

PAT'S PULSE ON ALL THINGS AWESOME IN EDUCATION

October's Suggestions

A Journey of Self-Discovery

Excerpts from the work of David Chandler

Knowledge about spirituality is very important. It is a rare kind of enlightenment that is necessary for your personal and spiritual growth. It sensitizes you about the secrets of spirituality, the traps you should avoid, and the practices you should amplify in your life. It is unimaginable where we would be without sufficient and reliable knowledge about spirituality. More so, it is scary to think what would become of humanity if only fewer people were knowledgeable about spirituality. Like everything else, there is safety in numbers. The more people know about spirituality, the safer humanity becomes.

What is spirituality and what does it hold for you? It is about the sense of connection to something bigger than yourself. It is also about searching for meaning in

life. It happens to most people at some point in their lives when they feel the urge to explore their lives. It is a search for self-identity. These answers are found in your spirituality. It manifests in different ways in different people and is influenced by personal experiences and relationships.

That's why the arts (and especially how they can be integrated into all aspects of our lives) have the potential to transform a person at a deeper level of consciousness. When the arts are integrated into a child's world, they may not even be aware of how their souls are being touched. Intuitively, they realize they are feeling more relaxed, calm, energized and curious—without needing to understand why. **ArtsAround** activates that spirit in all of us. Your actively engaging lessons help your students' brains to remember interesting experiences, which plants seeds in young peoples' minds who may choose to develop these ❤️ heart felt practices during their lives. The seeds you plant today may blossom and grow for years to come. **You have inspired them!**



Sources of Spirituality

The Universe has highlighted to us the places to find our spirituality. It is also here that we will discover our self-identity.

1. Nature

From the fact that nature is the natural habitat of all creation, it is also the first source of spirituality. It is the place that reflects your instincts and shapes your perspectives. Nature is your natural environment. You can connect with it through outdoor activities, meditation, or spending time there. It makes you learn the different patterns of other creations and what you share. As you understand the spirituality of other creations, you also learn yours and how unique or different you are from them. Consider time with nature as the first step to understanding your spirituality. Boldly make this step by getting your students outside as much as you can.

2. Relationships

The nature of human beings is socialism. We were created to be social, and lives joined to the hip with that of others. From birth, the universe placed you in a family and tasked them with the responsibility of nurturing you. This established a family relationship. It influences your values and ideas for spirituality. The

universe wants you to take relationships seriously because they are a source of your spirituality. As a student in school, your school community becomes your family. This is a great place to understand a sense of belonging, build confidence and adapt values that matter. As an adult, the universe gives you the freedom to form other relationships for survival. They also become another source of your spirituality. Audit your relationships, hold onto the meaningful ones, and let go of those that are not beneficial. Teach your students how to do this.

3. Creative expression

It has emerged that creative activities like music, art, and writing are other sources of spirituality. The universe encourages you to explore the passions that it has put within your heart. It makes your mind a tool to lead you to the source of spirituality. Religion has mastered the secret of using creative expression as a source of spirituality. It includes singing during worship and practicing acts of faith about their religion. Spiritual songs are like lullabies to a baby. They induce sleep even when the baby is restless in the middle of the night. The more you engage in creative expressions like singing, dancing, playing an instrument, and feeling what it is like to walk in another person's shoes (drama) the faster you will connect with your spirituality.

4. Mindfulness

It is being completely aware and in charge of your thoughts, emotions, and experiences. We are fond of looking outside at other people except ourselves. We judge, condemn, and direct their lives by giving suggestions about what they should do. However, mindfulness changes this habit by allowing you to focus on yourself. It is no longer about what someone else does with their life but what you do with yours. In mindfulness, you realize the power of self-exploration and connection to your spirituality. It is time you consider making useful the time you spend alone looking into space. It is the source of your spirituality. Use this tool as much as you can in your classroom.

5. Prayer and chanting

Prayer is divine communication with the creator. It is a special and sacred time that you allocate to connect with the power above. The power of prayer as a source of spirituality is in how people disconnect from everything else to focus on the one who rules the Heaven, Earth, and the Universe. Turn to prayer when you are feeling heartbroken, lonely, anxious, or stressed. Your spirit will be re-energized, and you will

gain a little more strength to see you through whatever rough patch of life you are going through. Prayer offers a light of hope that cannot be bought anywhere else. It is the power of discovering your spirituality.

6. Love and compassion

Love and compassion are the backbone of spiritual development. They are very strong spiritual values that hold the secret to your spirituality. Your eyes are opened when you practice love and compassion. It leads you to understand the vulnerable side of humanity and the importance of the 'other side' – which is spirituality. Love is practicing the universe's care to its creation while compassion is understanding the hurt of other people and showing them mercy. As you practice both, the universe considers you a partner. Among the privileges of being a partner with the universe is gaining deep insight into creation and its spirituality. Practicing love and compassion is understanding spirituality. Furthermore, understanding spirituality is also knowing its sources. This is your starting point. Other aspects of your life will fall into place the more you discover your spirituality.

What is Spiritual Awakening?

“Ask yourself what makes you come alive and then go and do that. You must grow from the inside out. None can teach you: none can make you spiritual. There is no other teacher but your own soul.”

...and the arts will help you achieve that!