

WEEK THREE



Day 11-15 Spirit

Blessed Love, Blessed Ones!

Spirit is our main focus. So, what is spirit?



Spirit, noun: 1. an animating or vital principle held to give life to physical organisms - Merriam-Webster

Dictionaries and other books are great for reference and sometimes confirmation, but what we know is what we already have within us.

I know that spirit is the one connecting force of every living being. We are the one presented as the many.



So what does spirit mean to you?

Spirit is our main focus. Consider the following questions and complete the exercise while you construct your answer.

1. Is there a difference between spirituality and religion?
2. Does God only have one name?



3. What symptoms of disconnect do I see in my life? Circle all that apply.

Depression

Loneliness

Anxiety

Emptiness

Sadness

Anger

Selfishness

No Peace of Mind

other:_____

Take a moment to address the symptoms above. Are you willing to release these symptoms through consistent spiritual development?

Task for the next five days: Observe the movement of the wind and clouds. Listen to the movement of the air and watch the clouds glide across the sky, listen to the sounds of your world. The breath of earth moves freely. Take a moment to breath with the wind, following the rhythm.

In life we must remind ourselves that we are spirit and that spirit lives freely

