

# A Spirited Commitment to Dignity

## Four Ways of Looking that Feed Your Spirit

1. Emotionally Expressed
    - a. Where do I have access to all the emotions and a way of expressing that fits with my environment?
    - b. Do I have access to a full range of appropriate emotional expression?
  
  2. Connection to Nature
    - a. Do I have access to nature through my own body.  
Animals are a strong part of nature.
    - b. How am I in and with nature- of the landscape, weather, growing things, (bonsai, potted plants etc)?
    - c. When we stop paying attention to nature, we shrink/atrophy the spiritual domain.
  
  3. Beauty & Aesthetics
    - a. How does my environment look?
    - b. Do I have paintings, music, poetry, jewelry, clothing that is pleasing to me?
    - c. How does this fill me because of its beauty or how I wear it?
    - d. How do I bring beauty into my life?
  
  4. Imagination
    - a. Do I live in a mood that strangles imagination?  
i.e. despair, resignation, resentment, remorse, regret
    - b. Daydreaming is a faculty of the soul. Do I access and exercise my imagination regularly?
    - c. Can I see beyond my inheritance?
- \* Where do I see I take care of these 4 elements?
- \* Where might I add more richness to enliven my spirit?