

A Spiritual Reflection on The Flourishing Life

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What is Spirituality?

Spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose, and the way they experience their connectedness to the moment, to self, to others, to nature and to the significant or sacred.

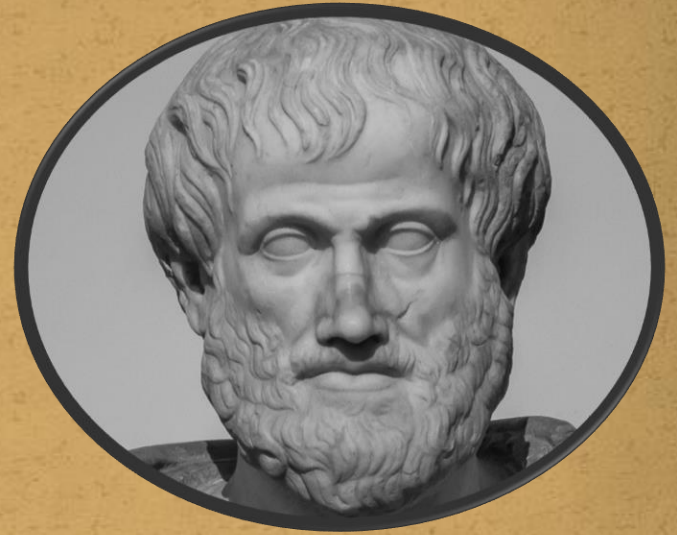
Pulchalski & Ferrell

Making Healthcare Whole, 2010

Eudaimonia is a Greek word that means happiness or well-being. It is derived from *eu*, meaning "good", and *daimon*, meaning "guardian, genius, or spirit".

Eudaimonia suggests a state of being that is influenced by a positive and divine force.

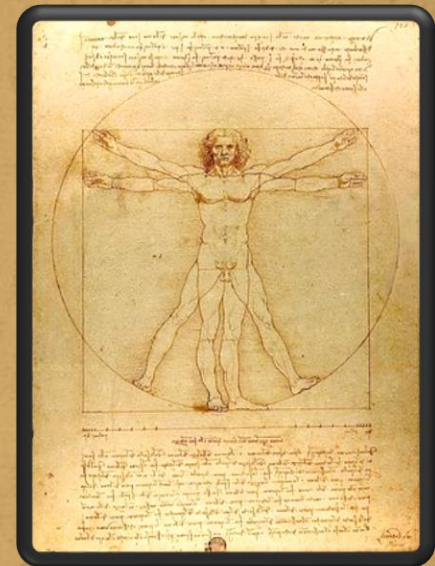
Happiness
(*eudaimonia*) is the
meaning and purpose
of life, the whole aim
and end of human
existence.



Aristotle

Hypothesis

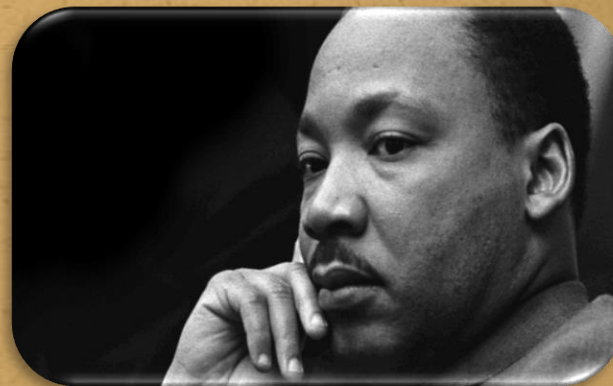
Eudaimonia is experienced by what we do *with* and *for* others.



“

Life's most persistent
and urgent question is,
“What are you doing for others?”

Martin Luther King Jr.



“

The best way to serve ourselves
is to love and care for others.

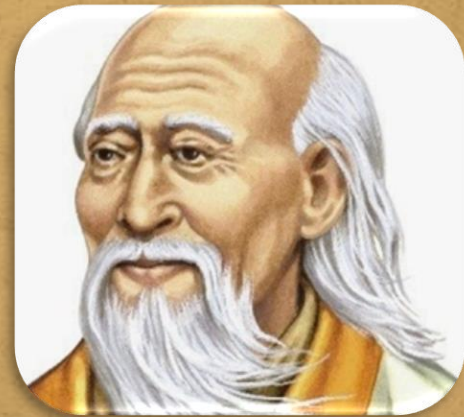



Pema Chödrön

“

The Way of Man is to act on behalf of others and not compete with them.

Lao-Tzu





**BE A LAMP,
A LIFEBOAT,
A LADDER.
HELP SOMEONE'S
SOUL HEAL. WALK
OUT OF YOUR
HOUSE LIKE A
SHEPHERD.**

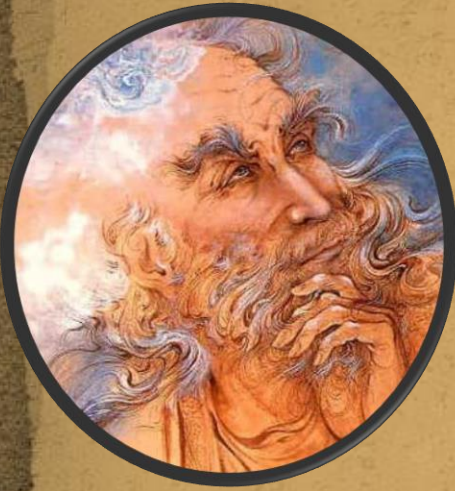
RUMI

drops
of knowledge

There's a tale from the Jewish tradition that speaks insightfully of heaven and hell.

One night an old rabbi had a vision of hell. He saw a beautiful banquet table filled with the most sumptuous of foods. But all of the guests were starving, they had no elbows, therefore they couldn't bend their arms and get the food into their mouths. They tried in vain to eat but were unable. They suffered terribly just looking at all of the delicious food and being unable to enjoy any of it.

The next night the rabbi had a vision of heaven. To his surprise, it was the exact same image, the same sumptuous banquet table and the people with no elbows. But in this image the people were eating and happy and celebrating. The difference? Without elbows, they discovered they could feed each other.

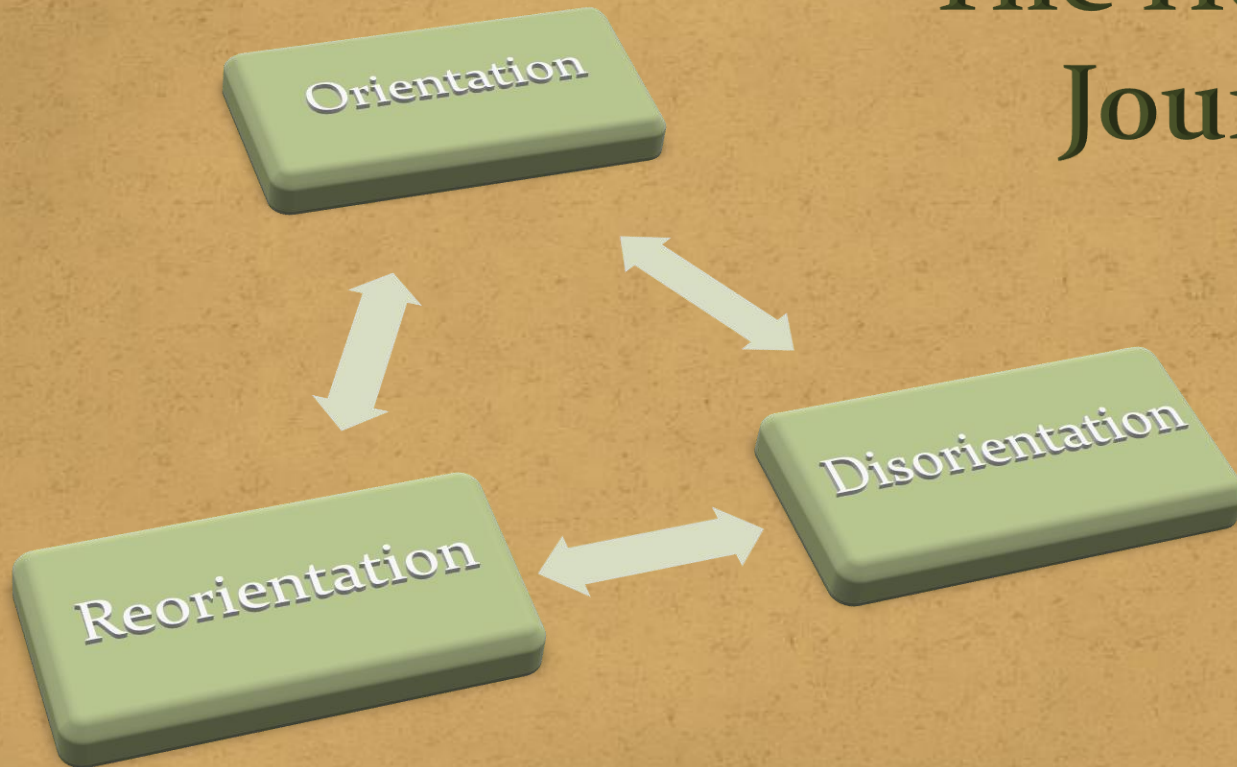


The major faith traditions declare ...



the biggest obstacle for the flourishing life.

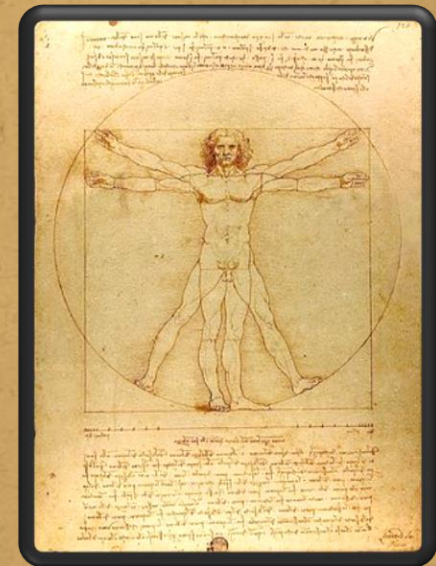
The Hero's Journey



Joseph Campbell
Hero with 1,000 Faces, 1998

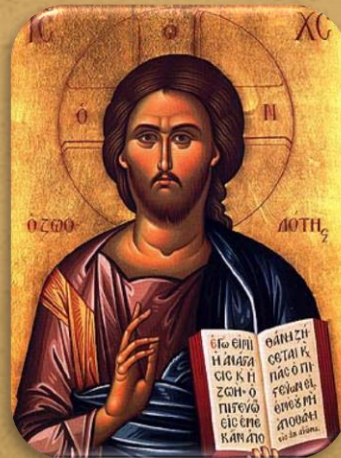
Outcomes of an Effective Reorientation

- Individuation
- Inter-Being
- Wisdom
- Compassion
- Equanimity



²⁸ One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, “Of all the commandments, which is the most important?”

²⁹ “The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. ³⁰ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ ³¹ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”

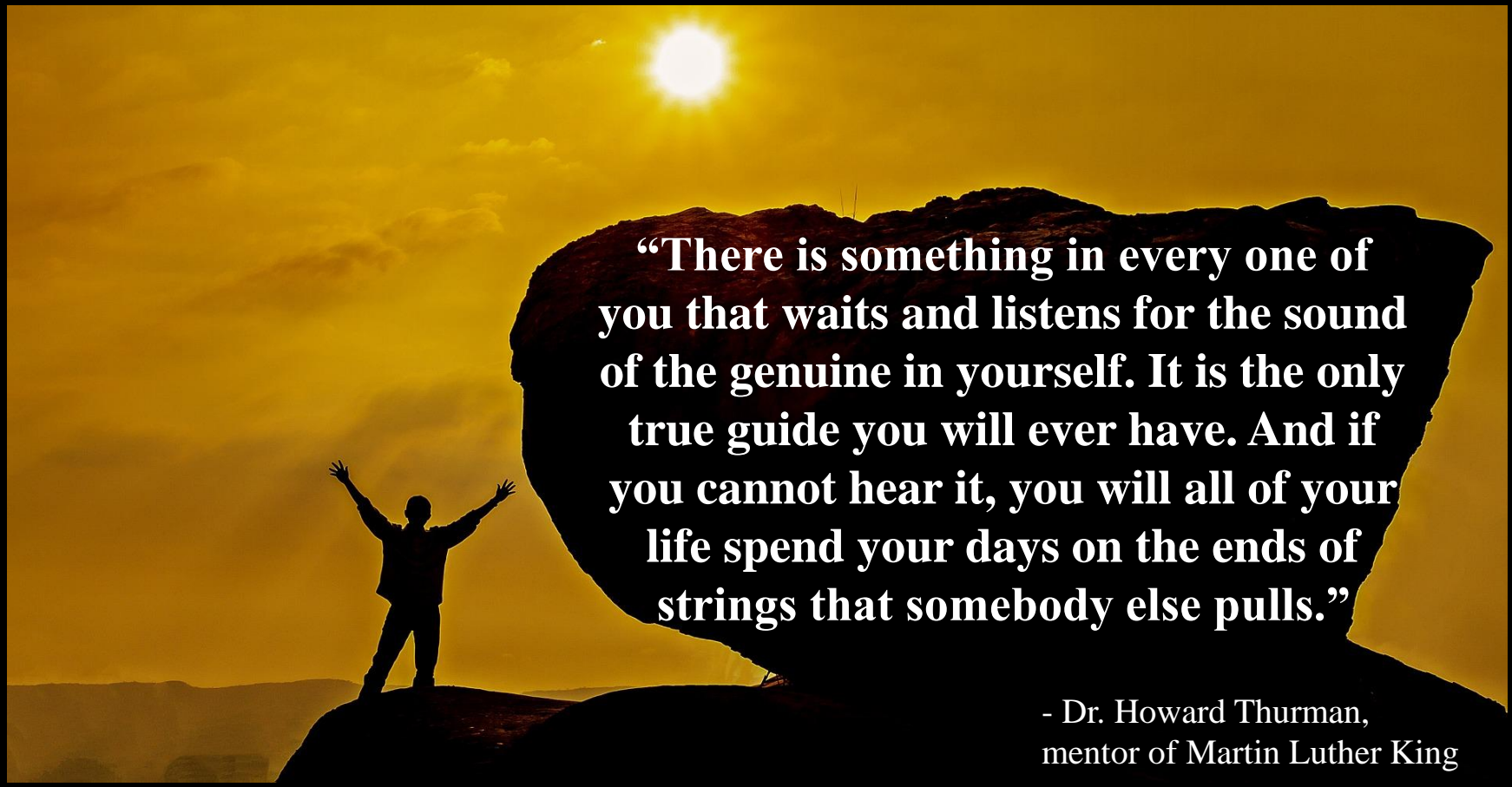


~ Jesus of Nazareth
(Mark 12:28-31)

“

I want to be a conduit of God's grace rather than a participant in the fear of not enough.





“There is something in every one of you that waits and listens for the sound of the genuine in yourself. It is the only true guide you will ever have. And if you cannot hear it, you will all of your life spend your days on the ends of strings that somebody else pulls.”

- Dr. Howard Thurman,
mentor of Martin Luther King



In the end, Waldo found himself...

Heraclitus the
Obscure wrote,

“I searched for
myself.”

Waldo joined that
search.

May you find what
Waldo found.



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