Hanh - Peace is Every Step - Omega Institute Story - "being" who you are - presence
- ❖ Wherever you Go there you are - Jon Kabat-Zin
- ❖ Full Catastrophe Living - Hanh and Zin
- ❖ Before enlightenment: carry water, chop wood
- ❖ After enlightenment: carry water, chop wood

Mindfulness

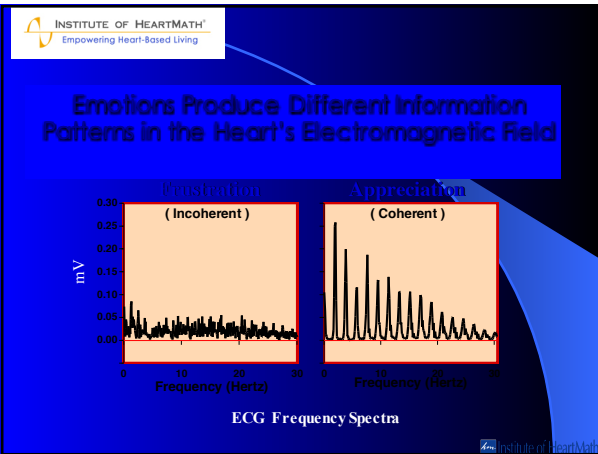
- ❖ It is only with the heart that one see rightly. - The Little Prince - Exupery
- ❖ As a man thinketh in his heart so is he. - Proverbs - As a Man Thinketh - William James
- ❖ The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. - Helen Keller
- ❖ And when you die, look not for your resting place in the earth but in the hearts of men. -Rumi
- ❖ You Gotta have Heart, Miles and Miles and Miles of Heart - song

HeartMath®



- ♦ HeartMath® - Define -- collection of research, tools, technology, techniques involving the breath and focus on the heart to balance the ANS, stress response and promote emotional intelligence, enhance personal relationships, experience deep appreciation, caring/compassion.
- ♦ Heart the master - mind the servant
- ♦ Personal - business - healthcare - education - global coherence initiative - measure pulse wave of the planet
- ♦ Neutral, practical tool - eyes closed quiet - eyes open 24/7

HeartMath® Tools



- ❖ Coherent - Incoherent graph - heartmath.org - youtube.com
- ❖ Supporting authors - Dr. Christiane Northrup, Dr. Deepak Chopra, Dr. Barry Sears, Stephen R. Covey, Jack Canfield, Greg Braden, Dr. Joe Dispenza
- ❖ Power of the Heart - 1930s, Russia - HRV - heart/brain connection - frequency of heart/brain - own endocrine system - more messages sent from heart to brain
- ❖ Heart Focused Breathing (HFB), Quick Coherence Technique - MUST practice - muscle memory with exercise
- ❖ Mattie Stepanek - poem

HeartMath

- ❖ Reading - poetry, scriptures, daily reading books - contemplative authors, fantasy, children's stories
- ❖ Journaling - Barbara Stahura
- ❖ Nature - walk, sit, camp, appreciate, "smell the roses" - trees, poem, Joyce Kilmer
- ❖ Movement - dance, self, others, DUP - yoga - tai chi, qi gong - exercise, sports, golf, tennis
- ❖ Qi Gong - arm swings/cloud hands/heaven & earth

Tools for the Journey

- ❖ Emotional release - Molecules of Emotion, Dr. Candace Pert - either release or store
- ❖ Tears, holy water of the soul - tear cup, Dr. Jim Fleming - chemical composition of tears, Dr. William Fry
- ❖ Laughter - "Laughin' at the Break of Day, Bud Moore - Anatomy of an Illness, Dr. Norman Cousins - Dr. Annette Goodheart, laugh yourself well

Tools for the Journey

- ❖ Joy is the result of living a truly spiritual life - Dr. Leland Kaiser
- ❖ Fun - Enjoy - movies, coloring, hobbies, crafts, dinosaur jokes, scarf juggling, bubbles
- ❖ Music, singing, toning, drumming, instruments - Rosalie Londry's Shower Singers
- ❖ Dr. Joyce Brothers - 1992 Parade magazine -lost ability to have fun - simple things
- ❖ Do not take self so "seriously" - be "Light" - others seek our energy, seriously seek what we have

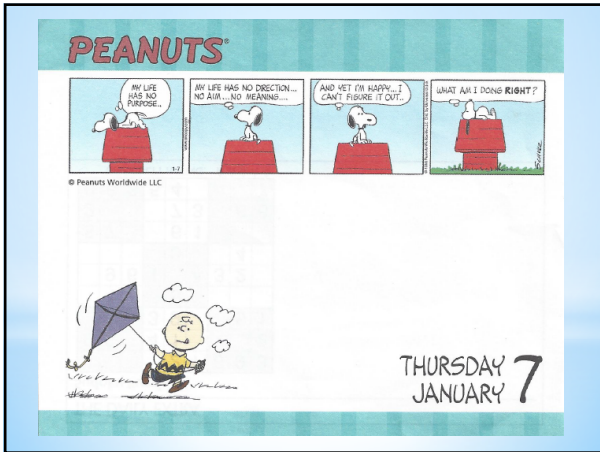
Tools for the Journey

- ❖ Be a Bridge from ego - who we "think" we are to who you "really" are - breaking down facade, walls - let true self "shine"
- ❖ How is your spirituality reflected in your everyday life? - when it is easy and challenging
- ❖ What tools do you use? - How's that workin' for ya?
- ❖ Ask for HELP!


Just to be is a blessing. Just to live is holy. - Rabbi Abraham Heschel

- ❖ Spiritual board of directors - living, passed, relatives, spiritual icons, teachers,
- ❖ Mother Teresa, grandmothers, Mattie Stepanek, Jesus, Mary, Leland Kaiser, Vivian Davenport, Fred Rogers, Rosalie Londry
- ❖ Be open to revealing your life purpose
- ❖ Peanut's cartoon - KISS method

Be a Bridge, a Bridge of Healing, a Bridge of Love.



- ❖ Simplify - clean clear - physical, mental, spiritual space - Simplicity is genius - Einstien
- ❖ Experience with my sister, Rose - the life-changing magic of tidying up - Marie Kondo
- ❖ My library - Bill's help
- ❖ Stuff



**But keep your Bridge in good repair
so all feel safe in crossing there. -**
Spirit through Mary Beth



- ❖ We are here to experience and be joy
- ❖ We are here to love ourselves and others
- ❖ Tree Poem - Ram Dass, Be Here Now, Still Here
- ❖ How are your spiritual beliefs reflected in actions - our everyday life
- ❖ Pick some tools and USE them
- ❖ Switch them out and learn new ones
- ❖ May not be easy - but can be SIMPLE
- ❖ Stay grounded to the earth, world, body
- ❖ Connected to something higher

**Grounded to the Earth and Connected to
the Heavens I stand in the Light of my
Sacred Heart♥ - Mary Beth**









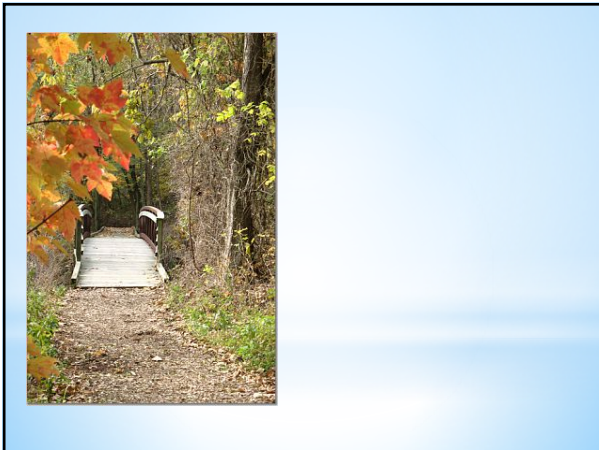
- ❖ How are your spiritual beliefs reflected in our actions - our everyday life
- ❖ Judge Nothing, Bless Everything - my perpetual New Year's Resolution.
- ❖ Do your Best and Bless the rest - advice from woman at St. Mary's Church

My Life is my Message
- Mahatma Gandhi



- ♦ Most important thing we can do for the world
- ♦ Work on ourselves - raise our frequency - what we radiate
- ♦ Concept of critical mass - a small number can shift the world - physics
- ♦ Will impact all
- ♦ Never doubt that small group of thoughtful committed citizens can change the world; indeed it's the only thing that ever has. Margaret Mead

You Are the Bridge!







- ❖ Grounded to the Earth
- ❖ Connected to the Heavens
- ❖ I stand in the Light of my Sacred Heart.
- ❖ Prayer given to Mary Beth
- ❖ Follow your heart. It knows what to do. - the universe
- ❖ How can I keep from Singing 🎵

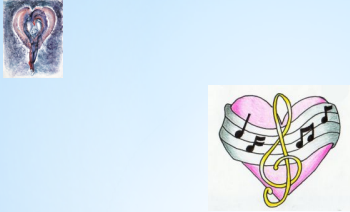
**Love is the only
Power♥**



You Gotta Have
Heart♥️🎵







With a Song in my Heart for You ♡🎵

- ❖ Introduce a simple definition of Spirituality
- ❖ Discuss how spiritual development impacts those in your circle of influence and the world
- ❖ Introduce and demonstrate practical tools for developing and enhancing personal Spirituality

Objectives

- ❖ The Relaxation Response - 2000 - Dr. Herbert Benson and Miriam Z. Klipper
- ❖ Navigating the Universe - 2011 -Dr. Phillip S. Berg
- ❖ Called into Healing - 2000 - Linda L. Smith, RN, MS, HNC, CHTP, CHTI
- ❖ The Daily Reader for Contemplative Living - 2009 - Father Thomas Keating O.C.S.O.
- ❖ Writings on Nature: When the Trees Say Nothing - 2003 -Fr. Thomas Merton - edited by Kathleen Deignan

References

- ❖ Heartsongs - 2002 - Mattie J. T. Stepanek
- ❖ The Naked Now: Learning to See as the Mystics See - 2009 - Richard Rohr
- ❖ The life-changing magic of tidying up: the Japanese art of decluttering and organizing - 2014 - Marie Kondo
- ❖ Heart Intelligence : Connecting with the Intuitive Guidance of the Heart -2016 - Doc Childre, Howard Martin, Deborah Rozman, Rollin McCraty

References

- ❖ A New Harmony: The Spirit, The Earth, and The Human Soul - 2011 - John Philip Newell
- ❖ Loving-Kindness: The Revolutionary Art of Happiness - 1995 - Sharon Salzberg
- ❖ Sabbath: Finding Rest, Renewal, and Delight In our Busy Lives - 1999 - Wayne Muller
- ❖ Power vs Force - 2012 - David R. Hawkins

References

- ❖ Bridge photographs on slides 9,34,44,46
- ❖ By Cathy Russell Wathen
- ❖ Miles of Heart photo on slide 25
- ❖ By Sarah Thompson
- ❖ All other photographs
- ❖ By Mary Beth Davis

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- ❖ Little Brown Bug - Donna Marie Cary Jones
- ❖ Stuff - Donna Marie Cary Jones
- ❖ Laughin' at the Break of Day - Bud Moore
- ❖ Listen to my Heart Song - Paramahansa Yogananda
- ❖ How Can I Keep from Singing - Robert Wadsworth Lowry
- ❖ In the Silence - Donna Marie Cary Jones

Music Credits
