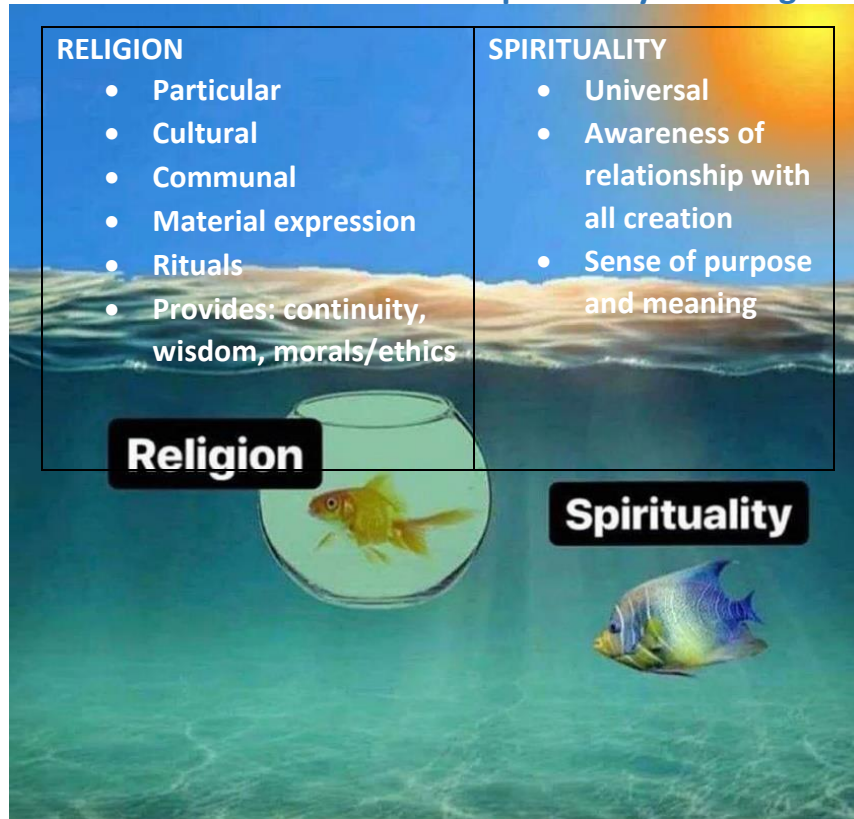


## What is the difference between spirituality and religion?



### What is your spiritual type?

Assess which type you identify with the most. (4 – I identify with the most, 1 – I identify with the least). Write your rating score in the blank.

#### Physical / Body

- Find the presence of higher power in the world around you.
- Appreciate the wonders of Creation.
- Enjoy rituals and liturgy
- Values hands on activities

#### Intellect / Mind

- Interest in truth, justice, theology, law, covenant and logic
- Meditate on principles and teachings
- Find meaning in intellectual activities (example, studying sacred text, read philosophy)
- Seek clarity, need beliefs to "make sense"

#### Emotion / Heart

- Prize harmony & warmth
- Find sacred (or meaning) in relationships
- Seek joy, love, and compassion
- Value goodness, devotion, acts of service

#### Meaning / Soul

- Look for meaning, purpose, and hope
- Contemplate the mystery of the Divine
- Interest in symbol, metaphor, and transcendent experiences
- Value imagination, creativity, visions for the future

### 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, symbolic practices, and other forms of worship

