

“You call that spiritual practice: discerning practice – yours mine and ours”

**A Workshop
Facilitated by:**

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The workshop was born out of a belief that growth fostering relationships are enhanced by recognition of spirituality and the importance of spiritual practice. The framework of this belief is born in the theoretical framework of Relational Cultural therapy (Jean Baker Miller et al).

Five basic assumptions were presented in this workshop.

Spirituality does not separate us from connection with self, parts of self or others in the world

Spirituality does not equal religion

Religion has been formed to give spirituality a cognitive expression

Spiritual practice will lead to more connection than disconnection

Spiritual practice leads us to healing connection

There was a discussion of different forms of spiritual practice and a naming of the divisions that take place because of language. We recognized that the language we use can either lead us towards windows of understanding one another or boxes in which we attempt to contain one another and our truths.

We discussed the specific practice of prayer, mindfulness and meditation and how by hearing the words of our clients and others we can come to help them find meaningful practice that is born out of their individual spiritual understanding rather than imposing on them our own understanding..

We learned about the importance of naming our own biases so that we could help our clients' name and understand the impact of spirituality and religion on their lives. Through this discussion we were reminded of the importance of good ethically practice that leads both practitioner and client on a journey of self-understanding of spiritual growth.

The importance of breath was discussed. Breathing was defined as a spiritual practice (a form of prayer) and the diaphragm defined therefore as a spiritual muscle.

The workshop ended by doing some breathing and movement and noticing the impact on our bodies and souls of the same.