

Dr Mark Arcuri

Transformational Tips Newsletter



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Hello, Friend!

*Trusting that you are safe and well as we move along another week of physical distancing for most of us. **If you are needing some support**, I am happy to offer you 30 minutes on request via Zoom. No need to demonstrate need, no charge, just ask by responding to this e-letter or [send an email](#) and Carlos in the office or I will get in touch to set it up. We are happy offer what we can!*

Spirituality. Now there's a topic! As we contemplate the 4th aspect of the biopsychosocialspiritualenvironmental model of self-care, what does Spiritual Self Care mean to you? Chances are your responses are as diverse as the imagination. And I think that that diversity Friend, is the beauty of spirituality.

You Are a Spiritual Being...

Being a Spiritual Being can mean absolutely *anything*. To be spiritual is simply to feel a sense of connection to *something* that brings you to a place of peace, greater wisdom, calm, joy, fulfillment, _____ (fill in the blank). The only real requirement is that the sense of connection and faith you have is in something that you believe walks along with you on your path and enhances you in some way. That's it! We all have capability and desire. We are all spiritual Beings.

...Each in Your Way

Some of us seek and need structure on our quest to express spirit. That might take the form of a religion or a practice of some other kind. These are ways of making a spiritual connection, but they are not required. Religion can be

spiritual but spiritual does not mean religion. Others may simply take a walk and stop once in a while and literally smell the flowers or observe the clouds or get lost in the vastness and beauty of a clear blue sky. Still others may find themselves taking a walk and noticing nothing at all, just wandering – seemingly aimlessly – but in reality, connecting deeply with themselves, getting lost in thought, maybe but not even always.

One of My Favorites

One of my favorite ways of spiritual connection, and it's even more useful in this era of physical distancing, is having a Conversation With a Wisdom Figure. I made a quick video this morning, to save space here, to explain it more. Take a quick look at: (<https://vimeo.com/400610551/7dd888c7ed>).

Having a conversation with a wisdom figure is a super powerful way to have a deep spiritual conversation. You and your imagination are all that are required, so it's even more perfect as you physically distance yourself from others. It is deceptively simple and just as potent for comfort, guidance, deep connection, and meaning. Give the video a watch and take a few minutes to try it out! I'd love to hear about your experiences!

And More Ideas From My Clients

Here are some other ways of making spiritual connections that people have talked about in recent days:

- **Mindfulness Practices** – meditation, yoga, Pilates, T'ai Chi, prayer, silence, drumming or chanting, drawing and other art forms, and writing ([Julia Cameron](#), anyone?); as appropriate some of these can even be done in a group on Zoom, Skype, Facetime, etc.
- **Clearing the clutter** (we'll get to Environment in the next e-letter on Friday).
- **Contemplative Practices** – just thinking about something over and over, musing about it, studying it, so that you go deeper and deeper into it and gain new insights; and then perhaps going back to art or writing to express it and take it even deeper.
- **Sitting or Walking in Silence**; is there an outdoor labyrinth in your town that is accessible right now? [Dr. Robin Dilley](#) is a great resource.
- **Inspirational Reading** – how about a shameless plug for my first book, [A Life Aligned](#)? You can read it free on Kindle in many cases, or, if you'd rather not buy it, [send a note we'll send you a free e-Copy](#)).
- **An e-Course** perhaps? How about my [8 Days to Authenticity e-Course](#)?
- **Acts of Any Kind That Benefit Others** – volunteering if you are well and

in a lower risk category, or something virtual to help others for example; the icing on the cake? *You* benefit too!

These are all ways to make deeper spiritual connections that clients and friends have talked about in recent days, but the list is far from comprehensive! What others are meaningful to you? Send them along by Replying to this newsletter and I will send you a free gift in thanks!

With blessings and gratitude,
Mark.



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