

WHAT IS WHOLISTIC SPIRITUALITY?

“Transformational Spirituality” - The Beautiful Journey

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- 1. What Is it to Be Spirit Centered?**
- 2. What Does Life Application, Applied Spirituality Signify?
What Does it Take to Live One's Aspirations, Spiritual Vision?**
- 3. What Does it Mean to Be in One's Full Potential in All Domains of Life?**
- 4. What Does it Involve to Be Integrated and Whole (Wholistic)?**
- 5. What Does it Imply to Be Balanced?**
- 6. What Does it Mean to Be Expressing One's Life Purpose, Manifesting One's Mission,
Called and Anointed.**
- 6. What Does it Entail to Be Loving, Giving Love, Serving?
With Compassion and Without Judgement**

It's a Journey on the Way, There Are Many Paths

It's Not about What One Beliefs, the Doctrines, the Observances

Is about Being Playful, Lite-filled on the Journey *“Lighten up about enlightenment.”*

1. WHAT IS IT TO BE SPIRIT CENTERED?

BEING CENTERED ON THE SPIRIT - One's focus is predominantly on Spirit.

Spirit = the principle of conscious life; the vital principle in every individual, animating the body or mediating between body and soul, the divine spirit flowing within and through us all.

We are Spiritual Beings having a human experience, yet how much of the time does it feel like we are human doings, just recovering from our experiences, trying to manage our circumstances.

We are more apt to say I have a soul or spirit rather than the deeper truth, "I have a body, feelings, thoughts." Being centered ON the spirit is the process (spiritual discipline) of remembering who we are and getting everything else out of the way so that iEssence may express itself through it's vehicles.

Aspiration, intention, commitment are to express know, love and express the spi
Love, Wisdom, and Will

Being Centered in the Spirit - The experience of one's life is thus predominantly spiritual

Spiritual = of or pertaining to:

*the spirit or soul, as distinguished from the physical interests, attitude, outlook,
the sprit as the seat of the moral or religious nature,
sacred things or matters;
characterized by or suggesting predominance of the spirit;*

Being Centered by the Spirit - The expression of one's life is thus from the Spirit operating through you, expressed as you.

Centered = maintaining one's inner peace and outer balance, being equipoised between dynamic forces, not being pulled off center into reactions, coming from one's center in responding to circumstances

The Method = Detachment, Dispassion, Discernment/Discrimination

The Result = Individualism, Initiation, Identification

2. WHAT DOES LIFE APPLICATION, APPLIED SPIRITUALITY SIGNIFY?

WHAT DOES IT TAKE TO LIVE ONE'S ASPIRATIONS, SPIRITUAL VISION?

Spirituality = The quality or fact of being spiritual; predominately spiritual in character as shown in thought, life, etc.; spiritual tendency or tone.

Integrity, Character, Congruity with Interior and Exterior Life

What Does it Take to Be Healed, Transformed, Aligned & Empowered?

CONVEYS CONGRUENCE AND INTEGRITY OF INTERIOR AND EXTERIOR LIFE

Matching your interior life with you exterior life. Character, truthfulness,

High Intentions and purified motivations, sincere aspirations and observant of consequences

IS ABOUT APPLICATION AND INTEGRATION OF ONE'S EXPERIENCE AND
EXPRESSION OF GOD INDIVIDUALLY

In all the realms of one's experience)

Qualifying and quantifying one's relationship to self, God and each other.

IT IS ABOUT HEALING THE CAUSE, RENEWING YOUR MIND, AND TRANSFORMING YOUR LIFE

Transmuting physical problems
Transforming emotional challenges
Transcending mental limitations

You can take you greatest attribute and build upon it, or
Take your worst area of weaknesses and focus on it, you can make it your strongest area and then
you will be successful in what ever you do.

3. WHAT DOES IT MEAN TO BE ACTUALIZING GOD'S GIFTS, IN ONE'S FULL POTENTIAL IN ALL DOMAINS OF LIFE?

APPEALS ALIGNING TO LIVING ONES PURPOSE AND FULL POTENTIAL IN ALL THE DOMAINS OF ONE'S LIFE.

Physically
Emotionally
Mentally
Socially
Financially
Spiritually
Universally

"What you are is God's Gift to you. What you become is your gift to God."

4. WHAT DOES IT INVOLVE TO BE INTEGRATED AND WHOLE (WHOLISTIC)? COMMUNICATES A WHOLE (HOLY) LIFE

Whole = Holy,

Integration of body, mind, spirit as one whole (wholy). Holy comes from the word whole.

"Be whole as your Father is in heaven." TALOS = PERFECT = WHOLE

Holy = dedicated or devoted to the service of God..., saintly, godly, pious, devout; of religious purity, exaltation, solemnity

Wholistic = the quality of comprising the full amount, containing all the elements properly belonging, complete, undivided, uninjured, undamaged, sound, intact;
pertaining to all the all the aspects of human nature, especially one's physical, intellectual and spiritual development
an assemblage of parts associated or viewed together as one thing - a unitary system.

5. WHAT DOES IT IMPLY TO BE BALANCED?

Beckons Us to a Balanced Life

Beautiful (Kalos) = Inspiringly aesthetic, compellingly lovable, profoundly pleasing,
symmetry in motion (Balanced)

Balanced = state if equilibrium or equipoise; mental steadiness or emotional stability ;

habit or calm behavior; composition of components in an harmoniously integrated whole,

WE ARE ALL THE ARCHETYPES, WITH CHOICE IN UTILITY IN THE MOMENT
NOT IDENTITY

King/queen _____ Lover

Priest/priestess/sage/healer _____ Spiritual Warrior

THE WHOLE IS GREATER THAN THE SUM OF THE PARTS

We are not a clod of competing ailments, but a dynamic synergy of interconnected components”

HEART - happy, loving, feeling, action compassionate (sub-conscious, right brain)

HEAD - Right, proper, justified (conscious, left brain)

HANDS - Giving, serving, supporting

Each of these are aspects of the Divine Journey:

Knowing God

Loving God

Serving God (in others)

(As you love wisdom deepens and intimacy is born as service then comes from the heart.

(Love enough and wisdom deepens)

(Wisdom expressed in love, and going full circle to service again.)

At first we tend to think with our gut, just emotionally react, i.e. “You make me mad.” or the opposite, polarity avoiding emotions and feel with our mind, i.e. “I think ...

Eventually, this comes full circle when we have learned to experience and express our emotions while observing the process with our mind. Eventually, thus we can think with our heart and feel with our head.

LIST OPPOSITES:

Self - Other

Family - Community

Interior Worship - Exterior Worship

Private walk - Group journey

Head - Heart

Gifts - Fruits

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“Wherever a thing is both perceived and felt, there is the experience of the soul; and whenever a thought and a feeling become indistinguishable, there is the soul. Soul means oneness, unity, union between the inner wish and outer reality. As man moves toward acceptance of the universe, toward compatibility between what he feels as a wish from within, and what he perceives as the arrangement without, and as both elements expand, the soul moves to greatness.” Psychology and the Promethean Will, By W.H. Sheldon p 130

**6. WHAT DOES IT MEAN TO BE EXPRESSING ONE'S LIFE PURPOSE,
MANIFESTING ONE'S MISSION, CALLED AND ANOINTED.**

EXPRESS ALL ASPECTS OF SPIRITUAL ALIGNMENT AND EMPOWERMENT
GIFTS

FRUITS (Mind/body serves through the fruits)

**7. WHAT DOES IT ENTAIL TO BE LOVING, GIVING LOVE, SERVING?
WITH COMPASSION AND WITHOUT JUDGEMENT**

Hands raised to heavens are purposed to reach out to other's in loving service.

"Whatsoever ye have done to one of the least of these my brethren ye have done unto me."

IT'S A JOURNEY ON THE WAY, THERE ARE MANY PATHS

IT'S NOT ABOUT WHAT ONE BELIEFS, THE DOCTRINES, THE OBSERVANCES

in Is Not about Any Belief, Yet Can Include People of All Beliefs

It is the quality of the Journey home to God.

IS ABOUT BEING PLAYFUL, LITE-FILLED ON THE JOURNEY

"Lighten up about enlightenment."

Walking Our Relationship to Spirit Through the Levels

WHOLISTIC SPIRITUALITY IS ABOUT BEING -

SPIRITUAL CENTERED WITH AN

INTEGRATED BODY, MIND AND SPIRIT,

A BEAUTIFULLY BALANCED, WHOLENESS (HOLINESS)

LIVING ONE'S ASPIRATION FULLY IN EVERY DOMAIN

EXPRESSING ONE'S LIFE PURPOSE AND MANIFESTING MISSION

IN LOVING SERVICE TO THE DIVINE (WITHIN AND AROUND)