

WHAT IS A SPIRIT?

SPIRIT AS IDENTITY + JOURNAL PROMPTS

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

1

WHAT DOES IT MEAN TO BE "SPIRITUAL"?

If spirit is identity, rather than non-corporeal entities like ghosts and ghouls, then to be spiritual no longer means one who focuses on the non-corporeal. How might you redefine the meaning of "being spiritual" to work with spirit as identity? Would you identify yourself as "spiritual"?

2

WHAT ARE YOUR IDENTITIES?

This isn't about making a complete list, just stretching our perspective. If it has a word it has a spirit. Start listing your parts, pieces, names, nicknames, hobbies, feelings, relationships, jobs, and more. What spirits are part of you? What spirits are you 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.

3

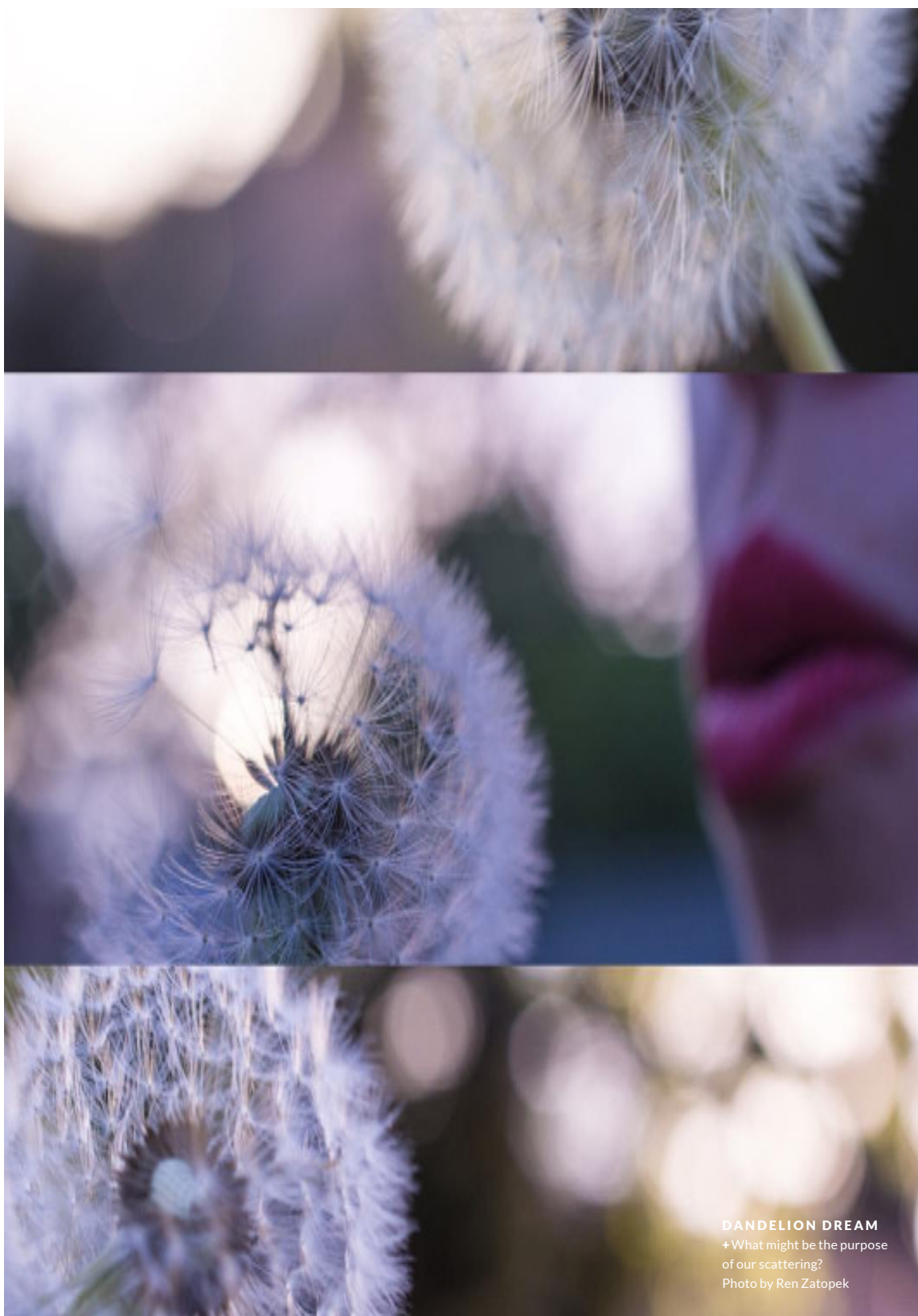
CONSIDER CONNECTIONS

What sorts of spirits do you find yourself most focused on each day? Other people? Other people's feelings? Work? Food? Your pets? World News? What are you watching? What spirits do you find easy to connect with deeply? Fellow introverts? Co-workers? Characters in books? What are the qualities of a "deep connection" with a spirit versus "extensive knowledge"? What spirits do you see as if they were two-dimensional; what spirit's motivations are incomprehensible to you? Cannibals? Jellyfish?

4

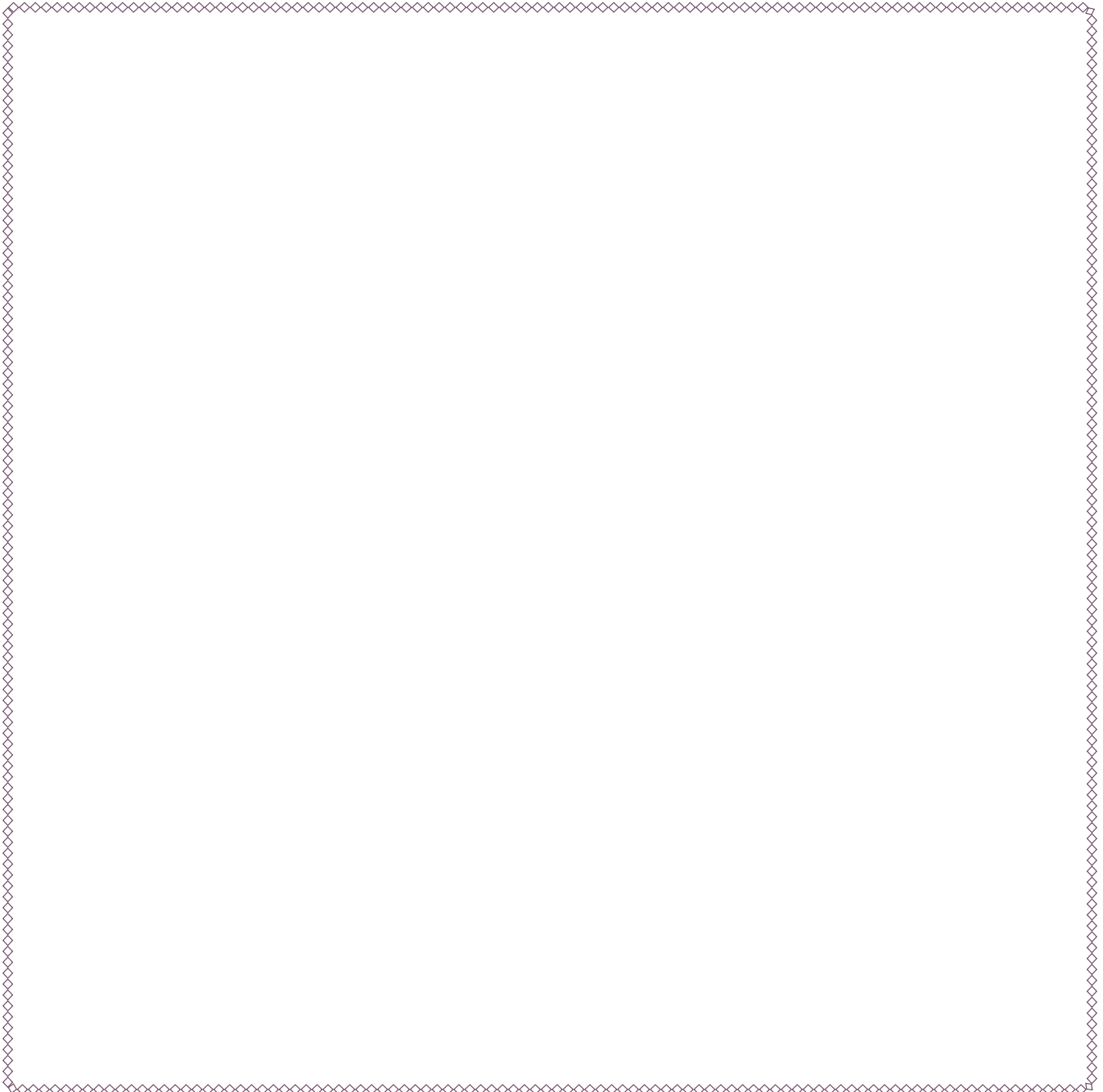
POWER IN ISOLATION

Your hands can work in tandem or independently. Dexterity and coordination are skills we can develop in our spirit/identities. The "spiritual" experience of Oneness is key. Becoming more able to connect with other spirits is key. But what might be the gift in Separation? What purpose is there in having a unique identity? What do your boundaries and edges look like? Where do you stop and Others begin?



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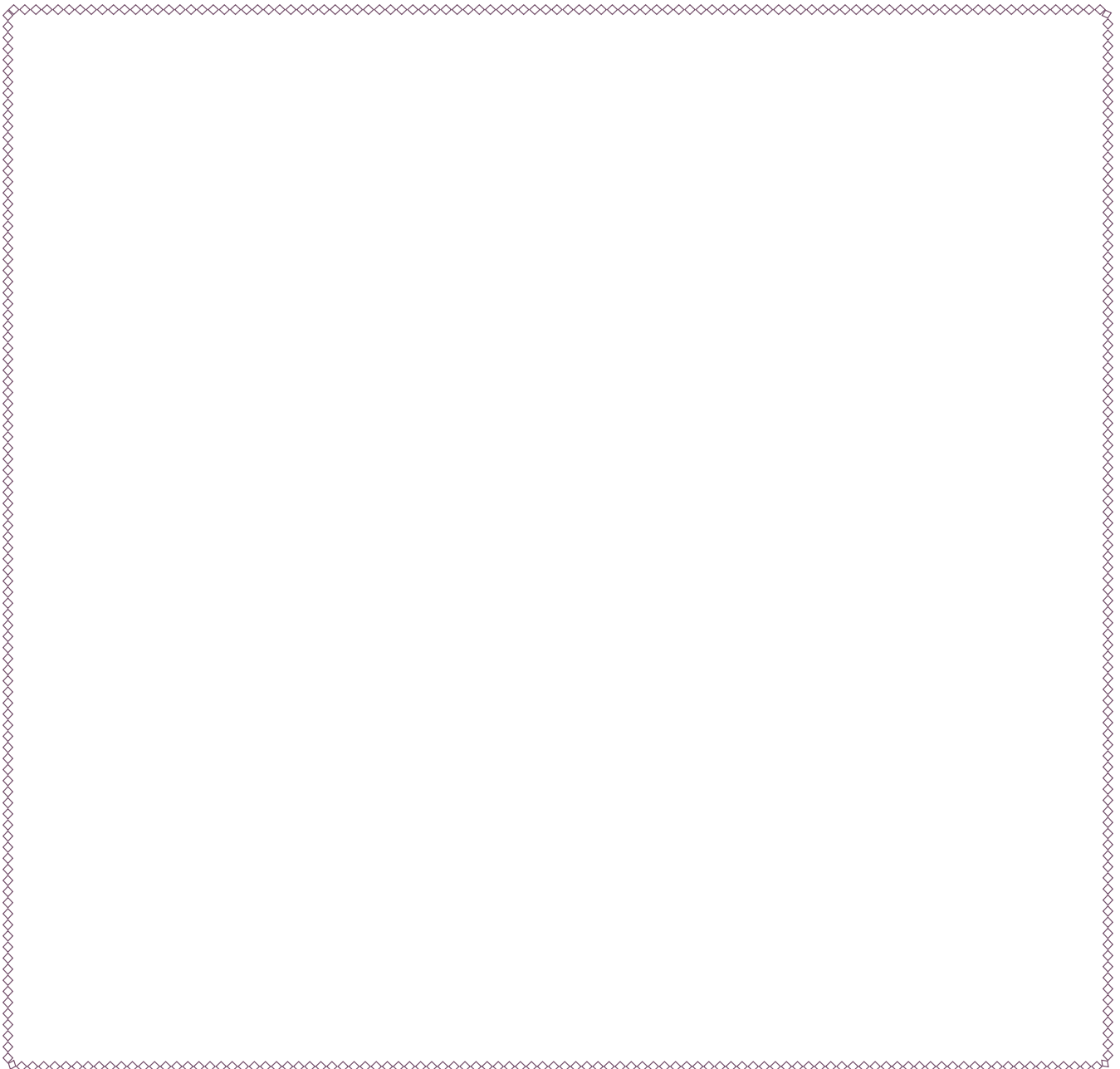


RECORD YOUR IMPRESSIONS



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