

WHAT IS SPIRIT?

CHAPTER ONE + JOURNAL PROMPTS

AM I SPIRITUAL?

If spirit refers to identity, then being a spiritual person no longer means being someone who focuses on the invisible or supernatural realms. How would you define the word spiritual, considering our new definition? Would you identify yourself as spiritual?

WHAT ARE MY IDENTITIES?

Make a list of your parts, pieces, names, nicknames, hobbies, feelings, relationships, jobs, and more. What spirits are part of me? What spirits am I a part of? Draw circles around clusters of identities that work together. Notice identities that seem contradictory. Notice identities that seem fixed and ones that seem mutable. This isn't about making a complete list, just stretching our perspective. Remember: if there's a word for it, it's a spirit.

CONSIDER CONNECTIONS

What sorts of spirits occupy most of my thoughts each day? Other people? Other people's feelings? My ideas? My appetites? Politics? Work? Daydreams? What spirits do I find easy to connect with deeply? Fellow introverts? Co-workers? Characters in books? What common ground do I share with the spirits that I connect with each day? What kinds of spirits do I have a hard time connecting with or understanding?

POWER IN ISOLATION

Connecting, communicating, and building relationships with other spirits is a big part of Spiritwork. But what might be the importance in exploring disconnection and isolation? What purpose is there in getting to know my unique identity? What do my boundaries and edges look like? Where do I stop and Others begin?

MY SPIRIT QUESTION

WRITE YOUR OWN QUESTION ABOUT SPIRIT AS IDENTITY



“ *We are all different. There is no such thing as a standard or run-of-the-mill human being, but we share the same human spirit.*

STEPHEN HAWKING + THEORETICAL PHYSICIST & COSMOLOGIST

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RESPOND TO YOUR QUESTION ABOUT SPIRIT AS IDENTITY