BREATHE

A spiritual care resource created by Kaseman's Spiritual Care Department

MAYBE

STORY #1 (unknown author)
Once upon a time there was an old farmer who had worked his crops for many years. One day his horse ran away. Upon hearing the news, his neighbors came to visit. "Such bad luck," they said sympathetically. "Maybe," the farmer replied.

The next morning the horse returned bringing with it three other wild horses. "How wonderful," the neighbors exclaimed. "Maybe," replied the old man.

The following day, his son tried to ride one of the untamed horses, was thrown, and broke his leg. The neighbors again came to offer their sympathy for his misfortune. "Maybe," answered the farmer.

The day after, military officials came to the village to draft young men into the army. Seeing that the son's leg was broken, they passed him by. The neighbors congratulated the farmer on how well things had turned out. "Maybe," said the farmer.

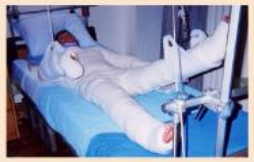



STORY #2 (by Eckhart Tolle)
A man won an expensive car in a lottery. His family and friends were very happy for him and came to celebrate. 'Isn't it great!' they said. 'You are so lucky.' The man smiled and said 'Maybe.'

For a few weeks he enjoyed driving the car. Then one day a drunken driver crashed into his new car at an intersection and he ended up in the hospital, with multiple injuries. His family and friends came to see him and said, 'That was really unfortunate.' Again the man smiled and said, 'Maybe.'

While he was still in the hospital, one night there was a landslide and his house fell into the sea. Again his friends came the next day and said, 'Weren't you lucky to have been here in the hospital.' Again he said, 'Maybe.'






REFLECTION: Reflect on the wondering questions below with a friend or colleague by taking turns in answering each question. Make sure to do active listening with each other (echo back what you heard).

- What resonated with you about this story?
- Where are you in this story? Which part of the story is about you?
- Notice moments in your journey that come close to this? Moments when you went through life's ups and downs.

Remember, keep on sharing your stories. Keep on listening to each other's stories.

WHICH PART(s) OF THE STORY IS ABOUT YOU?

MY UPS

We continually go through life's ups and downs. What felt like your ups?

MY DOWNS

What moments felt like your downs?

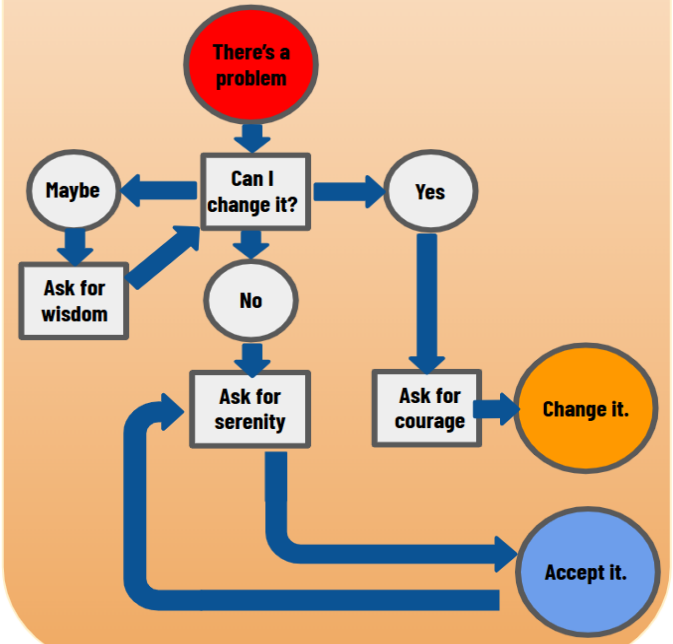
TOOLS TO HELP FLOW

What tools or resources of support have you utilized to cope with or weather through your downs?

Serenity Prayer

Grant me the serenity to
Accept the things I cannot change, the
Courage to change the things I can, and the
Wisdom to know the difference.

The Serenity Flowchart



OUT OF MY CONTROL

Other people's choices

The outcome of my efforts

The future

The past

The opinions of others

Other people's boundaries

What happens around me

What other people think of me

IN MY CONTROL

Staying informed

Practicing self-care

Finding joy in everyday life

This moment

Supporting causes I believe in

What I give my energy to

The boundaries I set

The news I consume

INSTRUCTIONS: **STEP 1** - Circle a few things listed in the lower left box (Out of My Control & In My Control) that are true to your experience recently. **STEP 2** - In each half of the yin yang circle, write your answer to the reflection question.

CREATE YOUR SPIRITUAL CARE PLAN

What tools and actions do you need to flow through life's ups and downs?

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

2 Spiritual Treatment Plan

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

Vulnerability > Resilience _____

_____

Helplessness > Agency _____

_____

Despair > Hope _____

_____

Emptiness > Purpose _____

_____

Isolation > Communion _____

_____

Resentment > Gratitude _____

_____

Sorrow > Joy _____

_____

3 Threefold Path: In/Out/Up

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 CARE PLAN

Actions that help me flow.

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 above. **Circle these words.**

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

***This worksheet is adapted from Elisa Goldberg's "Guide to Leading Spirituality Support