

# **Pillars: Spirituality**

## **Facilitators Guide 2020**



**Life Learning Center**

## Revision History

Document Name	Rev. #	Release Date	Description	Reviewers
2020 Pillars - Spirituality– Facilitators Guide	1	April 2020	Refresh – Add Facilitator Tips, rework PPTs, remove redundancy, improve usability	Denise Govan (LLC) Ashton Van Gorden (LLC) Tom Crutchfield (volunteer) Tony Aloise (volunteer) Blanche Gaynor (volunteer)
	2	May 2020	Virtual Approach recommendations (shown in Red); additional revisions on pages: 9, 16, 18, 19	Tony Aloise (volunteer) Tom Crutchfield(volunteer) Blanche Gaynor (volunteer)

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**Facilitator's Checklist**

**VA: No special Facilitator instructions required for a Virtual Presentation**

The facilitator should make sure of the following before beginning Spirituality activities.

**Check Supplies**

- Basket to collect cell phones
- Post-It Easel pad with markers (check markers to make sure they have ink)
- Pens, Tape, Crayons, Markers, Scissors, Glue

**Check Presentation Equipment**

- Power On
- PowerPoint appropriate for sessions

**Reference Material During Session**

- Spirituality Life Journal**
- Foundations Life Journal Pages: F-57**

**Check *Facilitator Bin* for Supply of Handouts**

- Blank Paper
- Evaluations

**Candidates Materials**

- Cohort Schedule
- Life Journal

***Facilitator Tip:***

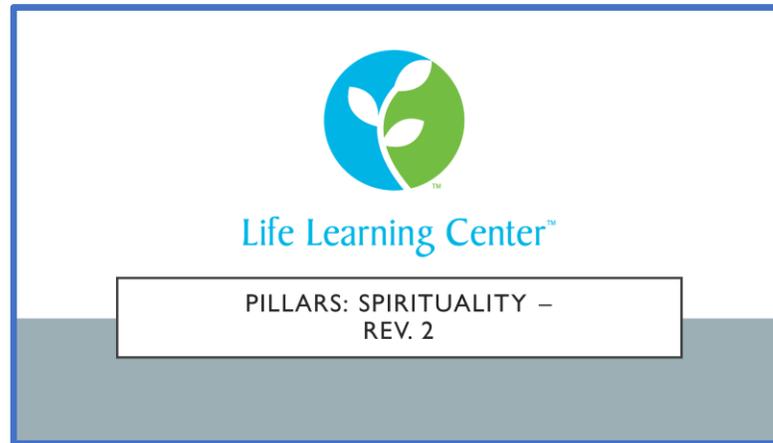
*As this text is used universally, check schedule to incorporate use of such terms as: "this afternoon/evening," "break/meal."*

**Welcome**  
5 Minutes

Welcome to the Spirituality Pillar! My name is \_\_\_\_\_.

In this segment we will focus on the affect spirituality has on your Transformational Permanent Change.

PPT—Slide 1



We will continue to build on everything we've learned so far about four domains of our lives: emotional, physical, relationships, and financial. Now, we're going to look at the fifth domain of our lives: Spirituality.

Before we dive into Spirituality, we have a special presentation/discussion entitled Live to Your Potential.

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**Live to Your  
Potential**  
60 Minutes

Life Learning Center Volunteer and Founder of Life Solutions Network, Tony Aloise will facilitate this segment. We at LLC appreciate the Life Solutions Network's generosity in making their "Live to Your Potential" a part of the Transformational Permanent Change program.

This presentation/discussion reviews many of the topics already covered in the LLC Program, such as Vision, Your Life's Purpose, SMART goals, and You Are What You Believe to name a few.

It introduces relevant topics to TPC not covered in the LLC Program for further exploration, including Time Management and the value of Leveraging Structure.

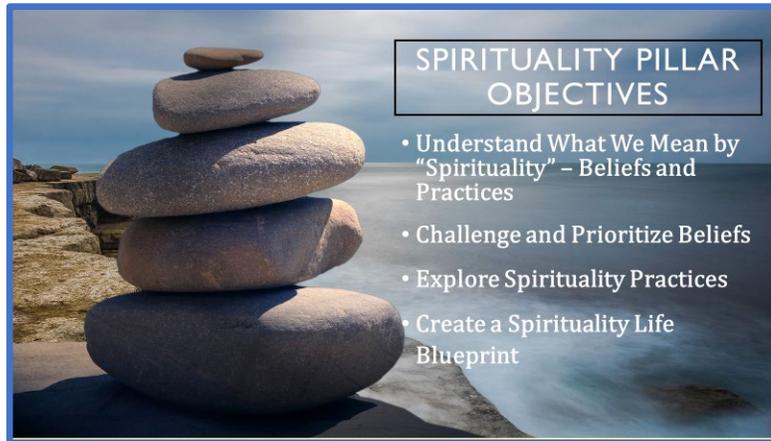
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## Introduction to Spirituality

20 Minutes

*Objectives*  
PPT—Slide 2

LJ—Page S-4



### Objectives

- Understand what we mean by “spirituality” – beliefs and practices
- Challenge and prioritize beliefs
- Explore Spirituality Practices
- Create a Spirituality Life Blueprint (includes defining a future state of our beliefs and a desired initial spiritual practice to pursue – or continue to pursue)

A word of clarification—this is NOT a discussion about religion. LLC is not promoting religion (at all, or one over another). And we are not telling you what to believe spiritually. As always, we will present information, ask questions, and discuss choices. Ultimately, how you respond to the information and discussion presented is your choice.

We have talked positively about ourselves as people who were created for a specific purpose—that we are here to accomplish something on this earth. We determined that if there was an invention—like the umbrella or the can opener—that there must be an inventor—a Creator, if you will.

Some of us call this Creator a Higher Power. Some refer to this as God. Others of us may not even agree with this line of spiritual thought.

Whether you believe that it’s a Creator that gave you a purpose or not, I hope you know with certainty that there is a purpose for your life.

You spent time discovering that purpose through creating your Purpose Statement during Foundations Week—then you learned to make sure that everything you do aligns with it, through referring back to it in each of your Life Blueprints.

## Introduction to Spirituality (Cont.)

### Defining Spirituality

First, let's clarify what we mean when we say "spirituality."

When I mention the word "spirituality," what comes to mind?

*Solicit responses. Encourage discussion.*

When I mention the word "religion," what comes to mind?

*Solicit responses. Encourage discussion.*

*Possible responses for all of the above:*

- *God or Higher Power*
- *Religion*
- *Faith*
- *Meditation*

Religion and spirituality are both ways people relate with a Higher Power (divine, sacred, God). Religion describes the social, the public, and the organized means by which people relate to a Higher Power, while spirituality describes such relations when they occur in private, personally, deep within yourself.

So where are you on your spiritual journey?

*Ask each person to share 1 or 2 thoughts on where they are.*

Remember what you shared and see how that might change as you learn more about spirituality today.

You might ask – why is understanding spirituality important?

Over 1,200 studies have been conducted on the positive effects of the spiritual domain. Here is what those studies suggest:

- About 99% of doctors surveyed in one of the studies believe that spiritual beliefs contribute positively to medical treatment.
- Another survey showed that people who frequently attend religious services and pray had lower death rates from major diseases, were more likely to stop smoking, exercised more, had more social contacts, and stayed married longer than those who didn't.
- Another study showed that people who believed in spirituality had fewer doctor visits and a reduced risk of various diseases like cancer and heart disease.
- Then, another study said that prayer and meditation had positive effects on hypertension, depression, anxiety, infertility and other conditions and that those who were prayed for had higher recovery rates from surgery.

In our discussion on the spiritual domain we are going to talk about how to achieve lasting change in your life.

**Introduction to Spirituality (Cont.)***Origins of Spirituality*

Let's take a look at the origins of Spirituality and how man's understanding of this has evolved over time.

Back in the time of Christ (2,000 years ago), spirituality was connected to a religious process where man aims to recover the "original shape of man" and the struggle to orient man toward the image of God.

In modern times, the definition of spirituality has expanded to include phrases like:

"Deepest values and meanings by which people live that help people with their personal growth or transformation."

"How to encounter one's inner dimensions,"... or...

"Enabling a person to discover the essence of his/her being."

In short, we're going to talk about spirituality as a combination of beliefs and practices." So, we need to understand these two things. By working with them together, you will learn today how to think and act consciously to get a better understanding of who you are and what choices you can make to live a life that's meaningful to you and others.

Let's start by diving deeper into what we mean by spiritual beliefs.

Along the way, whether we recognized them as such, we've given you "spiritual" truths and principles including:

- Transformational Permanent Change must start with a willingness to change from within you.
  - You must do things differently than you've done them in the past if you are going to effect and change and shift your circumstances.
-

**Spiritual Principles and Laws (Beliefs)**  
40 Minutes

An organization from Houston, Texas, *The Benchmark Recovery Center*, reinforces these beliefs that align with the LLC program. They have identified 12 spiritual laws (or beliefs) that can be translated in our active lives.

*Spiritual Principles*

To put this in perspective, it may be helpful to think of these 12 laws as describing the “deepest values and meanings by which people live” or “those things you believe that are the essence of who you are as a human being”.

PPT—Slide 3  
LJ—Page S-5 thru S-8

SPIRITUALITY PRINCIPLES/LAWS	
1. Consent	7. Relaxation
2. Caring	8. Subconscious Activity
3. Cause and Effect	9. Practice
4. Use	10. Forgiveness
5. Responsibility	11. Growth
6. Substitution	12. Intent

Let’s explore the 12 principles and discuss as we go along. Feel free to make comments with your thoughts about them. You may want to take some notes on page S-5 thru S-8 in your Life Journal.

*Possible discussion questions after each Law:*

- *Do you agree or disagree with the principle? Why?*
- *Maybe you’d like to share about how it’s worked in your life or the life of someone you know.*

**Facilitator Tip:**

*Consider having Candidates take turns reading Laws out loud.*

Law of Consent

1. Consent

By giving others consent to help us look at our experience and our lives, we are able to arrive at some truth about our pasts and recognize that we can’t change on our own. This entails opening up and allowing others in. It allows us to see the truth about our situation and no longer deny that anything is wrong. It is through looking at our own experience – not anyone else’s – that we begin to get a glimpse of our powerlessness, and it is from this position we can begin to change.

*Prompt discussion.*

**Spiritual Principles and Laws (Beliefs) (Cont.)**

Law of Caring

2. Caring

The Spiritual Law of Caring is based around the principle that we can achieve the things we care deeply about. If we don't truly care about change, we will never achieve it. This is the reason it's so critical to develop a vision for our lives that we are truly passionate about achieving. The law of caring is powerful. If we deeply care about our own life and health, any life we choose is possible. No one can make us care. No one can make us change. We must take the actions necessary from a point of caring to achieve our future.

*Prompt discussion.*

Law of Cause and Effect

3. Cause and Effect

This law teaches us that what we put out into the universe must come back to us at some point in time. If we put out anger, pride, resentment, and fear, at some point in time it will come back to us. If we are kind and loving, express compassion, forgiveness, or giving that too will return to us.

If you've ever wondered why everything seems to go right for some people and quite the opposite for others, you've likely experienced the law of cause and effect.

Positive people aren't that way because everything goes right for them – things go right for them because they are positive. This concept is difficult to believe for those who haven't experienced it. However, the most exciting news is that you can experience this change today just by changing what you send out into the world.

*Prompt discussion.*

Law of Use

4. Use

The Law of Use simply reflects that if we do not use something, we lose the ability to use it. This law is easiest seen with the physical body. When we do not exercise on a consistent basis, the muscles begin to lose their strength and endurance. We see this law in effect every day in many ways. In other words, you use it or lose it.

The way we exercise this particular belief is most easily understood when we think about an action or activity that forces us be aware of our inner self, the essence of our being. That action is typically in the context of a spiritual practice which we will explore in more detail later.

*Prompt discussion.*

Law of Responsibility

5. Responsibility

A Higher Power will not do for us what we are supposed to do ourselves. This law upsets a lot of people because it places the responsibility on our shoulders. If we want to eat, we must get a job, earn money, and buy food. If we want a car to drive, we'll have to do

## Spiritual Principles and Laws (Beliefs) (Cont.)

the same. We cannot expect other people or some higher power to take care of our every need while we shirk our responsibilities.

If we have failed, then it is of our own doing, our own choices. Other people and situations may have made or continue to make it more difficult for us to succeed, but this is still no excuse for not taking the reins of responsibility in our lives.

The more we assume responsibility for our life in all areas such as physical, financial, spiritual, relationships, and emotional, the more fulfilling our life becomes. Waiting on the side lines for our life to take off on its own is not rational thinking. What's even worse is basing our happiness on the behavior of another human being. It's much easier to make changes and improve your life when you have a positive self-worth that you are fully responsible for creating.

*Prompt discussion.*

### Law of Substitution

#### 6. Substitution

The Law of Substitution is one that will require daily practice. It is said that of the 50,000 to 60,000 thoughts our minds have each day, most of them are repetitive and often negative. We must become keenly aware of when we are engaging in the self-destructive negative self-talk. We must vigilantly master the art of turning off this negative internal dialogue and actively choose a different voice.

Whenever we stop actively substituting this negative inner dialog with positive self-talk, it will quickly and silently creep back into our daily existence. If we “fall asleep,” or lose our way, we must take the opportunity to listen to our negative internal self-talk. It is then that we can feel the negative impact those thoughts have on our mind and body—ultimately preventing us from reaching our highest potential.

*Prompt discussion.*

### Law of Relaxation

#### 7. Relaxation

Let's consider that we have two separate minds: a working mind and a thinking mind. The working mind handles tasks such as setting goals, making appointments, and paying bills, while our thinking mind evaluates the world around us. It's easier to use only our thinking mind because when we do, we never have to face our true self. If we identify only with our working mind, we can become impatient, shallow, and fearful. If we were only as deep as our thinking mind, life would have little purpose. Much of the thinking mind's activity is in the background on autopilot. Not allowing yourself to explore the more creative and intricate parts of your mind and only staying busy with the working mind can lead to an existence of feeling stressed and unfulfilled. It is critical that we tap into our thinking mind if we want to change our lives on a fundamental level.

**Spiritual Principles and Laws (Beliefs) (Cont.)**

In order for our thinking mind to understand what it encounters, it filters new information through our pre-programmed assumptions of the world. Each new piece of information runs through a series of filters including our fears, judgments, and conditioning of what's right and wrong. If we never give ourselves the opportunity to explore the thinking mind that shapes our perception of the world, we will never truly change our lives.

*Prompt discussion.*

Law of Subconscious Activity

8. Subconscious Activity

As soon as our subconscious mind accepts an idea, it will immediately begin to find ways to make it a reality – both good ideas and bad. If we write out our specific list of goals, read and re-read them, and speak them out loud, it is amazing how things begin to fall into place that will manifest our intent and goals.

Some goals may be reached quickly, while others take longer to manifest. It is critical to have faith that the Law of Subconscious Activity is at work as we work towards achieving our goals.

*Prompt discussion.*

Law of Practice

9. Practice

This does not refer to a spiritual practice that we will discuss later in more detail.

This refers more to a discipline that motivates and organizes us to follow and repeat beneficial activities on a schedule that aligns with our vision and goals. We then begin to realize that we are improving in many different aspects of life.

We can achieve anything that we make an effort to practice repeatedly. Each of us have the ability to choose what we will become by making a conscious effort about what we will practice each and every day.

*Prompt discussion.*

Law of Forgiveness

10. Forgiveness

Forgive in your heart and to all. To truly experience the Law of Forgiveness requires a great deal of practice because of how our minds and ego work.

Whenever we feel hurt or threatened, a part of us immediately reacts with anger that is driven by fear. We tend to engage in a mental dialogue, asking “how could they have done that to me!?” We then become stuck in resentments which separate us from our true self, our Higher Power, and from others. This type of reaction benefits no one.

**Spiritual Principles and Laws (Beliefs) (Cont.)**

Instead, we can choose to adopt the Law of Forgiveness. All human beings are conditioned and programmed from birth in terms of our belief systems. We may see our role models practicing resentment and fear-based anger far more than forgiveness. As a result, we have not developed the skill of forgiveness and do not understand the magnitude of how forgiveness can impact our lives for the better.

When we realize that most people are not choosing to cause harm to us, but are simply driven by their own conditioning and programming, it becomes easier to forgive. By coupling this belief with the idea that if more people were spiritually awake, they would cause fewer harmful actions, we begin to forgive others and free ourselves from the role of the victim.

*Prompt discussion.*

Law of Growth

11. Growth

What we think upon grows. It has been said that our thought-life contributes to what shows up in our actual lives. Thoughts become “things” and are displayed if coupled with intent and desire. We must learn to pay attention to our thought-life as if it were just as real as our physical life. When we begin to work with a language of positive words, thoughts, and emotions, we begin to see these thoughts transition to reality.

If my thoughts are kind and loving, I experience kindness and love in life, both of myself and from other people. If my thoughts are decisive and insightful, I become more decisive and insightful. When we embrace this law and it becomes a daily practice, it is amazing how quickly a person’s life can change – either for the better or for the worse, depending on the nature of the thoughts. Try thinking positively and watch the results grow into reality.

*Prompt discussion.*

Law of Intent

12. Intent

When we set our intentions, we observe it in our lives through action. By paying close attention to our thought-life, we can begin to set intent for our lives. Through diligence, belief, and action this intent will be revealed.

Setting intent is critical to achieve our goals. If we have a deep intent to remain sober, lose weight, or accomplish any other goal, we must put that intent into writing, positively speak it, and then pursue a course of action to turn that intent into a reality. Intention is a powerful tool to creating a life of abundance.

**Spiritual  
Principles and  
Laws (Beliefs)  
(Cont.)**

*Spiritual Principles  
Ranking Exercise*  
LJ—Page S-9 and  
S-10

Now that we have identified the 12 Spiritual Principles, turn to page S-9 of your Life Journal and rank them from 1 to 12 – with one being the most important – on what each of these principles mean to you.

*You have 5 minutes.*

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## Spirituality Practices

40 Minutes

We've now completed a discussion of spirituality principles. Let's turn our attention to something more practical, i.e., spirituality practices. Let's start by sharing some of your "practices."

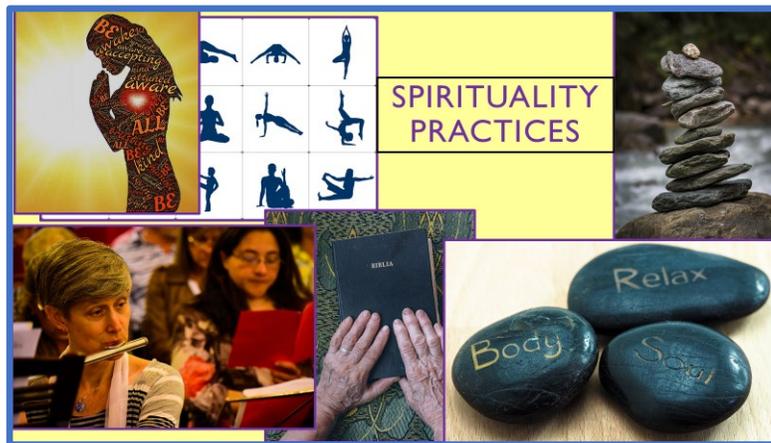
*Ask the class to share their spirituality practices based on what they think of when they hear the word "practices." Consider capturing them on a chart pad. Typical responses might include:*

- *Daily prayer*
- *Meditation*
- *Yoga*
- *Going to church*
- *Spiritual reading, maybe the Bible or an inspirational book*
- *Volunteering or an act of kindness*

Let's look together at how we're going to define a spirituality practice.

### Defining Spirituality Practices

PPT—Slide 4



Spirituality practices are regular or full-time performance of actions and activities that do a number of things for you:

- Deepen your relationships with the sacred and the world around you.
- Help you connect to a Higher Power, God, or whatever name you use to describe that "something more" in your life that is beyond yourself. Your inner or "true" self. The depth or essence of your being.
- Expand the breadth of your experiences, encouraging you to relate in a particular way to other people and the whole creation, including animate and inanimate beings."

### Spirituality Practices Resource

LJ—Page S-11

A common metaphor used in the spiritual traditions of the world's great religions is that of walking a path. At LLC, we're walking a path and the spiritual practices informed by our beliefs help us remain on the path we want for ourselves.

## Spirituality Practices (Cont.)

You may have heard the phrase that the “Journey is the Destination.” The experience of walking the path or taking that journey toward your life’s purpose is enhanced by spiritual practices. Let’s do an exercise based on information from the Spirituality & Practices website (<https://www.spiritualityandpractice.com>) where a long list of Spiritual Practices has been compiled for your review and consideration.

*Spirituality Practices Preference Exercise*  
LJ—Page S-11 thru S-14

On pages S-11 through S-13 of your Life Journal, you will find a chart of 16 Spiritual Practices created from the list on the Spirituality and Practices website that most closely align with the spiritual beliefs we just reviewed. The chart includes a brief description of each practice, the link to Principles/Laws Chart, how the practice Enhances the Belief and how it Balances/Counters negativity. The last column suggests actions that could trigger you to think about and reconnect with your spiritual side on a regular basis.

Please read them over and take a few minutes to put a checkmark next to or highlight 5 that seem most closely aligned to a practice that you could see using yourself. And you may already do one or more of these spiritual practices today. Be sure to consider the why you selected it, and the important step of putting something in place to remind you to do it.

Does anyone have any questions?

*Allow 10 minutes.*

What seemed easy about this? What did you find difficult?

*Discussion.*

Now on page S-14 of the Life Journal, take about 10 minutes and complete the worksheet for each practice you chose. When you’ve done that, mark the one you like the best with a yellow highlighter or a “star.” We will be using this for our Spiritual Life Blueprint and our first positive step toward improving our lives through Spirituality.

*Choosing a Religion*  
LJ—Page S-15

By the way, is there anyone who wants to be involved in a religion but doesn’t know which one might be the best one for you? If so, on page S-15 of your Journal you will find information and links to three different resources that you can explore later on your own.

- *Pew Research Center Religious Typology* quiz has 16 questions and they put you in a group like “Spiritually Awake,” “Sunday Stalwart,” or “Solidly Secular.” The Pew Research Center is a highly respect international nonprofit research center. Their work is well-known for its objectivity.

**Spirituality  
Practices (Cont.)**

- Beliefnet.com – Has a 20-question quiz that measures how close your responses put you to the beliefs of different religions that you might wish to consider. Beliefnet is a site dedicated to faith and inspiration and helping people find and walk a spiritual path that instills hope, strength and happiness.
  - WikiHow's Find the Right Religion for You page – defines 10 steps to take to explore different religions to consider, such as keeping an open mind, talk to religious leaders, ask why this is something you would like to do, etc. wikiHow is a recognized resource to learn about everything from arts and crafts to identifying religious and spiritual beliefs.
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**Spiritual Life  
Blueprint**  
20 Minutes

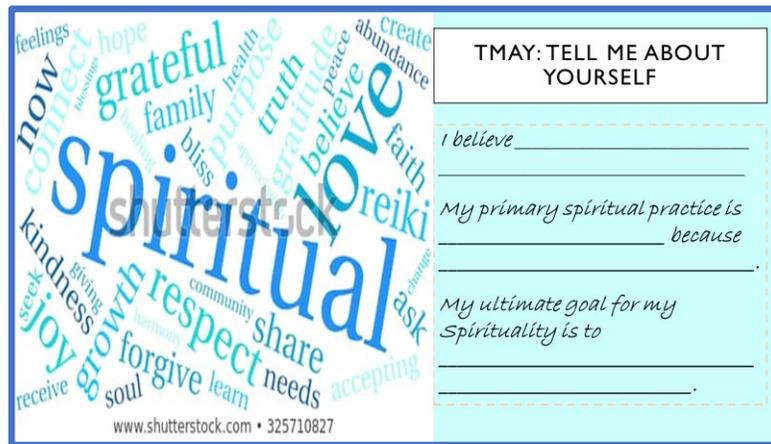
LJ – Page S-16  
LJ—Foundations  
Page F-57

*Creating a Spiritual  
TMAY (Current  
State)*

PPT – Slide 5

Let’s turn to page S-16 in your Life Journals. You’ll see the Spiritual Life Blueprint.

As you can see, the first thing you will enter is your Purpose Statement. Hopefully you have it memorized by now! If you haven’t, you will find it on page F-57 of your Foundation’s Life Journal.



Now that you have a better understanding of spiritual beliefs and practices, especially your own, we’re going to create our Spiritual TMAP (Tell Me About Yourself).

You want this to be delivered in 30 – 45 seconds just like your TMAP geared for employment interviews and networking for your career.

Take about 5 minutes and complete a Spiritual TMAP using the template provided or just doing your own thing. We will be sharing them when everyone is finished.

*Allow 5 minutes.*

You aren’t required to share if you aren’t comfortable with doing so, and you certainly won’t be judged on your answer! Please keep your TMAP to about 30 seconds.

*I’ll start. Please use the template to create a Spiritual TMAP to share. Keep it to 30 secs or less if possible.*

Who would like to go next?

*Continue listening where each Candidate is in their spiritual journey. There is no need for anyone who is not comfortable to share.*

Thank you all for sharing.

**Spiritual Life  
Blueprint (Cont.)***Future State*

LJ—Page S-17

Now let's complete our desired Future State (My Vision) in the Life Journal on page S-17.

Where would I like to be spiritually in the future?

What changes in beliefs will I have to make in order to achieve my vision?

What changes in practices will I have to make, if any, in order to achieve my vision?

*Spiritual Domain**Insights*

LJ—Page S-18

On page S-18 of your Life Journal, take a minute to note what was the most important thing you learned from this Spirituality segment.

*Spiritual Domain**Action Plan*

LJ—Page S-19

Please turn to page S-19 of your Life Journal, take the time now to create an action plan with a first positive step toward Transformational Permanent Change and a better connection with your Spirituality. When you've accomplished that goal, be sure to date it as well.

Any questions?

*Use remainder of segment to complete the Spiritual Life Blueprint.*

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**Wrap Up & Evaluations**  
10 Minutes

Let's close for today and complete our daily evaluations. Before we do, though, let me congratulate you. This completes the Spirituality Pillar. Nice work everyone.

*Ah-Ha Moments*  
*Exercise*  
LJ—Page S-20

I'd like to encourage you to also – on your own time - to examine all you have learned throughout this program and note your personal “Ah-Ha Moments (something that surprised you about yourself, your cohort mates, or the informational material itself) on page S-20 of your Life Journal.”

*Evaluations*  
LJ—Page S-18

Let's quickly recap what you learned during this class with a short discussion. If you'd like, you can record notes on page S-18 of your Life Journal

*Prompt the following discussion points and facilitate 3-5-minute discussion:*

- *What topic or lesson did you find to be the most interesting or enjoyable?*
- *What was learned as a result of the class?*
- *Share an achievement or a moment you were proud of.*
- *Did you experience any struggles or challenges? If so, how did you overcome it?*
- *How could the class have been improved?*

Thank you for sharing!

As usual, evaluation forms are the last item on the class agenda.

*Distribute evaluation form to each Candidate and remind them:*

- *Put their name on the evaluation form*
- *Of the importance of completing all parts of the form*
- *Comments are an expectation and should be given*
- *To provide facilitator feedback on back of form*

*Facilitator will collect the evaluations. Ensure all Candidates submit a form and both sides are filled out.*

Submit collected evaluations to LLC Administrative Assistant at the front desk.

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