

Accepting The Spiritual Invitations To Wellness

What does spirituality mean to you? What does wellness mean to you?

How do you know when you have attained physical, emotional, social and spiritual wellness?

When confronted with the challenges of daily living, you have a choice to stop moving forward or to meet the challenges with energy and excitement.

What may hold you back is how you view these challenges.

Do you experience them as debilitating, as overwhelming and unable to achieve OR do you experience them as invitations to confirm your strength, your determination?

People and situations that diminish your sense of value and worth can be experienced as all bad, as to be avoided at all cost, or can be viewed as invitations to learn the lessons that increase your sense of value and worth.

What was once experienced as critical judgement might now be perceived as an invitation to confirming your human value and worth. What was experienced as blaming and shaming can now be an invitation to self-love.

These examples support one of the examples of what is defined as spiritual – the element of transcendence. The deepest and widest of experience inspires an invitation to feel the awe of meaningful and purposeful existence.

A courageous shift is required for you to open to the possibility that what was once heard, seen and felt as negative can be the invitation to a spiritfull growth. Questions you may ask yourself are:

“What is the purpose for this to be happening?”

“How do I accept negativity as a message of potential wellness?”

“How do I be with my vulnerability as strength for change?”

When you reframe the perceived negative statements and comments to questions of wonder and curiosity, you are inviting the energy of Spirit to support your presence in relationship with yourself, others, and your world.

Gloria McArter