**Level Up**

**Worksheet 3**

Day 11-15

Blessed Love, Blessed Ones!

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

Spirit “a life giving force”. Derived from Latin spiritus, which literally means breath

1. A force within a human being thought to give the body life, energy, and power: Soul

 -Meriam Webster Student Dictionary

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.

Is there a difference between spirituality and religion?

Does God only have one name?

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:\_\_\_\_\_\_\_\_\_**

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.

How often do you pause for a moment to remind yourself you are spirit and that spirit lives freely?