

SPIRITUAL WISDOM FROM SURFERS

If we assume the analogy that emotions are like waves, here are good spiritual pointers from surfers:

Awareness of the environment & the present moment: Pay attention with your all of your senses, your body, in relationship with the ocean. Be in tune with the present moment.

Breathe & Relax! Relaxed breathing helps us access the sympathetic nervous system. Like swimming, learn to relax and be efficient with your movement in water (very advanced swimmers are very relaxed, and know how to breath).

Flow & let the wave pass through: Learn to receive and let go - flow and adapt with impermanence. Water is ever-changing and in constant flux. Learn stillness in motion.

Ride and surf (NOT GO AGAINST): Since waves are untamable and uncontrollable, you cannot stop a wave from hitting you. To avoid wipe out, surfers' wisdom tells us that one must face the waves head on. Likewise, it is important to learn how to ride life's challenges and stresses, not avoid or going against it.



CREATE YOUR SPIRITUAL CARE PLAN

What actions will help you stay afloat as you go through life's storms?

1

A Toolbox of Spiritual Practices

Below is a partial list of practices that may help you cultivate spirituality in your life. Take a look at the list and see what speaks to you. Which of these nourish your spirit? How would you incorporate these practices into your life? What would you add to the list?

- Read sacred and inspirational literature
- Practice forgiveness of yourself and others
- Listen to or make music
- Spend time in deep reflection, meditation, or prayer
- Participate in groups that involve trust and cooperation (example, sports, hobby or interest groups)
- Observe day of designated for sacred rest – stop doing and enjoy being
- Engage in dance and other types of physical expression
- Involve yourself in acts of kindness to others
- Spend time in nature
- Appreciate the arts
- Be creative – painting, knitting, cooking, gardening, fixing things...
- Share your spiritual journey with others
- Keep a journal
- Nourish others by serving food
- Caring for animals
- Growing and caring for plants, garden
- Joining a social movement for the common good (social, environmental justice)
- Belong to and participate in a faith community
- Take part in rituals, or symbolic practices that are spiritual

Spiritual Treatment Plan

2

Identify your spiritual resources. List what helps you move from:

Vulnerability > Resilience _____

Helplessness > Agency _____

Despair > Hope _____

Emptiness > Purpose _____

Isolation > Communion _____

Resentment > Gratitude _____

Sorrow > Joy _____

Threefold Path: In/Out/Up

3

Spiritual healing involves nurturing a relationship with yourself, others, and the Divine. Write the practices that support you in each of the areas below.

Reaching In (Self)

Reaching Out (Others)

Reaching Up (Higher Power / Wisdom)



4

Actions that help you in life's storms. Choose three activities that you will commit to trying for a month.

1) _____

2) _____

3) _____

5

Vocabulary of Spiritual Life

The words listed below are words related to a thriving spiritual life that you might likely embody if you consistently follow through with your Care Plan (3 actions) above. Circle these words.

- | | |
|-----------------|----------------|
| • Awe/Wonder | • Hope |
| • Meaning | • Love |
| • Wholeness | • Purpose |
| • Healing | • Acceptance |
| • Gratitude | • Grace |
| • Connection | • Faith |
| • Forgiveness | • Joy |
| • Compassion | • Awareness |
| • Peace | • Harmony |
| • Ease /Freedom | • Rest/Renewal |
| • Patience | • Resilience |