

Curiosity Corner

Grow your awareness and open doors to an inspired life!

Contemplative practice...

The Spiral of Your Life

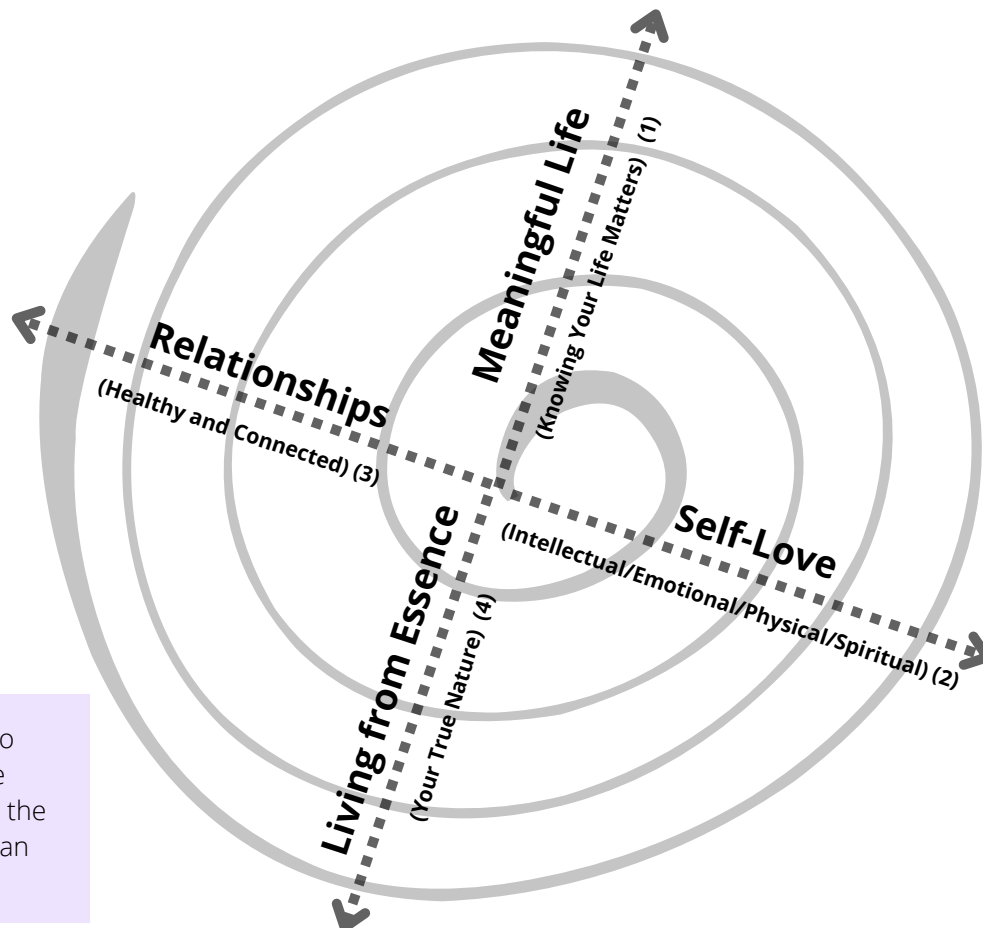
Time: Thirty minutes or more... you choose!

Life is a journey up a spiral staircase! As we move through life we cover the ground we have covered before, only higher up; as we look down the winding stairs below us, we measure our progress by the number of places we were, but no longer are.

The journey is both repetitious and progressive; we go both around and upwards.

-William Butler Yeats

Directions: This is a wheel of an inspired life. The center of the spiral represents the beginning, the place where you started when you were born. The spiral moves upward and outward as you learn, change, and grow. **Step One:** Place an "X" on each of the four dotted lines to represent where you were in early adulthood. Place an "O" where you are now. Your growth is indicated by the space between the X and O. Growth is occurring if the "O" is moving away from the "X" and toward the arrow. **Step Two:** Go to page two and explore your life experience by journaling your response to the questions.



Note: Page two provides more information about the four aspects of an inspired life.

About the Four Aspects of an Inspired Life

- 1) Meaningful Life:** Every human being deeply matters and is meant to live a meaningful life filled with purpose, and vitality. What makes life meaningful changes as we grow. Also, knowing in your heart that your life matters and that YOU deeply matter is of the utmost importance to claiming your true worth.
- 2) Self-Love:** Intellectual Self... Emotional Self... Physical Self... Spiritual Self. The only person who can truly take care of you is YOU! Practically speaking, this means that you love and give attention to the four aspects of yourself on a regular basis. You do this in order to grow and nurture yourself and to live your most inspired life.
- 3) Living from Essence:** We live our lives from two major aspects of ourselves, our Resister and our Essence. Your Resister is your conditioned self. It is active when you are not liking, avoiding, resisting or denying what is going on in your life. It comes from fear and makes life hard. Your Essence is your True Nature, which is your open-hearted loving presence and your source of wisdom and personal truth. It comes from love and allows you to live in ease, flow and tranquility.
- 4) Relationships:** Healthy and connected relationships have minimal drama, mutual respect, equality, and transparency. Both people are committed to, and happy to be in the relationship. The relationship brings meaning and improves the quality of life for both of you.

Journal About Your Growth

You can know you are growing if the "O" is closer to the arrow than the "X". Ask yourself these questions and journal your response.

- 1) What helped me grow... human support, a book, a teacher, a life experience, a course, or something else?
- 2) What are the most important things I learned about myself and how did that change my life?
- 3) In what ways do I want to grow now?

Journal About Your Opportunities for Growth

If you find that you have not grown as much as you want, ask these questions and journal your response:

- 1) What is holding me back?
- 2) What do I really want?
- 3) What might support my growth and what is my first step?