


Rappaport Spiritual exercise (2009, p, 231)



Where am I now and where would I like to be Spiritually?

- Take a few deep breaths down inside to your body. Feel the support of the floor and chair you are sitting on.
- We are going to take some time to reflect on where you are in your life spiritually right now and where you'd like to be.
- Follow your breath inside begin to become aware of your spirituality...whether it is through prayer, going to church, spending time in nature, doing art, practicing meditation. Or maybe your spirituality is undernourished.
- However it is just notice...and be accepting how it is. Sense in your body how your spirituality feels right now. See if there's an image or colour that match the inner felt sense.
- Check it for its sense of rightness. Take another breath inhaling new life....
- Now imagine living your life in a way that nourishes your spirituality the way you would like it to be.
- Describe that to yourself.
- See yourself doing those things right now.
- Turn your attention inside to your body and ask, "What's the whole feel of that, of living my life nourishing my spirituality the way I'd like it to be?"
- See if there is an image, colour, shape that match or act as a symbol for the inner felt sense. Continue checking until it feels right
- And then ask. "What's between these two felt images...my spirituality now and the way I'd like it to be?" Give time for the answer to form.
- Ask "What is needed to get from the first image to the second?" (pause).
- You might want to ask "What's a good small step in the right direction?"
- Just listen for an answer.

When you are ready bring your attention back here... feet on ground, sitting in this seat in this room, open your eyes.

Use the art material to create the 2 images with what's needed to get from one to the other including the step