

# What Makes Your Whole Body Light Up?

*Spirit Plenary*  
*Maryann Liethof*  
*Polio Australia*



# What Is Spirit?

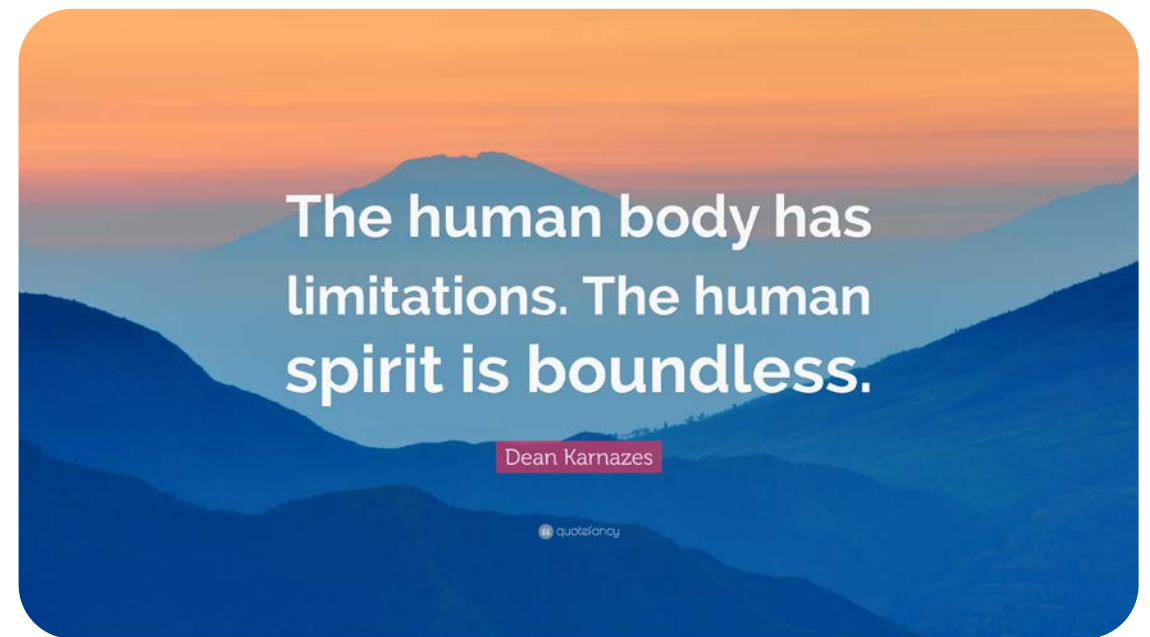
## Dictionary Definitions: Spirit

- The non-physical part of a person which is the seat of emotions and character; the soul: *'we seek a harmony between body and spirit'*
- The non-physical part of a person regarded as their true self and as capable of surviving physical death or separation: *'a year after he left, his spirit is still present'*
- The non-physical part of a person manifested as an apparition after their death; a ghost: *'a priest performed a rite of exorcism and the wandering spirit was ousted'*
- A supernatural being: *'shrines to nature spirits'*



- Short for **Holy Spirit**: (in Christianity) the third person of the Trinity; God as spiritually active in the world.
- The prevailing or typical quality, mood, or attitude of a person, group, or period of time:
  - *'I hope the team will build on this spirit of confidence'*
  - *'the university is a symbol of the nation's egalitarian spirit'*
- A person identified with their most prominent quality or with their role in a group or movement: *'he was a leading spirit in the conference'*
- A person's mood or attitude:
  - *'the warm weather lifted everyone's spirits'*
  - *'he confessed in a spirit of self-respect'*

- The quality of courage, energy, and determination: *'his visitors admired his spirit and good temper'*
- The real meaning or the intention behind something as opposed to its strict verbal interpretation: *'the rule had been broken in spirit if not in letter'*

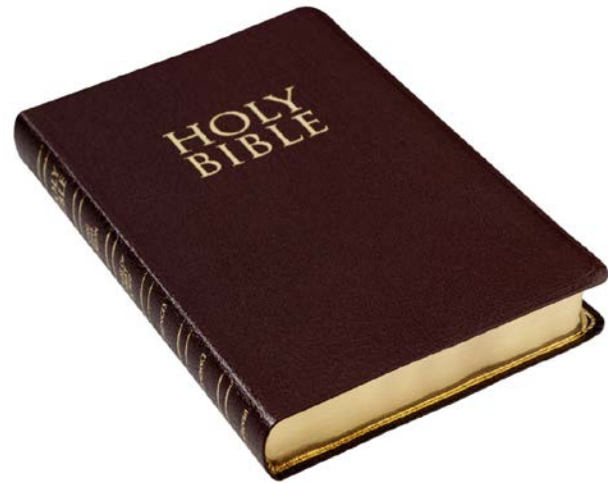


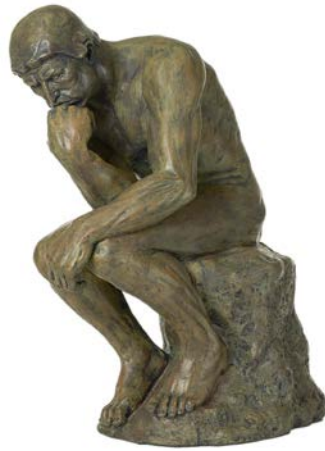


# Soul Vs Spirit

## According to the Bible:

The soul and the spirit are connected, but separable (Hebrews 4:12). The soul is the essence of humanity's being; it is who we are. The spirit is the immaterial part of humanity that connects with God.





# Soul Vs Spirit

## Philosophical Description:

- Almost everyone would admit to believing in an inner consciousness that inhabits all human beings.
- This consciousness is known by many names, but essentially it is thought to be the essence that makes us human and when we die it leaves our bodies and ascends into heaven, wanders the earth, or is reborn.
- There are different shades of meaning between the idea of the soul and the idea of the spirit that change from culture to culture and religion to religion.



## Soul Vs Spirit



- **Soul** was first used in the English language in the poem Beowulf in the 8th century AD. It is thought to have come from the word psyche brought over by Greek missionaries as well as the word sea, reflecting the Saxon belief the souls of the dead rested at the bottom of the ocean.
- **Spirit** comes from the Latin spiritus, meaning breath. This reflects the belief that after a person draws his last breath the spirit leaves the body.



So . . . ?

Spirit is a concept shared by every culture from the dawn of humankind: imagining planes of existence beyond the reach of our senses, spiritual domains that shape our Earthly experiences.





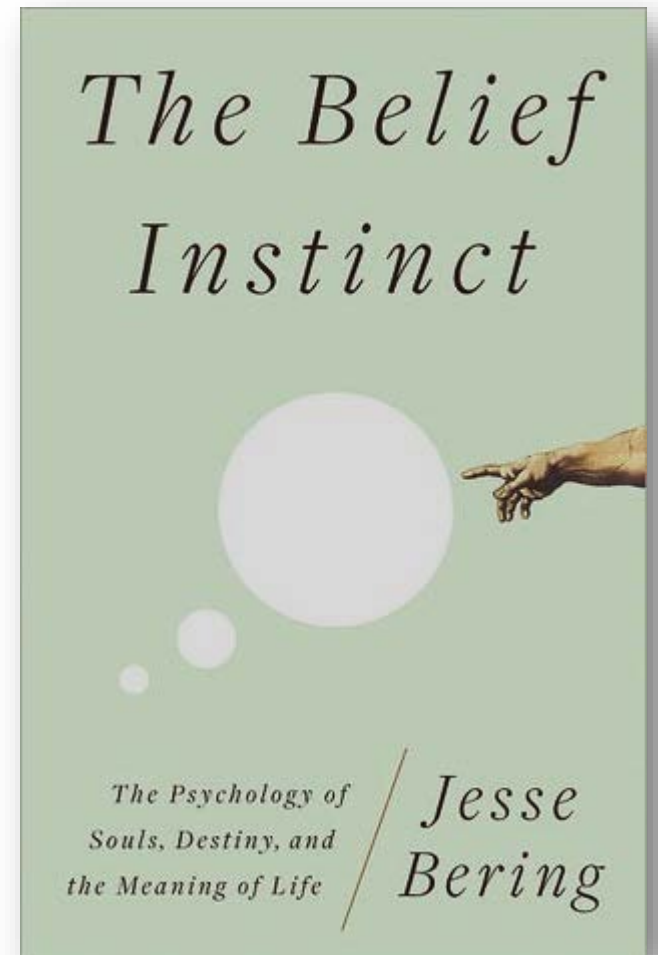
# The Believing Brain

ABC Podcast: All in the mind / The believing brain -  
Sun 22 April 2018

- During the 2018 World Science Festival in Brisbane, one of the topics was *"THE BELIEVING BRAIN: Neuroscience and the Spiritual Instinct Explore the potential origins of faith"*.
- Belief/spirituality gives us our sense of place and belonging, and helps us feel more secure when we are not in full control of our lives due to various circumstances including health issues.



- Confirmed atheist, Jesse Bering, Centre for Science Communication, University of Otago, NZ, and author of *"The Psychology of Souls, Destiny, and the Meaning of Life"* refers to 'belief' as a way of controlling the way we behave in society.
- For example, believing someone/something is observing our behaviour makes us more likely to follow social mores.
- Is this such a bad thing?



Renowned physicist, string theorist, and chairman of the World Science Festival, Brian Greene (Columbia University) has his own belief system based in science:

*"I feel like I'm a spiritual being in the sense that I've longed for and I've looked for the harmonies in the world; I've thrilled to the fact that there are these deep patterns that we see evidenced in everything; I don't just find this thrilling in a cognitive way, it doesn't just make my intellectual mind light up, it makes my whole body light up, and that to me is what the spiritual experience is all about. So while I don't ascribe that to the traditional notion of a god or a deity, I do feel that a deep connection to the cosmos is important and wondrous and there are many pathways to get there."*





# Atheists Can Be Spiritual Too!

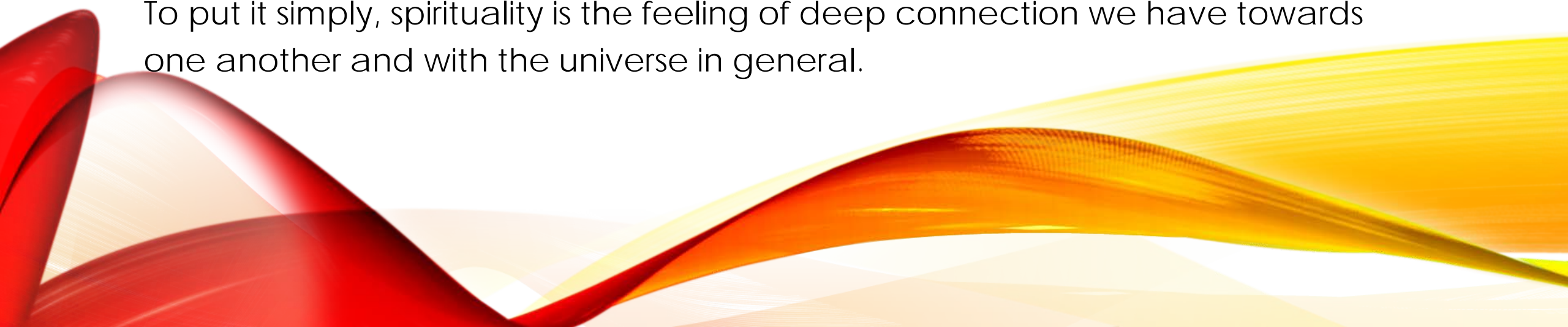
## **Atheists Can Be Spiritual Too**

By Staks Rosch

Source: Huffington Post

The problem is that spirituality isn't one thing; it is two things. It is the feeling we get "when we are truly in relationship with others" and that "deep sense of incomprehensibility at the wonder of sheer existence."

To put it simply, spirituality is the feeling of deep connection we have towards one another and with the universe in general.



Dr. Lawrence Krauss observed when talking about his book, "The Universe from Nothing":

*"Every atom in your body came from a star that exploded. And the atoms in your left hand probably came from a different star than your right hand. It really is the most poetic thing I know about physics. You are all stardust. You couldn't be here if stars hadn't exploded. Because the elements, the carbon, nitrogen, oxygen, iron, all the things that matter for evolution weren't created at the beginning of time. They were created in the nuclear furnaces of stars. And the only way they could get into your body is if the stars were kind enough to explode. So forget Jesus. The stars died so you could be here today."*





- These are the realities of our world and they remind us of our deep connection not just to each other, but to the universe itself.
- This is spirituality without the superstition.
- There is no need to frame it in terms of New Age “transcendence” or “mysticism” or relate it to some sort of deity.





- There is no secular term for our sense of profoundly deep connection and interconnection.
- The only term that our overly religious society understands is spiritual.
- While we obviously don't believe there are any actual spirits involved, the term still seems to fit and in this sense many atheists, and dare I say it, most atheists are spiritual people.



Exploring your own personal interpretation of spirituality can give life meaning, purpose, hope, connectedness and a sense of value.







# What Feeds Your Spirit?



- Religion
- Faith/Belief
- Nature
- Family
- Music
- Sports



# Conclusion

- Spiritual health is that aspect of our well-being which organises the values, the relationships, and the meaning and purpose of our lives.
- Spiritual resilience can help people cope with social, physical and psychological challenges.
- And . . . spiritual awareness can make your whole body light up!

