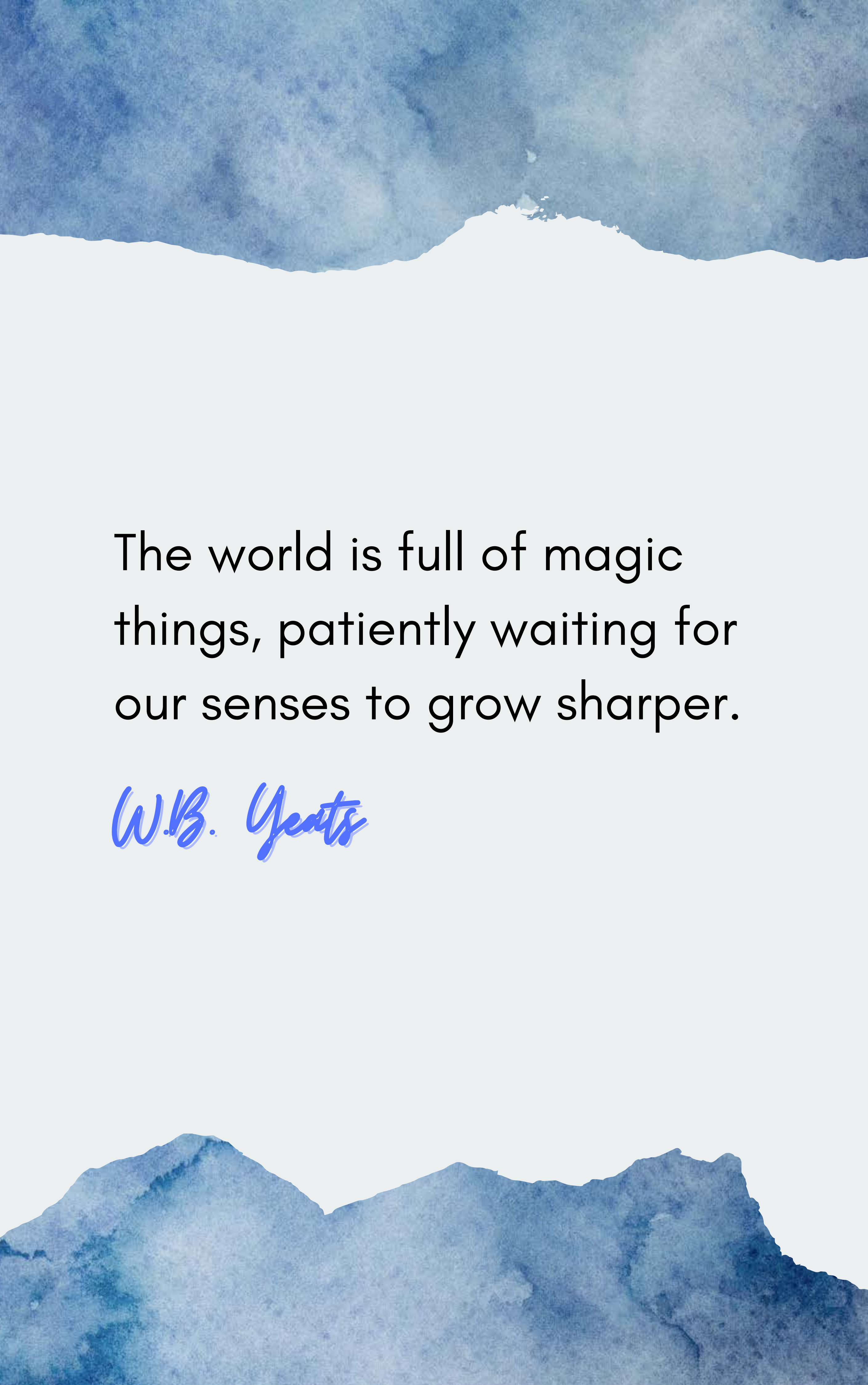


**WE
ARE**

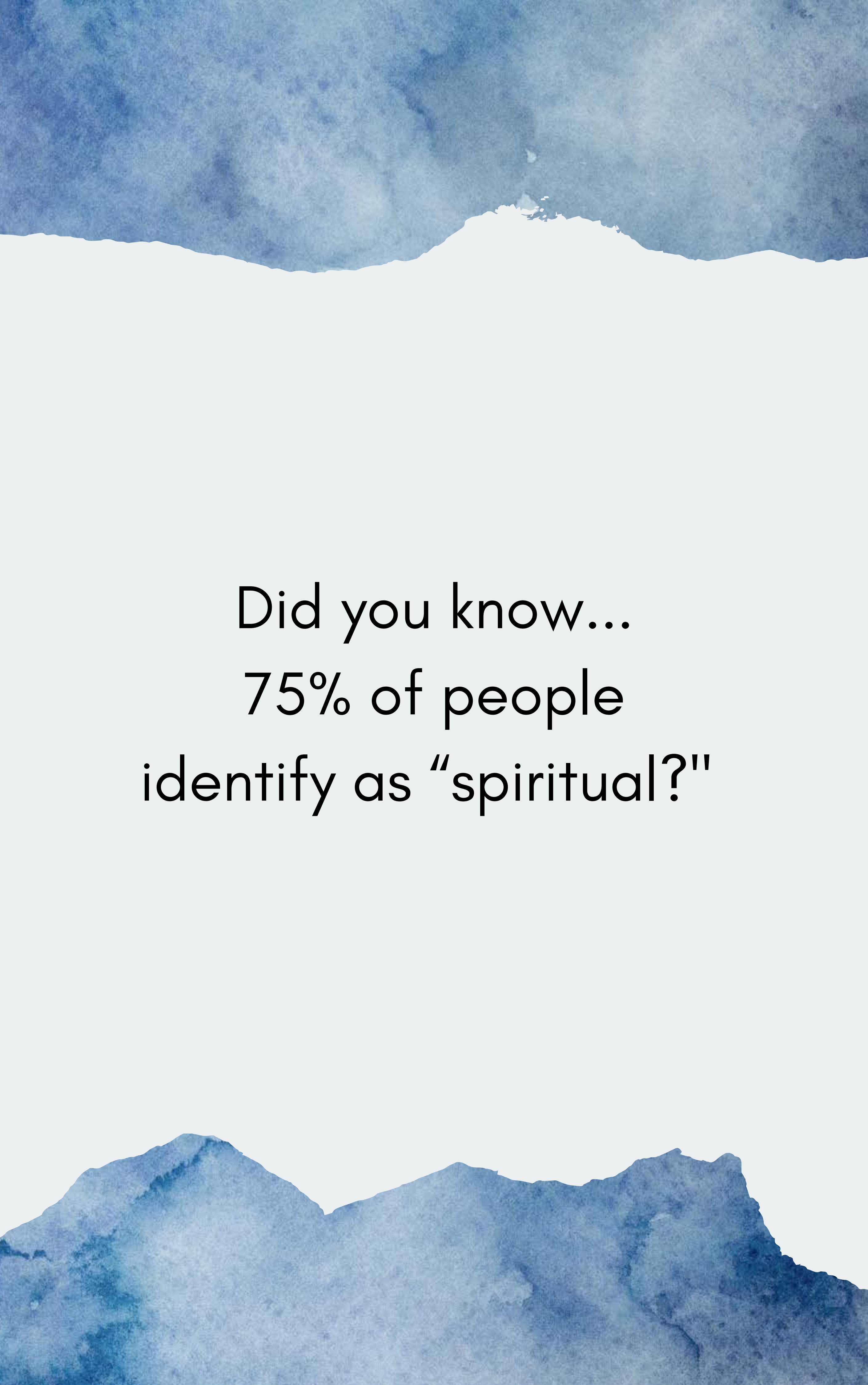
Spiritual

**DISCOVER YOUR
SPIRITUAL PATHWAY**



The world is full of magic
things, patiently waiting for
our senses to grow sharper.

W.B. Yeats

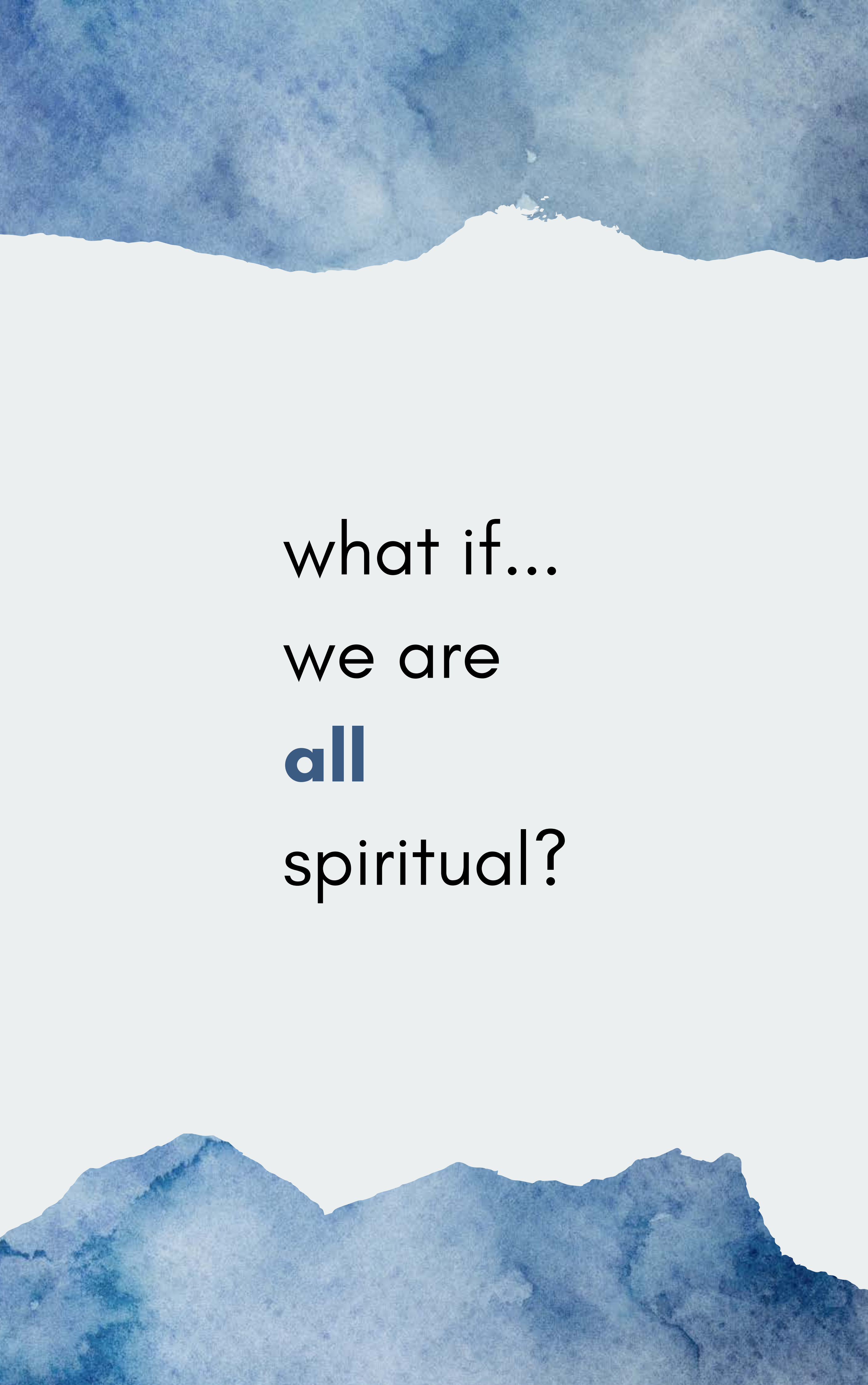


Did you know...
75% of people
identify as "spiritual?"



how about you!

are you a spiritual person?

The image features a blue watercolor background with a torn paper effect. The top and bottom edges are irregular, jagged, and white, suggesting the paper has been torn from a larger sheet. The central area is a clean, white space where the text is located.

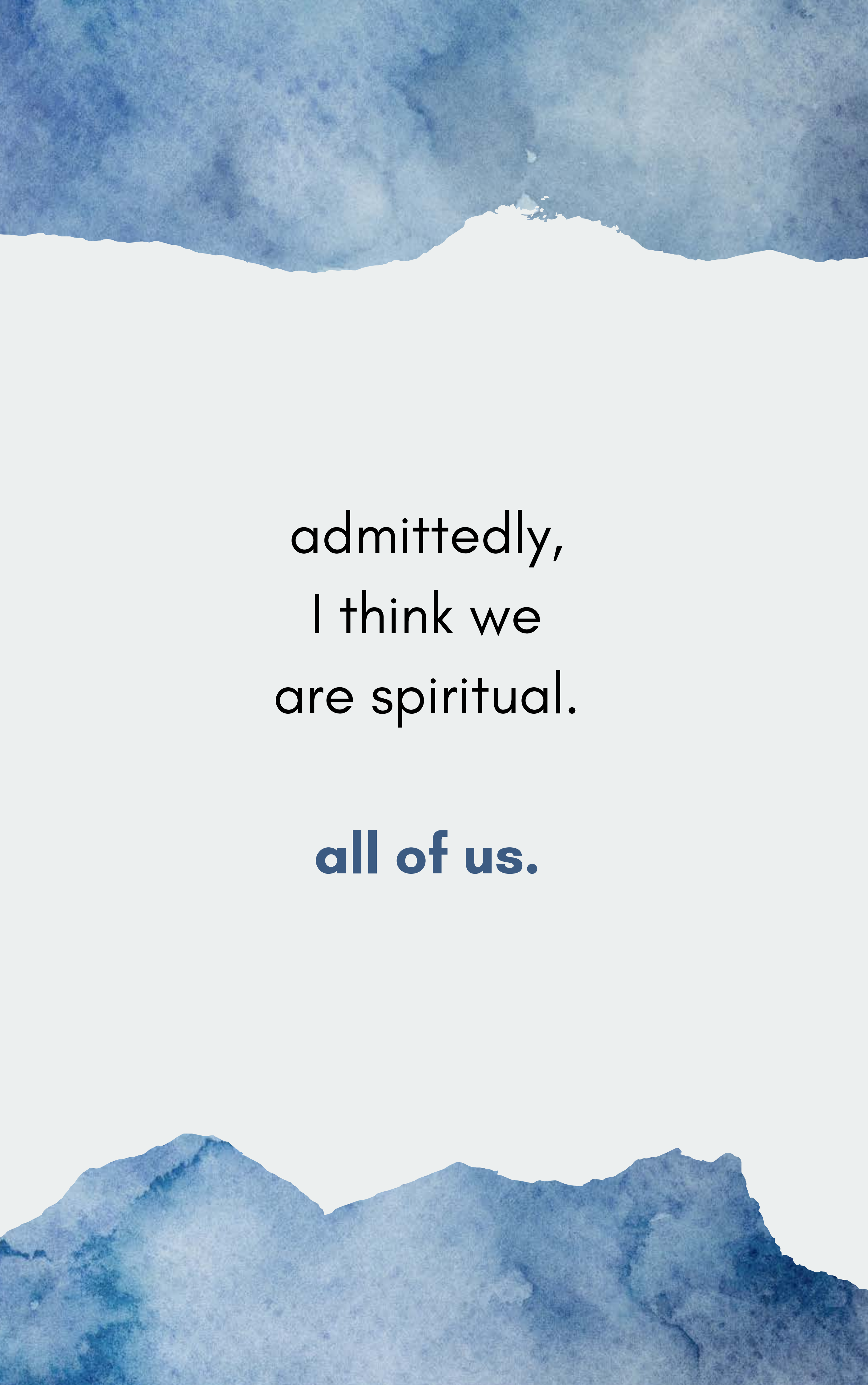
what if...
we are
all
spiritual?



As if...

there is some unseen or
invisible existence beyond what
our primary senses
(touch, taste, sight, smell, hear)
can detect...

a something our "heart"
wants to engage with...

The background features a blue watercolor wash with a torn paper effect. The top and bottom edges are irregular and jagged, revealing a white background underneath. The text is centered in the white area.

admittedly,
I think we
are spiritual.

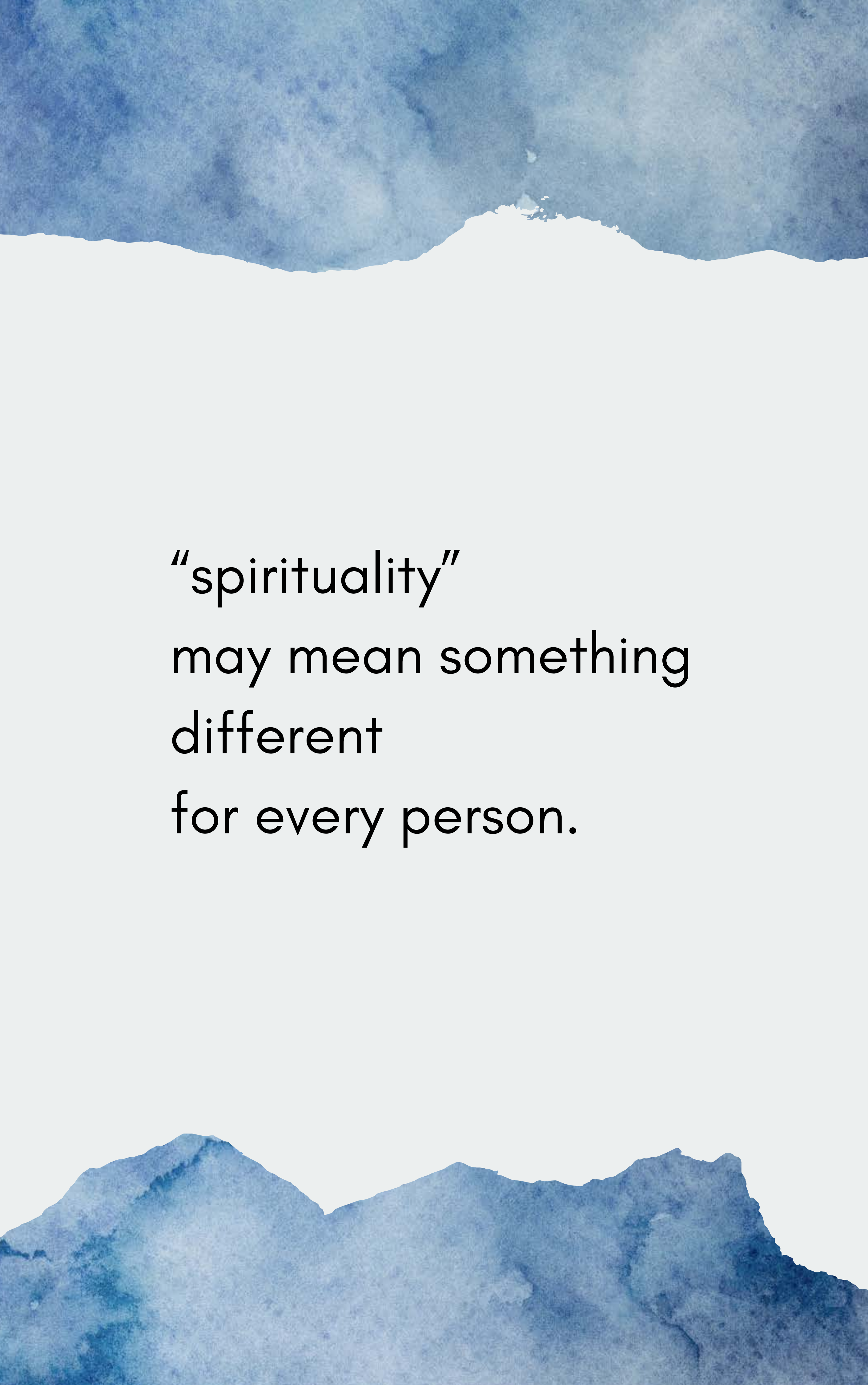
all of us.



every

last

one of us.



“spirituality”
may mean something
different
for every person.

The image features a blue watercolor background with a white torn paper effect. The top and bottom edges are irregular, jagged white shapes that appear to be torn from a blue surface. The central area is a clean white space.

here is how I define it:

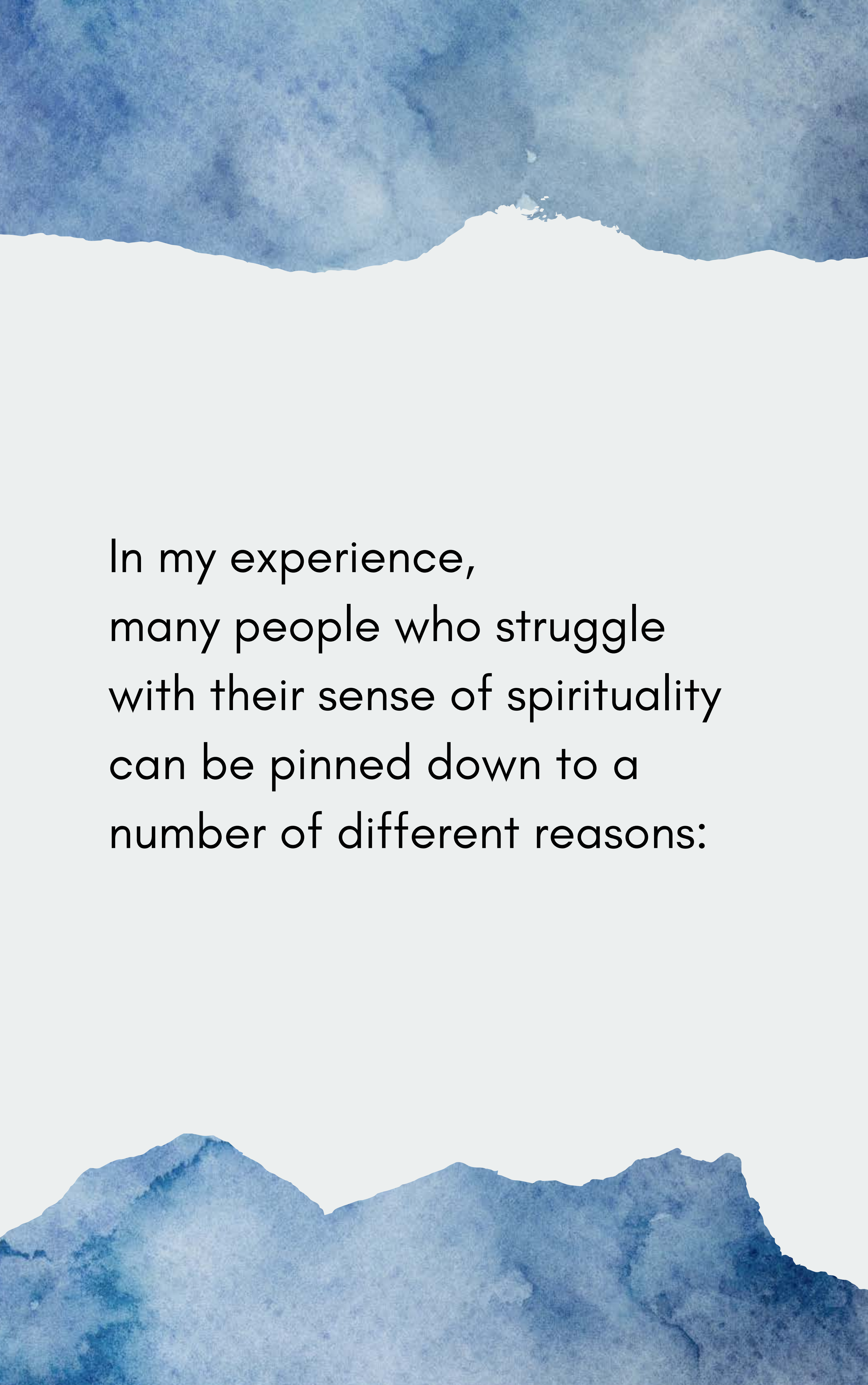


Spirituality

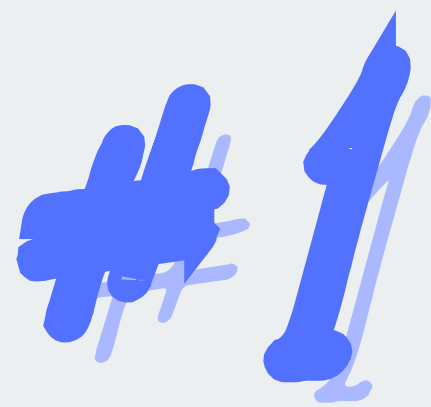
how we consciously/unconsciously talk about the invisible “more” we sense in our day-to-day lives;

to think beyond our sense of “self” in light of the collective “us”;

often used to describe a connection with a deity (God, Yahweh, Allah, etc.) & the interconnectedness of all things (*any “-ism” formulated to articulate spiritual things*)

The background features a blue watercolor wash with a white, torn-paper-like cutout in the center, creating a frame for the text.

In my experience,
many people who struggle
with their sense of spirituality
can be pinned down to a
number of different reasons:



not feeling connected
to the same faith-community
as their parents

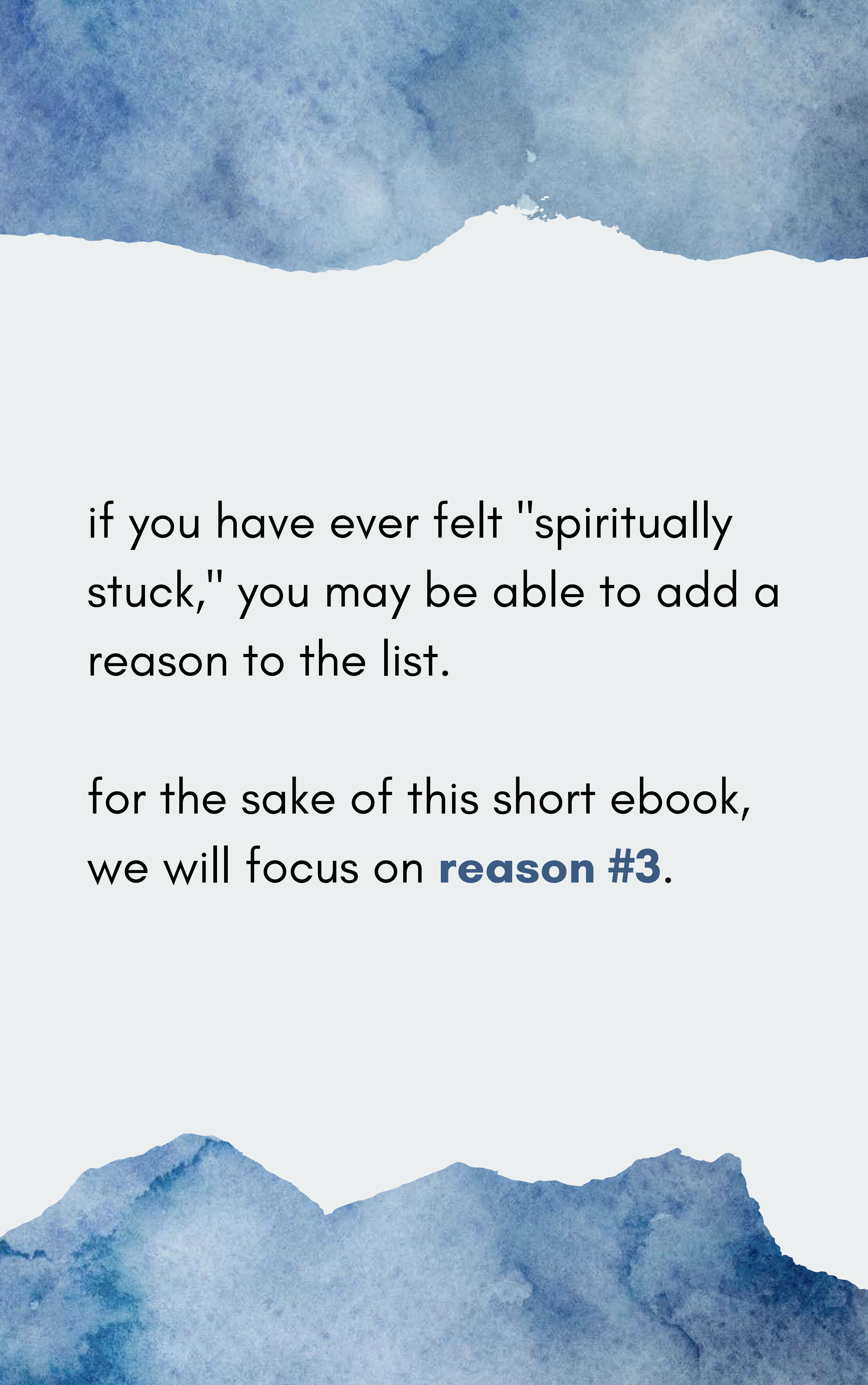


#2

been wounded by someone
who identifies as spiritual

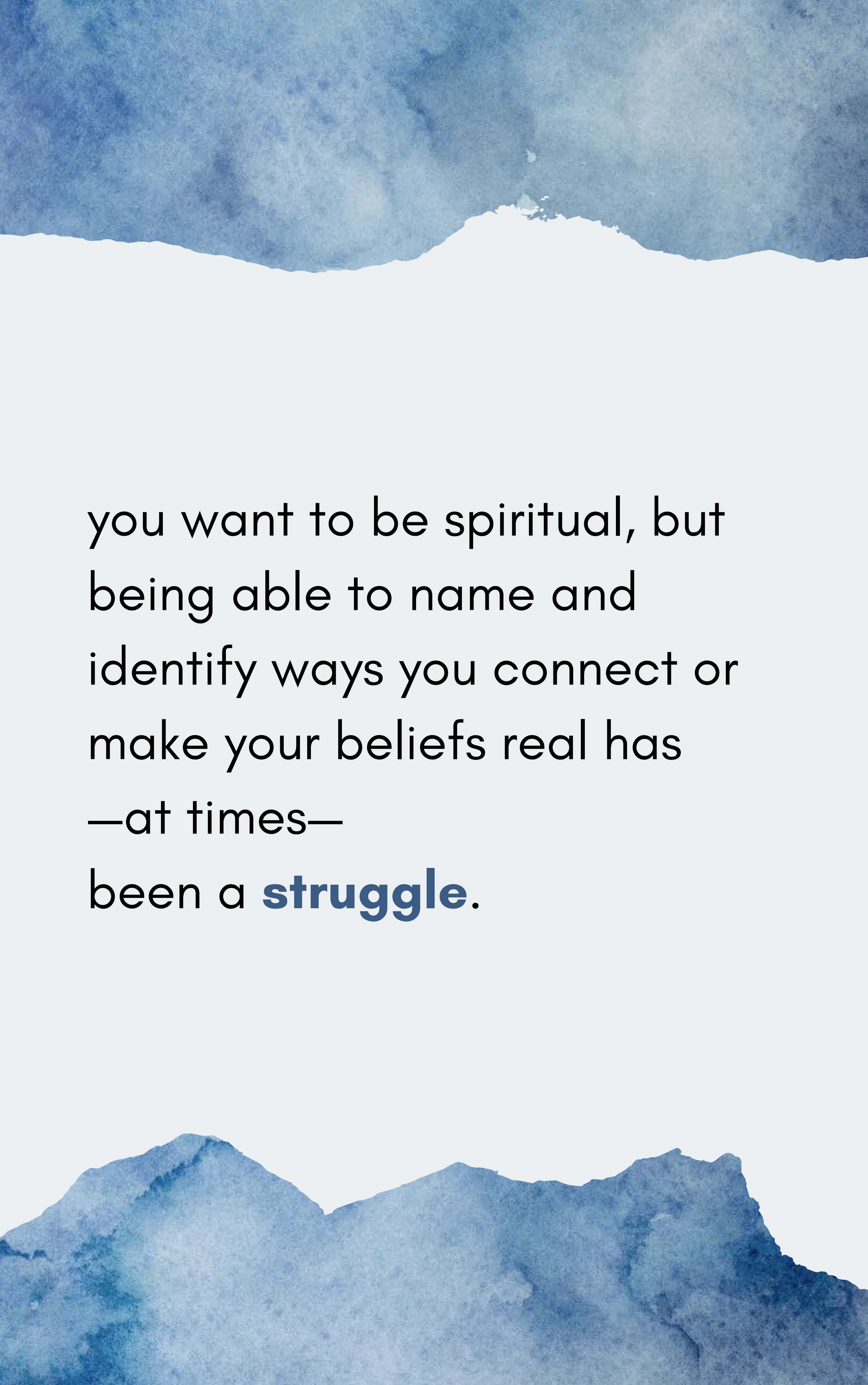


they believe in something,
but struggle to connect with
or really experience
their belief

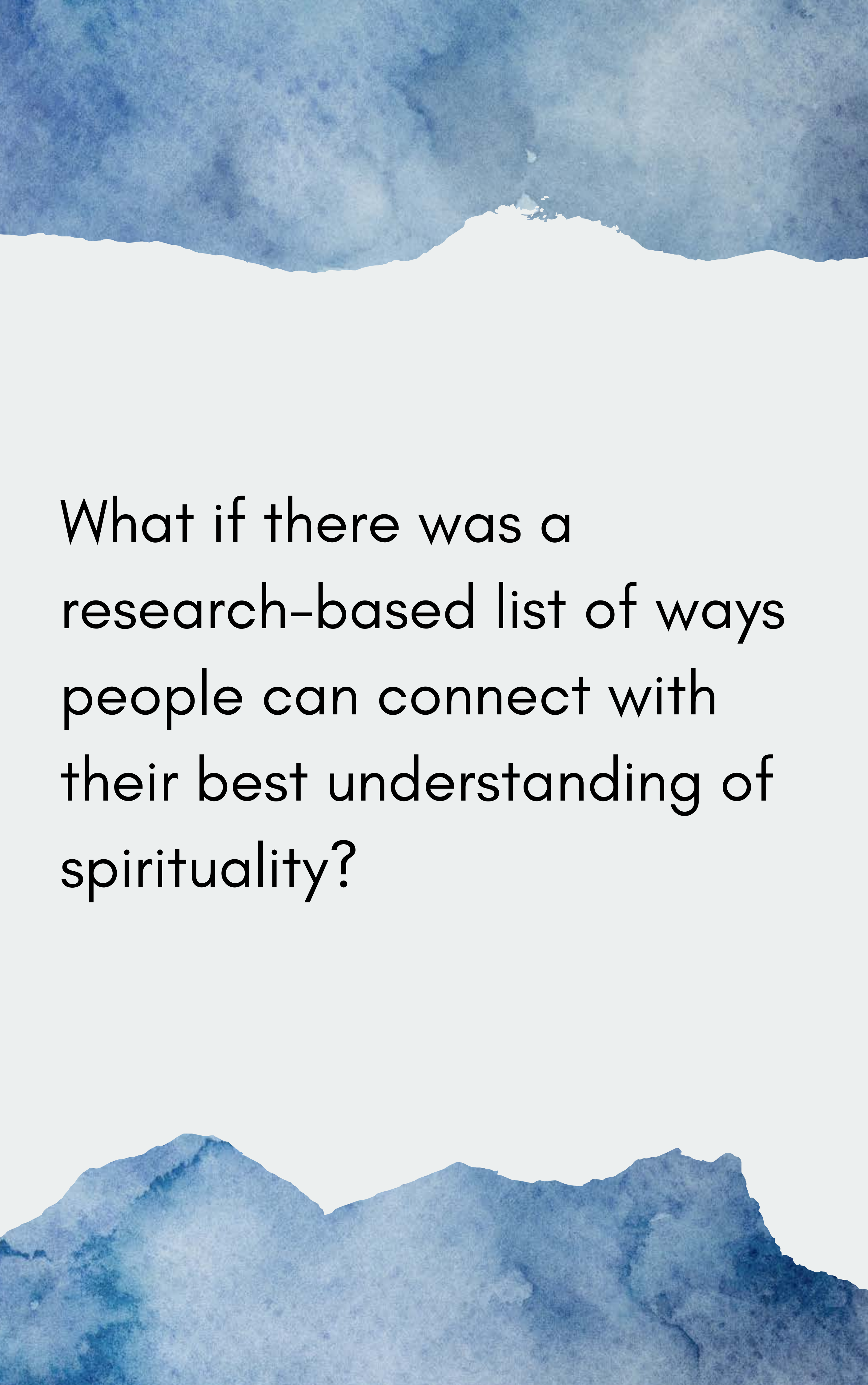


if you have ever felt "spiritually stuck," you may be able to add a reason to the list.

for the sake of this short ebook, we will focus on **reason #3**.



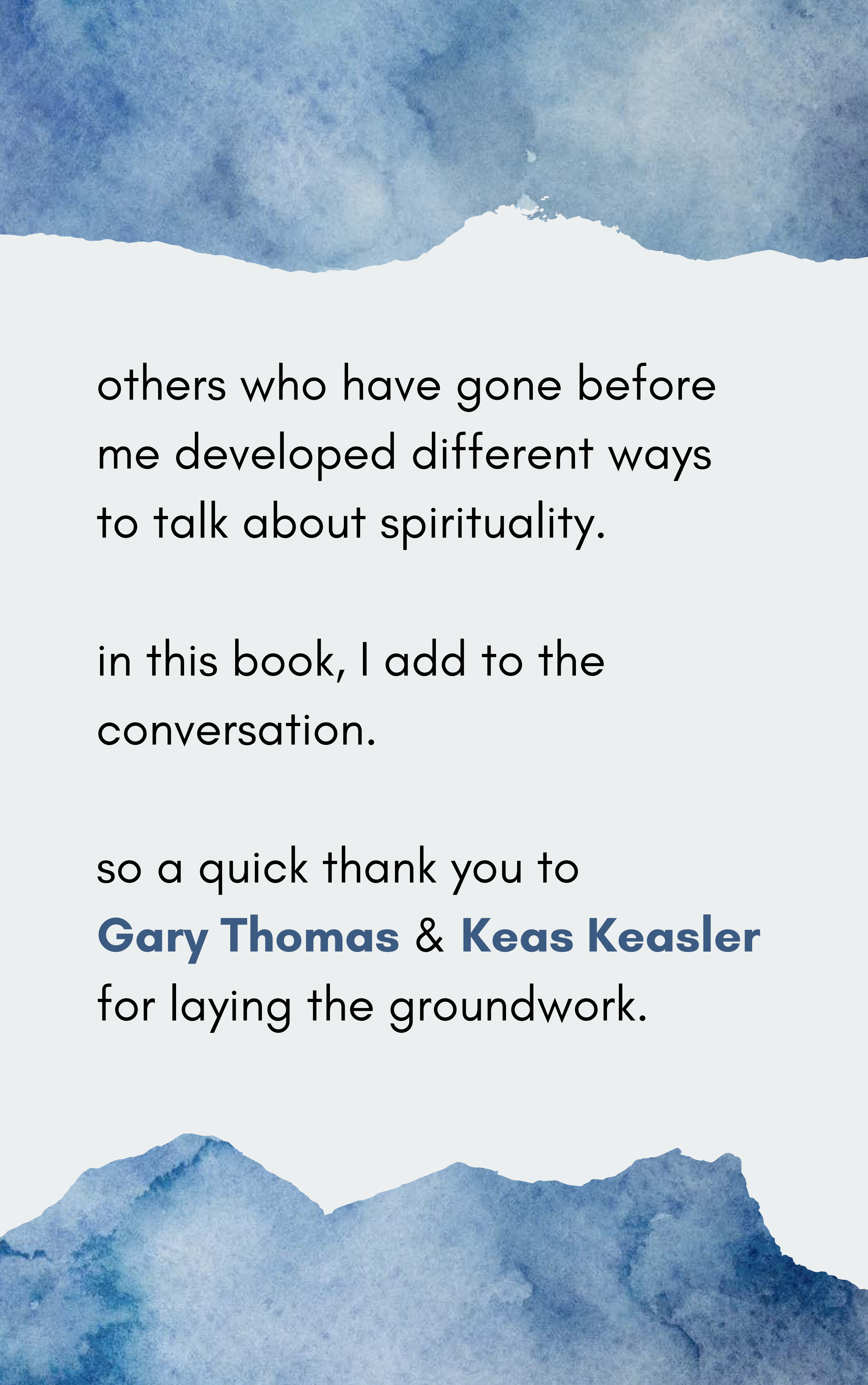
you want to be spiritual, but
being able to name and
identify ways you connect or
make your beliefs real has
—at times—
been a **struggle**.



What if there was a
research-based list of ways
people can connect with
their best understanding of
spirituality?

The image features a blue watercolor background with a white torn paper effect. The top and bottom edges are irregularly torn, creating a layered appearance. The text is centered in the white space.

*I think you found it,
here.*



others who have gone before
me developed different ways
to talk about spirituality.

in this book, I add to the
conversation.

so a quick thank you to
Gary Thomas & Keas Keasler
for laying the groundwork.

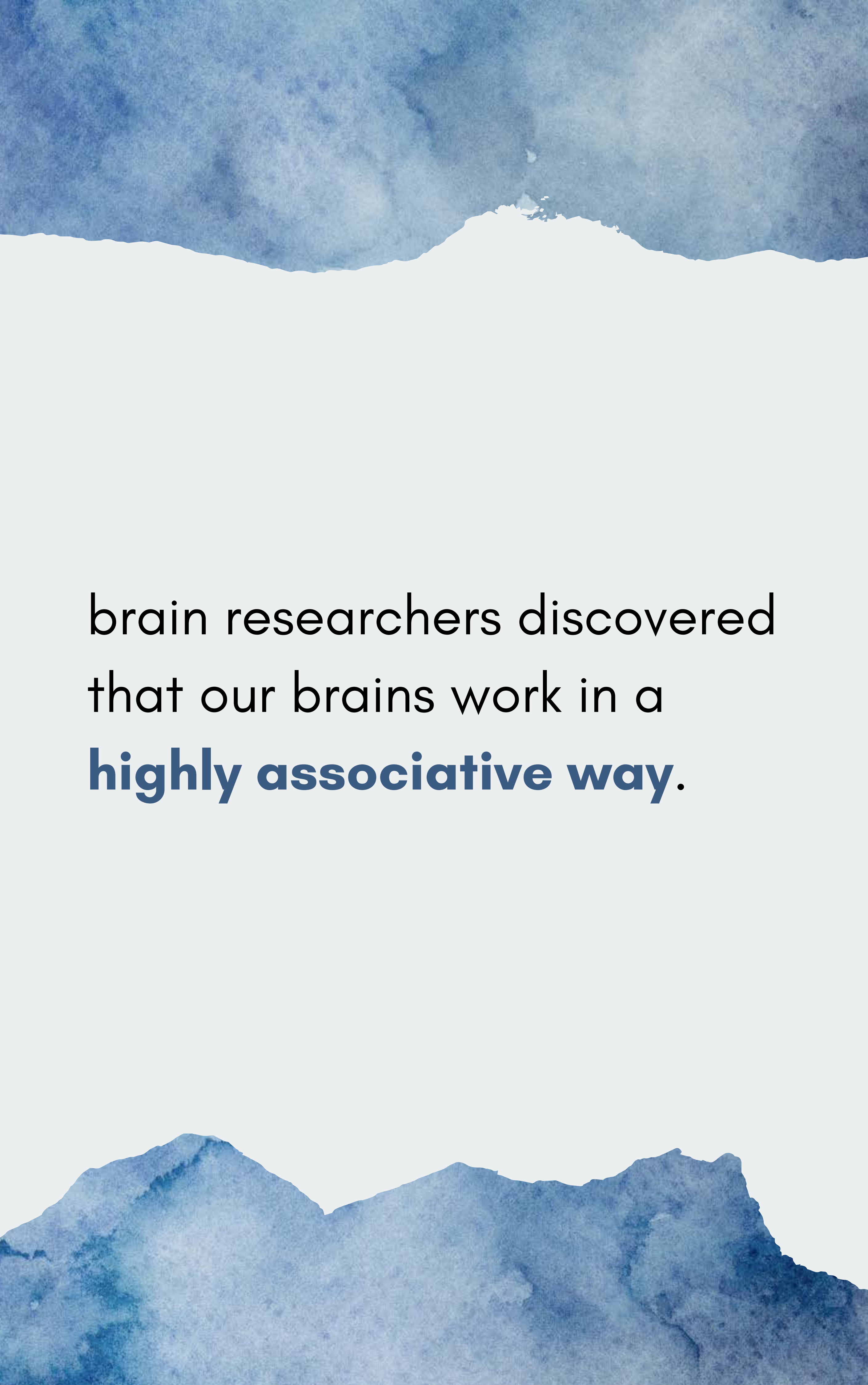


here, i talk about


nine

different “pathways”
or ways to describe the

spiritual you




brain researchers discovered
that our brains work in a
highly associative way.



when my children were in their toddler stages, I would hear them talk about animals based on other animals they were familiar with. for example, they would often get their four-legged animals mixed up.

since they learned what certain four-legged animals were called, every new animal would get **checked against their earliest memory.**

if they first learned about a cow, and then they saw a horse, they would ask if the horse was a kind of cow. they used to ask if horses and dogs were the same.



as they got older and their knowledge grew, they stopped associating new animals with old animals.

they changed their questions and thinking about the animal to better connect with the new information.

all of us do it.



fill in the blank:

righty tighty, lefty _____



but what if the lug nut is
jump episode

we see the lug nut, but our first thought is *right tighty, lefty loosey*.

however, the primary association doesn't work the same way in reverse. we need to flip the script or suspend this kind of "muscle memory" to loosen the upside-down-positioned lug nut.

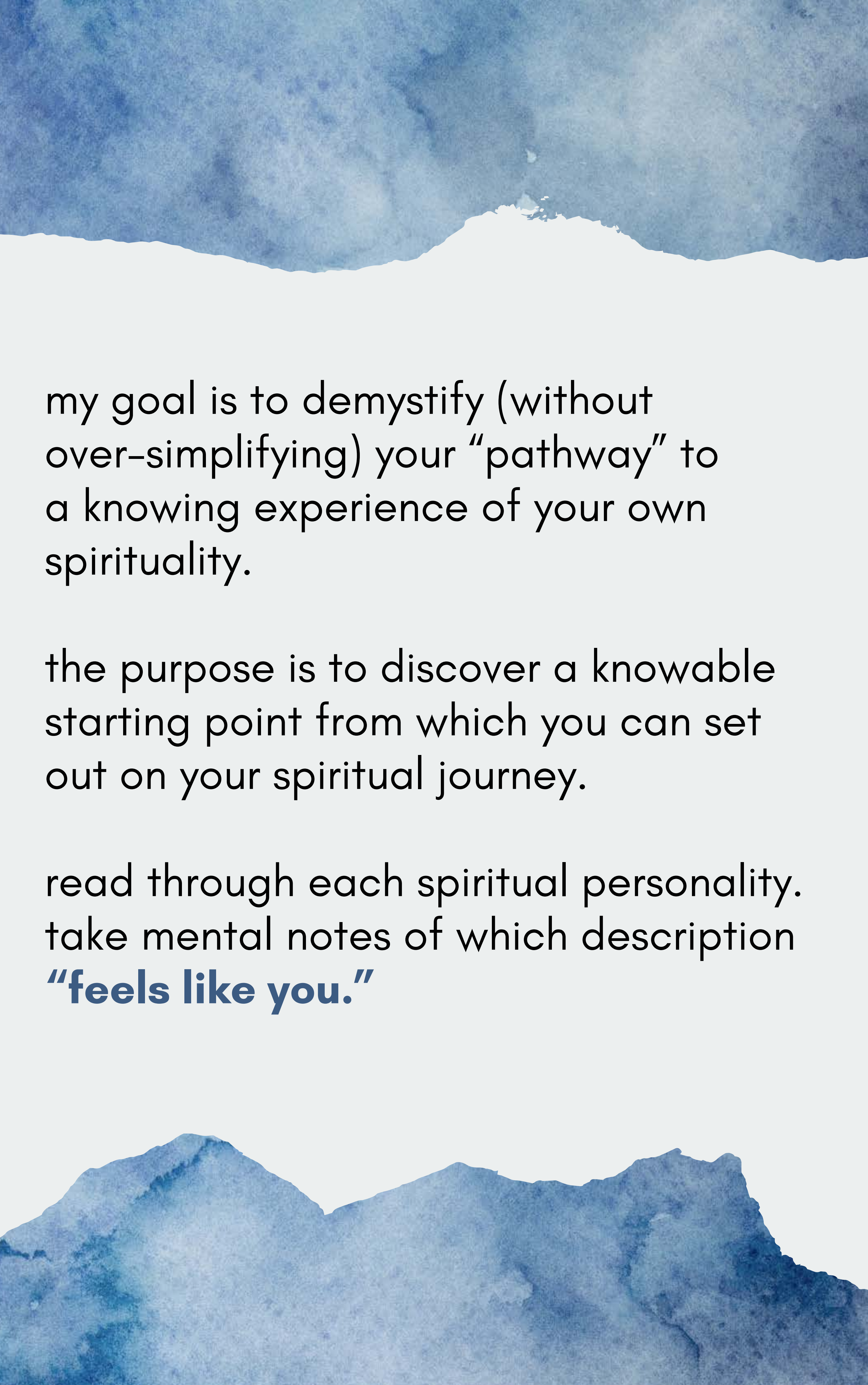


the ancient people did this with spirituality.

many civilizations thought sickness was a kind of evil spirit.

you and I know about bacteria and viruses. but for ancient people, these were "invisible forces."

if you're reading this, then there's a solid chance you have all sorts of memories, well-meaning teachers/clergy, and experiences informing your worldview of "spirituality."



my goal is to demystify (without over-simplifying) your “pathway” to a knowing experience of your own spirituality.

the purpose is to discover a knowable starting point from which you can set out on your spiritual journey.

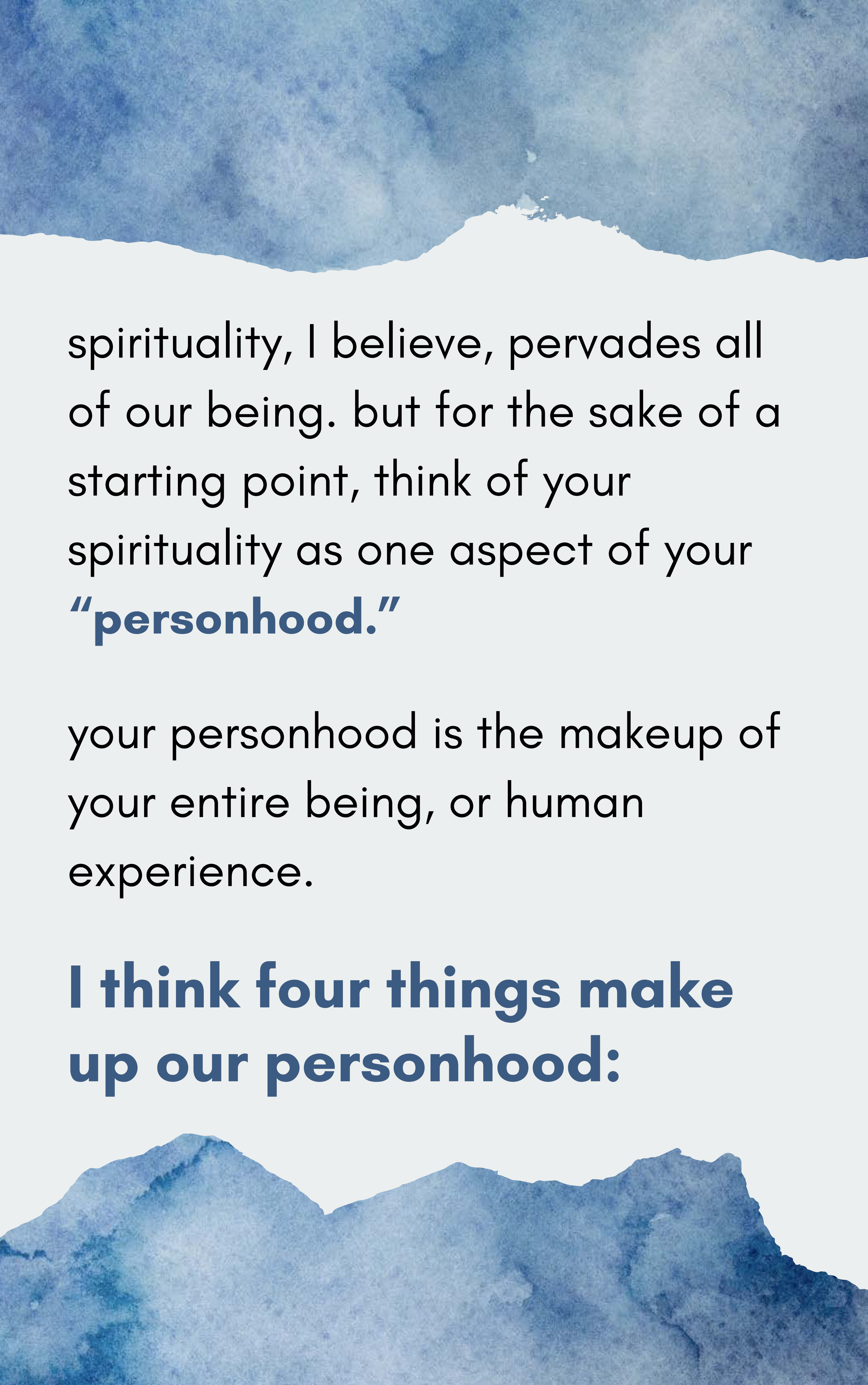
read through each spiritual personality. take mental notes of which description **“feels like you.”**



here is a helpful way to discern this sense or feeling:

think of your favorite pair of jeans, t-shirt, hooded sweatshirt, or pair of shoes. there is something about the “feel” of that thing that when you really stop for a moment to think about how it feels, I bet it makes you say, “YES!”

discovering these “YES” moments, tracking them, remembering them, experiencing them again and again; this gives us a sense of **order**, a sense of **identity**, and ultimately a sense of **purpose**.



spirituality, I believe, pervades all of our being. but for the sake of a starting point, think of your spirituality as one aspect of your **“personhood.”**

your personhood is the makeup of your entire being, or human experience.

I think four things make up our personhood:



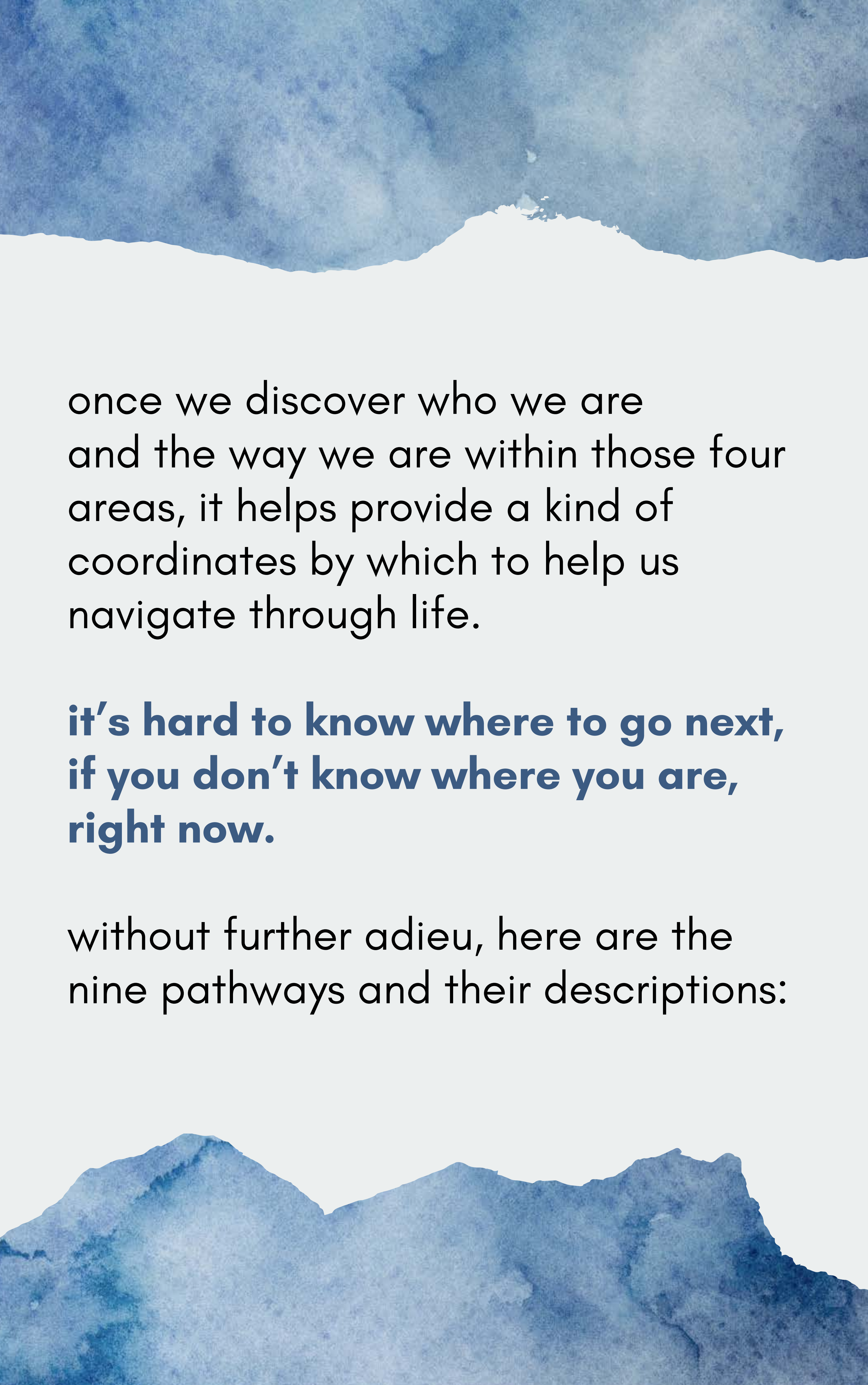


our **spirituality**

our **self**
(or awareness of self)

our **people**
(or tribe)

our **purpose**
(or passion)



once we discover who we are
and the way we are within those four
areas, it helps provide a kind of
coordinates by which to help us
navigate through life.

**it's hard to know where to go next,
if you don't know where you are,
right now.**

without further adieu, here are the
nine pathways and their descriptions:

naturalist

a naturalist is someone who experiences a sense of humility in the out-of-doors.

whether it's in the mountains, forest, ocean, or reflecting on the vastness of the solar system, practicing an awareness of the intricacies of natural life awakens us to our smallness in it.

there is something bigger-than-us afoot. being in these spaces brings life to your soul and spirit. when you're feeling down or battling an illness, stepping into nature brings healing.

other naturalists: John Chapman (aka Johnny Appleseed), Caroline Dormon, Charles Darwin, Saint Francis, and the poet Elizabeth Barrett Browning

traditionalist

a traditionalist loves routine.

there's safety and predictability in the order of things. known causes lead to known effects, so why venture into the chaos of the unknown?

this person enjoys watching the same shows or movies over and over again. they eat the same meal over and over again. they like to set their calendar of appointments and are leery of last-minute changes.

highly seasonal people, they both welcome and are disturbed by the changing of seasons. the traditional practices/holidays found in each season bring about a sense of purpose and meaning.

contemplative

a contemplative seeks depth in the things of life, finding renewal in meditative practices and times of solitude.

they think about their life and the things in them while processing those thoughts through journaling, reconciled conversation, and deep reading. when engaged with their reading, they move slowly through the text and allowing each word and phrase to find a specific spot in their soul.

other contemplatives: St. Benedict, Julian of Norwich, C.S. Lewis, & Wayne Dyer

visionary

a visionary loves to connect to their world by dreaming a great dream and setting out to accomplish it.

this person finds their place in the story of existence and delight as they use their gifts for the sake of the world.

also considered a futurist, there are realities possible in the mind of a visionary that they want to flesh out.

other visionaries: Steve Jobs, Elon Musk, Barak Obama, Henry Ford, Queen Elizabeth I, Margaret Thatcher

socialite

a socialite connects with their reality best around other people, journeying with and confiding in them.

for this person, community plays a vital role in their spirituality. those with this personality type often gravitate toward more intimate settings for living out their spirituality in small groups, close-knit friendships, and mentoring relationships.

often associated with being an extrovert, it fills their spiritual cup to be with people.

intellectual

an intellectual loves to see how things work.

they delight in learning about the inner workings of things. this person comes alive when they discover the interconnectedness of things.

whether this pertains to God, science, or both; for this person, "faith" and "spirituality" is something to be understood as much as experienced.



caregiver

a caregiver loves and finds their spirituality fleshed out by being compassionate and loving others even if it means significant sacrifice.

this person identifies with the likes of Jesus, Mother Theresa, and others by finding ways to bless others in their needs.

meeting people in their needs energizes this person rather than feeling inconvenienced.

worshiper

a worshiper loves to get lost in celebration and music.

this person wants to find euphoria in the awe, beauty, and splendor of life, and loves to express adoration for being alive through songs or art.

most commonly associated with religious expression, worshipers seek to give credit where they think credit is due. this can happen in singing, dancing, and the playing of instruments.

activist

an activist is at war with injustice and finds their spirituality come alive by fighting it.

this person is compelled by a vision of the world where there is equity for all living things.

they must stand up for the marginalized and confront those who oppress others.

other activists: William Wilberforce, Martin Luther King Jr., and Shane Claiborne



what were your top 3?

I resonate with naturalist, visionary, & intellectual.

that's how I best operate in my worldview. I am one of the 75% of people who identify as a spiritual person.

although I have felt experiences in each of the nine and have felt spiritually "connected" via each experience, when I get in a spiritual lull, I do my best to get outside, dream of future possibilities, or pick up a book written by people smarter than me.



I love being in the ocean **(naturalist)**

I love thinking of all the people who
have gone before me and will come
long after me **(visionary)**

I love considering the intricacies of the
scientific world and how little we really
know. **(intellectual)**



the older I get, the more questions I have.

the more childlike I become,
the bigger the God I believe in,
grows.

to grow in your spiritual person:
head over to nolanrecker.com

check out my books "[Fly](#)" or
["Where You Are & How To Get There"](#)

or to learn more about the 3 other areas of
your personhood, [check out my course!](#)

