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COACHING

SPIRITUALITY: EXPLORING WHAT IT IS

As some of you know (from past Tips or through knowing me personally) I see myself more and more as on a spiritual path. I'm not exactly sure where my path leads, but I know the more I become 'me' – the real 'me' that doesn't hide behind a series of masks – the closer I get to where I'm headed. There is a growing awareness too that I'm a spiritual being (the temptation to edit that out and write '*spiritual person*' is huge: yet this is at the heart of this Tip, so it is '*being*' which is more than just '*person*').

Lots of my thoughts and ideas on this are still relatively new. I don't stand here and claim to be an expert – rather I simply have a desire to share what I have come to understand.

What is Spirituality?

When I ask people this question, I get so many different answers. So let me give you my thoughts. First of all, for me spirituality and religion are not the same. I have lived in 4 different countries and have experienced Catholic, Islamic, Buddhist and even Shinto (Japanese) religions. Each religion has gifts and profound treasures to offer people, but too often religion is used as a weapon of war – and for me that simply can not be right. And yet at the heart of my spirituality is the belief there is something much bigger than myself and I am connected to it. Some people call this their connection to God, others refer to it as connecting to their Higher Self (and in part I agree with this), but mostly I see it as my soul's connection to the Universe. It is via the Universe that I am connected to everyone and everything in it via the energy of which we are made.

We all grow up with our own unique 'family maps' – maps that form the basis of our beliefs and behaviours. We then add a layer that becomes our individual view of the world, though things we have learnt and/or experienced. And on top of this comes all of our fears, worries and behaviours that we pick up on our journey through life. Our spirit is our pure soul that sits beneath all of our layers – masks if you will – and so it's not uncommon for people to be unaware of their real 'me' inside them: their 'me' that has inherent greatness. The spiritual path for me then is the journey that reveals my soul to the human me – and in doing so enriches my human experience.

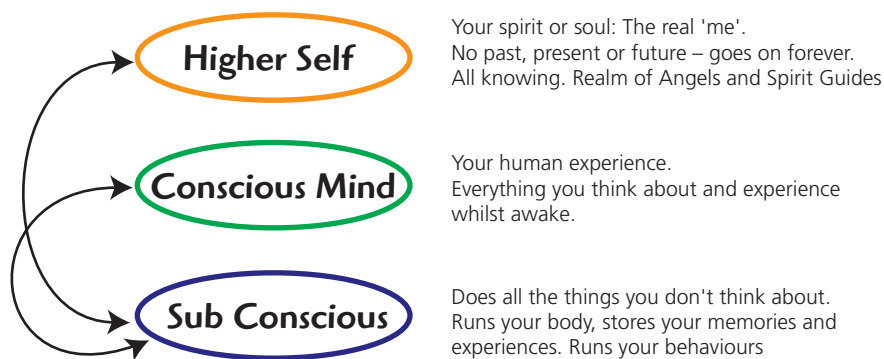
Red Dandelion • flat 8 • 65 buxton road • weymouth • dorset • DT4 9PL • UK
telephone 01305 772220 • email jennie@reddandelion.co.uk • www.reddandelion.co.uk

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Three Minds

There are many different views and ideas on how your spiritual being shows up and how you can become more connected to both yourself, others and your Universe (God or Higher Self). This diagram shows you how I think it works.



To be more connected it helps if your life is not cluttered with things you are putting-up-with, that your boundaries are clear, that your standards are high and you start to really look after yourself – all of which coaching brings to you. Dream analysis gives you glimpses of your spirit and meditation also helps you see and feel the beauty of who you truly are. I also believe that you can get in touch with your spirit through journal writing if you allow yourself simply to write instead of compose.

One, four or seven bodies?

People interested in spirituality, energy healing, NLP and esoteric studies generally believe that we are more than just our physical bodies or conscious mind. Most of these people believe that we have four main bodies and seven in total. They see these 'bodies' as energy that radiates beyond our physical form. These are known as auras. Auras can be captured by special cameras which can record these energy fields. Psychics and some other people can see or sense them too. Let me show you how I see the bodies and minds working together.



3 MINDS

4 MAIN BODIES

7 BODIES

Higher Self

Spiritual

Higher spiritual body = beyond words

Lower spiritual body = yearning for knowledge/wisdom

Body matures at 38–42

Conscious Mind

Mental

Higher mental body = seeing the bigger picture

Lower mental body = dealing with the nitty-gritty

Body matures at 28–32

Sub-Conscious

Emotional

Higher emotional body = our emotions

Lower emotional body = our drives

Body matures at 18–25

PHYSICAL

Physical body

Body matures at 16–20

In energy healing and in some spiritual circles they also believe there are 7 bodies that radiate out from the physical Etheric, to the Emotional, Mental, Astral, Etheric Template, Celestial and Causal bodies. They believe different bodies hold different energies, knowledge and wisdom, some containing and overlapping with the ideas above.

The maturing of the bodies at different times in our lives helps explain why in our late teens and early 20s we far more interested in finding a potential mate and reproducing than almost anything else. The emotional body matures just at the time when most of us are becoming parents, whilst by 30 we are beginning to see the bigger picture in life. It also not surprising that in our 40s as our spiritual body matures we often feel drawn to finding out our life's meaning and sometimes quite suddenly decide to change our direction in life (the mid-life crisis).

If you believe that your soul lives on forever, this helps explain that we may not have just one human experience but instead many – and reincarnation is a possibility at least. And if this is true, and you have the chance to experience life over and over again, do you think your soul would choose to keep having the best, most luxurious life ever? No. That would be far too boring! I won't go into this further (at least today) but leave you with this thought. Have you ever met someone who is wise way beyond their years? Or someone who retains a child-like innocence into their old age. Could it just be that these are 'old wise souls' in young body or an 'enthusiastic puppy souls' in an old body? Just a thought about how this may be! Or have you ever met someone for the first time and

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felt you knew them deeply immediately? Perhaps it's because you do know them – but from another time.

With all this talk of spirituality and reaching a place of being where you life is more at peace and more connected – I think we need to remember our physical, human side is very important too. It is our human side that feels the sun caress our skin, makes our ribs ache when we laugh too hard, notices the scent of honeysuckle on the breeze, tastes the zing of fresh raspberries on our tongue, and the touch of a hand from a loved one. And of course the tears when we are sad, the emptiness when we feel alone and a strident noise that disrupts your calm. The conscious mind and the physical body of *being* a human being is just as important as your spiritual side. However, becoming aware that we are more than just a physical being enables us to see, feel and experience much more in life. Which reminds me of a quotation I like: *"We are all spiritual beings having a human experience"* which also makes me realise human side is wonderful, otherwise why would our spirits want to experience it?

I know a lot of people are interested in spirituality: and equally a lot who aren't! In my coaching I work with some clients exclusively in the physical body / conscious mind arena. But for those who are interested in spirituality then some of our work together will look at what it means to you, how to work with your intuition, finding out who you really are, and so on.

As always, I love to hear your views and comments. And if I can help you in anyway – please get in touch as I am always delighted to hear from you.

Red Dandelion 33 blythe place • bicester • oxon • OX26 2GH • UK
telephone 44 0 1869 321188 • email jennie@reddandelion.co.uk • www.reddandelion.co.uk

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