

Topic #2 2012: The Spiritual Self – February 2012

Ingathering and housekeeping: such as next meeting place day and time.

Light the Chalice

Check-in

Opening Words:

He that hath knowledge spareth his words: and a man of understanding is of an excellent spirit.

Proverbs, 17:27

Topic Introduction:

Every person has a Spiritual Self. Our Spiritual Self is a set of attitudes, beliefs, values, and faith about religion, God, the meaning of life, death, and other larger-than-life issues. The Spiritual Self has been a part of us since we were old enough to pick applesauce over green peas. Our Spiritual Self guides our acceptance, judgments, prejudices, desire to improve, values, faith, and hopes for the future. We can deny its presence, but it is always there, guiding our choices.

Each of us has a choice of what we do about this Spiritual Self. Some ignore it altogether, perhaps asserting that they have no such self, that it is just an idea made up by people trying to sell us something. Some people treat it like a hot bath, to be feared until the temperature is known, sticking their toes in very slowly, waiting for the inevitable “Ouch!” Others view the Spiritual Self like a swimming pool, grasping its size in relation to themselves; believing they do not know how to swim, they begin at the shallow end, cautiously wading in, one body part at a time, until they have adjusted to the feel of being in the water. Still others see the possibilities in such a large pool, paddling around until they feel comfortable and then swimming for their health on a regular basis. Some swim straight laps, back and forth, in their “Swimming Pool Self” while others dive in head first, frolic and splash around happily, enjoying the freedom to choose. We all have such a pool; what we *do* with it is up to us.

Sharing/deep listening:

- **Do you have a Spiritual Self? Are you on a personal quest for truth? If so, how would you describe it?**
- **In what ways have you been feeding your Self? What books have you read? What activities have you participated in that grow your Self?**
- **What major challenges have you experienced that have tested you? How has your Spirit helped you through?**
- **What long-term goals do you have for your spirituality? How do you see yourself differently three years from now?**

Topic discussion

Likes and Wishes

Closing Words:

You cannot have a proud and chivalrous spirit if your conduct is mean and paltry; for whatever a man's actions are, such must be his spirit.

*Demosthenes, **First Olynthiac, section 33***

Extinguish the Chalice