

Woman Churning Butter (Drawing by Vincent Van Gogh)

1881, 550 x 320 mm, Black chalk, pen, pencil, watercolor, heightened with white
(Kröller-Müller Museum, Otterlo)



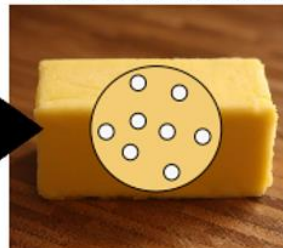
From Milk to Butter

Oil-in-Water Emulsion



Milk

Water-in-Oil Emulsion



Butter

○ water ● oil

Production of butter (old fashioned method)



if kept for some time, water will sink and the fat will float on top (fat is lighter than water!)



vigorous mixing breaks up fat particles, they will sit together



knead into butter

BELOW, DRAW AN ACTION(s)

THAT WILL HELP YOU CHURN/TURN TOWARDS HEALING
(*See first column of next page for examples of actions)

ACTIONS THAT MIGHT HELP IN THE CHURNING PROCESS WITHIN OURSELVES

Adapted from Rabbi Elisa Goldberg's "Guide to Leading Spirituality Support Groups in BH Care Settings"

ACTIONS (Circle actions that help you move towards healing & wellness) *do not limit yourself with this list (add as needed)

- **LITERATURE:** Read inspirational literature (novels, spiritual books, bible, self-help)
- **PRACTICE FORGIVENESS** of yourself and others
- **MUSIC** - Listen to or make music
- **PRAYER**
- **DAILY GRATITUDE**
- **MEDITATION / CONTEMPLATIVE PRACTICES**
- **JOIN GROUPS OF TRUST, COOPERATION, INTERESTS** (example, sports, hobby, interests)
- **DAY OF REST:** Observe day of designated for sacred rest – stop doing and enjoy being
- **DANCE:** Engage in dance and other types of physical expression
- **ACTS OF KINDNESS:** Involve yourself in acts of kindness to others
- **NATURE:** Spend time in nature (camping, hikes)
- **ARTS:** Appreciate the arts
- **CREATIVITY:** painting, knitting, cooking, gardening, fixing things...
- **SPIRITUAL SUPPORT GROUPS:** Share your spiritual journey with others
- **JOURNALING:** Keep a journal to record learning experiences & insights (towards self-awareness)
- **SERVING FOOD:** Nourish others by serving food
- **CARING FOR ANIMALS & NATURE**
- **GARDENING:** Growing and caring for plants
- **SOCIAL CAUSES:** Joining a social movement for the common good (social, environmental justice)
- **FAITH COMMUNITY:** Belong to and participate in a faith community
- **LIFE-GIVING RITUALS:** Take part in meaningful & symbolic (celebrations & loss)
- **PHYSICAL EXERCISE / ATHLETIC PRACTICE:** biking, swimming, running, gym
- **MINDFUL EATING** (healthy, nourishing food)
- **SUPPORT GROUPS** – Recovery (Alcoholics Anonymous, Narcotics Anonymous), Grief Groups or Divorce Support Group
- **VOLUNTEER FOR SOCIAL SERVICE** – soup kitchens, education, church, hospitals, Habitat for Humanity
- **MENTORING** others who need help & guidance
- **SPENDING QUALITY TIME LOVED ONES**
- **SEE A THERAPIST / COUNSELOR / PSYCHIATRIST**
- **AGENCY THAT WILL GUIDE ME IN MEETING BASIC NEEDS** – example, find housing, job, support in my recovery

WHAT HELPS YOU MOVE FROM A TO B? Identify your spiritual resources (*use the 1st column for ideas):

A) Vulnerability → B) Resilience

A) Helplessness → B) Agency

A) Despair → B) Hope

A) Emptiness → B) Purpose

A) Isolation → B) Community

A) Resentment → B) Gratitude

A) Sorrow → B) Joy

Commit to 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.

Choose one activity for each category below (Self, Others, Divine) by picking from any of the list of activities you wrote down in column 2.

Reaching In (Self)

ACTIVITY:

Reaching Out (Others)

ACTIVITY:

Reaching Up (Higher Power / Divine Wisdom)

ACTIVITY:
