



# Nurture Your Spirit

“A woman in harmony with her spirit is like a river flowing. She goes where she will without pretense and arrives at her destination prepared to be herself and only herself.”

—Maya Angelou

by Rebecca Jacobson

**T**o live in harmony with your spirit takes a lot of work - mentally, emotionally and spiritually. It's an ongoing pursuit and often requires upheaval in your life and relationships. The good news is that if you're willing to go the distance and do the tough work, there is great peace and joy to be experienced when you have a healthy spirit.

### Recognize Your Spirit

In case you're not sure what your spirit is, it's that intangible essence of who you are. It is your true nature and authentic self. You can recognize spirit when a clear and powerful energy directs you toward certain activities, people or destinations without reason or premeditation. Passions and dreams are great examples of your spirit expressing itself. Ask yourself: What are the basic and fundamental needs of my spirit? What makes me feel fully alive and engaged? What am I most passionate about?

### Know Why It's Important

Your spirit provides you with your life force, the type of vital energy that moves you forward with little or no effort. Nurturing your spirit is like filling your gas tank. When you are engaged in activities that nurture your spirit, energy comes naturally and easily. This is what Maya Angelou refers to as being “like a river flowing.” If you think

of your spirit as the ultimate source of your energy, you will realize that it is imperative that it be nurtured. Ask yourself: Does my energy flow easily or do I often struggle to get through life?

### Make It a Priority

Just like other areas of self-care, if you want to have a healthy spirit you must make it a priority. I believe that our spirit is the foundation of our entire being. If we don't tend to our spirit, then we become stressed, sick and burnt out. You have to start by giving yourself permission to be a priority. You can

make time for your spirit by eliminating activities and people who drain you. Put yourself above others sometimes. Learn to say no more often. Yes, there's a good chance you're going to disappoint people, maybe offend some people, and probably leave some responsibilities undone. But, if you want to live more authentically and with more energy, you must make time to nurture your spirit. Ask yourself: What responsibility or commitment can I let go of in order to have more time to tend to my spirit?

### Using Your Gifts and Talents

The whole point of tending to your spirit is to use your God-given gifts and talents to the best of your ability. To fully express yourself and contribute to the world around you, you must nurture your spirit and make room for its unique work. The reason I choose to tend to my spirit is best expressed in this Erma Bombeck quote: “When I stand before God at the end of my life I would hope that I have not a single bit of talent left and could say, ‘I used everything you gave me.’” Ask yourself: Am I truly using my God-given talents and gifts?

*Rebecca Jacobson has a master's degree in public health and offers life coaching and support groups for women seeking ways to bring more spirituality into their daily life and relationships. Contact Rebecca at (803) 254-9183 or visit WomanSoul.com. See ad page 25.*

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