



## Spiritual Health and Balance

*By Michael Vinson*

One of the foundational building blocks of the Genuine Contact Program is 'Spirit is all that is'. We believe this to be true in the organizations we work with and in our lives individually. And so, each of us seek ways to keep our spirit in shape much in the same way we keep our bodies in shape. Here are some thoughts on Spiritual Health as taught at Bog Chapel, Woodstock, Vermont, USA. These tips to keeping your spirit healthy are relevant no matter what your spiritual background. These principals assume that as individuals we are all in relationship with a higher power, being, spirit or whatever name you might use for "the other" which is beyond us.

Spiritual health, much like physical health, can be nurtured and developed. Our physical bodies need three things at the very basic level in order to stay healthy. Air, water and food. Our spirits need peace, spirit and love.

Our bodies cannot go without air. It is so necessary to our existence that we take it in naturally all the time without even thinking about it. And there is only one way to get it. You have to breathe it in. To nurture our spirit, we need to breathe peace. When astronauts go into space, they remark on how peaceful the world looks from space. This is because the world was created as a peaceful and orderly place. Peace is prevalent on our planet like air. To nurture our spirits, we simply need to remember to breathe peace. It is all around us; we just have to consciously breathe it in. Breathe peace three times a day to take care of your spirit.

We can go without water for a short time. Depending on the circumstances, we might make it a day or two if we didn't have water but certainly we would not make it much longer. We intake water in a couple of ways; most importantly we drink it, but we also bathe in it and we know that water can pass through our skin as we notice on a hot day. To nurture our spiritual selves, we need to drink spirit. Or we can bathe spirit. This is how we take in "the other" that something that is beyond ourselves; that energy that some call it God, spirit, universal power, Allah, whatever word you use for "the other." We must drink it in at least once a day. Take in Spirit daily. Bathe in it. Drink it.

Food for our physical bodies comes to us in many ways and although we eat everyday, usually more than once a day, we can actually go without it for several days if need be. Food for our spirit comes in the form of love. Like our physical bodies our spirit can go without love for a good time. Some people are starved in their spirit for love. Love for our spirit, like food for our bodies comes in several forms; it comes in forms like music, art, relationship with others, and nature just to name a few. Like the food choices on a buffet, our spirits have many choices for love. We should feed our spirits intentionally at least once a week.

There are a variety of methods for breathing, drinking and nourishing in our lives as we seek to take care of our spirits. And as in other disciplines like exercise and diet we have to keep to our disciplines of breathing peace, drinking spirit and taking in love if we want to nurture, heal and grow our spiritual selves. Nurturing our spirit is a way to help us live by another important component of our GC work. That is to walk the talk. A healthy spirit keeps us on that track. Good luck in the New Year as you seek ways to nurture your spirit.

*This article was first published in the Wellness (R)Evolution for Organizations, January 12, 2006. Michael Vinson is a lead trainer for Bog Chapel, an organization dedicated to spiritual fitness for individuals around the globe as well as a Genuine Contact Co-Owner and Consultant. You can learn more about Bog Chapel's Spiritual Fitness classes at [www.bogchapel.org](http://www.bogchapel.org) or visit [www.healthyspace.net](http://www.healthyspace.net) to discover more about Michael.*