

DIY Spirituality

For years and generations we have looked to others to find and outline our spiritual connection. This can look like traditional hymns, memorized prayers we recite, going to confession, going to church every Sunday morning. We read someone else's words, sing someone else's songs, pray someone else's prayers.

We have learned from the outside in and now rely, heavily, on someone else propping us up and leading us in our spiritual walk. And now, this is all changing.

Why was this spiritual leading of the old so important? It laid the foundation for spirituality. The ordained spiritual ways offered a sense of small community, individual hope, and a place of belonging.

But then, things began to change. Movements started outside of the status quo. Freethinkers emerged. Horrible betrayals occurred among church authority. People wandered away while others remained.

We're at a cusp of a turning point. Now with a worldwide pandemic and people self-quarantining, we are individually in charge of listening and leading.

What does spirituality mean to us? An infinite array of definitions highlights people's experience with God, Source, Allah, Buddha, Jesus, Creator, etc... and that's okay.

I'm not here to quarantine your spiritual beliefs. I'm not here to articulate and argue why one version is "better" or "right" than another. I took God out of my box of understanding and restrictions a long time ago. I have no intention of restricting any one's personal knowing anymore.

I'm here to offer some ideas and questions so we can all be responsible and encouraged to experience our own, private, intimate, spiritual experience. Because this intimate connection is exactly what we need in this moment.

We can find our connection, experience it, tend to it, and allow it to blossom as our life unfolds. This is the new DIY Spirituality. Holding LOVE as the ultimate guidance and truth. Because all of this comes back to experiencing pure love in our lives.

As you read through one question at a time, write down the first thing that comes up - without mentally editing it or judging it.

- ♥ What is your interpretation and experience with love?
- ♥ How do you define love?
- ♥ How do you know that you are loved?
- ♥ How do you receive it?
- ♥ How do you offer it?
- ♥ What does love feel like to you?
- ♥ How do you remember that you are loved when times are yuck?
- ♥ How do you experience love internally?
- ♥ How do you experience love externally?
- ♥ How often do you ask for something that helps you to feel love?
- ♥ How often do you ask how you can offer love to someone else?
- ♥ What can you do to broaden your definition of love today?