



# Spiritual Life Line

**Disclaimer:** *This exercise should not be completed by individuals who have or are experiencing traumatic spiritual events in their lives, such as spiritual abuse. This exercise is intended as a reflective exercise on the average spiritual experience of the average individual.*

Our spiritual life line begins at birth and continues throughout our entire lifetime. No matter what stage of life you are in, the spiritual life line will be your most valuable tool in understanding why you believe what you do, and how you came to those beliefs. It will also help you to decide what you want to carry forward with you, and what you may want to discard.

A spiritual life line should be created only for yourself. You should work in a space that is free from distraction, where you can immerse yourself in an unrestricted exploration.

This is a very intense exercise and need not be completed in one sitting. In fact, it is most beneficial to take one stage at a time, allowing yourself to fully actualize the facts as they were. While completing this exercise, always stay in touch with what you need and respect your bodily felt wisdom. The invitations and suggestions should never take precedence over your inner authority or what feels right for you.

For the exercise described below you will need to download the Example Exercise PDF document and the Spiritual Life Line Exercise Word Document. You can choose to work in the Word Document or print it out and write on it if you wish. You will also need your notebook or journal.

## **Drawing up your life line.**

1. Following the Example Exercise, on the Word Document enter the significant spiritual events, as they apply to your experience, in each box categorized by the age groups.
2. You can then go deeper (in your notebook or journal), by focusing on a particular period.

To explore somewhat more about that particular period, ask yourself: *"What do I sense inside by getting in touch with this spiritual period in my life? What is my overall feeling about spirituality at that time?"*

Emotions, images and memories may come up. You can test the 'answers' that are emerging from within by asking yourself: *"Does this completely describe what this phase means to me?"* Stay in an attitude of acknowledgement without judgment. "It is what it is."



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3. You can choose to use other forms of expression for a particular phase, such as making drawings, playing music, looking through photos, etc.

Feel free to take a break before continuing to explore the more specific questions below.

## **Exploration of existential themes with reflective questions.**

You do not have to answer all of the questions below. Choose the ones that stir your soul or provoke a challenge. You might provide emphasis by using colors or other symbols.

Make sure to deepen certain spiritual experiences by asking yourself, with compassion and kindness: "*How do I feel about this inside?*" Wait and see if anything comes into your awareness. Then slowly begin to assign words or symbols to it. You can continue with this process until you feel at peace with the first expressions that you have identified.

1. What were the best spiritual times of your life? What was going on in your spiritual life that created good circumstances for you? How did you contribute to making it a good time?
2. What were transformational spiritual moments in your life or experiences that have changed your life? What did such a moment or experience do to you and what did you do with it?
3. Have there been moments where you have or have not made important spiritual choices? What consequences did you experience as a result? Where would you - if you could - make different choices?
4. What in your spiritual life is or was a fertile ground for growth or inspiration for your spiritual development?
5. Describe some of your spiritual gifts while focusing on how they developed in your life.
6. When there were difficult times, what spiritual qualities have kept you going?

**Possible further steps:** Take your time to sense what you need to contain your experience. Sometimes it feels enough to have written down your answers and to keep them like you would keep a diary, only for yourself.



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Or you may decide to seek further guidance or perspectives from others, regarding specific parts of your spiritual life story. Further interaction often sheds a new light on what you have found and it may be useful to take some action in the outside world to support your reflective process. Seeking guidance from a spiritual leader that aligns with your beliefs most often proves to be the most helpful.

Exploring anything that feels valuable or useful in continuing your process is a worthwhile endeavor. Don't be afraid to explore various perspectives, use your imagination, or be guided by inspiration.