Spirituality During and After a Pandemic

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During this pandemic, have you been able to maintain your spirituality?

If so, what are some best practices?
During this pandemic, connecting with our spiritual, religious, or other communities has been a challenge. Finding strength in traditions, texts, rituals, practices, holy times and or even seasons may not have been as easy as in past years due to the lack of community.

What can we do to maintain our spirituality during these times of social distancing and thereafter?
What is Spirituality?

The dictionary defines spirituality as the quality of being concerned with the human spirit or soul as opposed to material or physical things.
Areas of Focus

This session will explore ways for us to enter the space of Spirituality during times when engaging with our “community” has been a challenge. We will explore:

• The vulnerable place of spirituality
• Fruitfulness in lack of control
• Allowing myself to change
• Listen, without defense
How often should you practice spirituality? We have to ensure that our “practice” does not turn into a “check the box” routine.

Community should lead to a deeper level of spirituality, and not be a final destination.
The vulnerable place of spirituality

Spirituality often puts us in a place of vulnerability. When challenges come, we often:

• Push past the place of vulnerability
• Plan and put together a to-do list
• Schedule our way to productivity and achievement
• Move to areas we know how to do, it’s our comfort during uncertainty
Fruitfulness in lack of control

From time to time, we should give into our opposing impulse:

• Stay unproductive
• A quieter voice, one that feels deeper, more profound, and even scarier
• Feel the sadness, the loss, the change
• Sink into the discomfort of not moving forward, not getting things done
• Something fruitful is happening, we’re just not controlling it
Allowing myself to change

How can I allow myself to be changed?
As opposed to:

• How should I change?
• How must I change to keep up with a changing world?
• How can I not change and preserve the way things have always been?

Can you allow this change, change you?
Listen, without defense

Pause, openness and vulnerability:

• Listen — without defense
• Find the emotional courage to follow your inklings
Ways to practice spirituality

Things we can do to slow down and leave space for change:

- Meditation,
- Poetry,
- Walks,
- Journaling

Caution: These things can also get in the way because they reflect more doing. It’s trying to solve the problem with the same thinking that created it.
Alternative ways...

Alternative, do nothing or do less:

- Your time - leave space for literally, nothing. Allow yourself time out of time.
- Your thinking - don’t be mindful, let your mind go wherever it goes and, maybe, notice where it goes.
- Your relationships - if you need a break from seeing people, allow for that. If you do want to be with people, try doing it with curiosity and vulnerability, without wasting effort performing.
Leaving space...

Leaving space for feelings to come up:

• When you relax the demand on your time, your thinking, and your relationships, you’re slowing down, reducing the load, and leaving space for feelings to come up.

• Maybe tears, maybe laughter, maybe boredom or annoyance.

• Maybe you’ll feel the stress of not getting things done, or the fear of missing out as people around you produce and network and market.

• Maybe you’ll feel joy and that might be scary too.
Make room…

Courageously feel:

• Give room for your body, your mind, your spirit, to reorganize.
• Trust that something important is happening
• You can’t force it.
THANK YOU!

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