

Spring Clean Your Spirit, Your Relationships with Love and Your Career

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3 Ways to Spring Clean Your Spirit

How long will you last without food, water, exercise, or air?

There is a wealth of scientific and practical knowledge about how to take care of our physical bodies. We know that we should eat well, get enough sleep, and exercise. But we are more than just our physical bodies, and our complete well-being depends upon maintaining our spiritual bodies in the same way we strive for physical health.

What if we could boil down spiritual health and growth to the basic elements, the way we do with physical health? Try applying these key steps today to help keep your spirit body in shape:

1. Truth - Food for the Soul

When Jesus was tempted with food in the wilderness, he responded, “Man shall not live on bread alone, but on every word that comes from the mouth of God.” Matthew 4 NIV

Jesus knew that human beings are more than just physical bodies craving for food and water. We are also spiritual beings who crave the intangible elements of love, truth, and goodness.

Jesus likened God’s word to a kind of spiritual food. When we read the word, we are nourishing our spirit with the element of truth. Make it part of your daily routine to read a short verse or listen to an inspiring message. If you have a journal handy, write down any insights that pop up. There is always a reason behind the inspirations you have, so invite God’s word into your daily routine.

2. Give - Exercise for the Spirit Body

Everyone knows that exercise is essential to a healthy body. Just like spiritual food, our spirit needs a certain kind of exercise, too. Cultivating goodness through our actions, is like a heart pumping workout for our spirit body.

You know that positive energy that you feel after volunteering or doing a favor for a friend? That’s what the Divine Principle calls Vitality Elements. It’s a term that literally describes the spiritual growth we receive as a result of doing good things for others. Find a place to volunteer on a regular basis, or commit to performing an act of kindness for someone at least once a day. Let those vitality elements get your heart racing!

3. Love – Breath for your Spiritual Lungs

If we stop breathing we will die in a matter of minutes! Just as our physical bodies need air to breathe, our spiritual bodies need love. As far as our spiritual health is concerned, love is essential. It is the element that makes the difference between mere existence and a meaningful, happy life. We feel love the most in relationship with others. Reverend Moon explains that our first experience of love comes from our own family, “The key element of life is none other than love. Therefore, we should inhale the air called love. We should breathe the air of love from our mother and father.”

Whatever you are doing today, stop and look around. Who are you with? How are you treating each other? In the hustle and bustle of the daily routine, we can forget to allow love to be a part of the moment. Sometimes it is a challenge to stay connected, and nurture your relationships, but they will see you through the times when your physical breath is not enough to sustain you.

Remember, breathing is an in-and-out thing. Learning to receive love is as important as learning to give. Let your spirit breathe some fresh air today by surrounding yourself with those you love, and loving those you find around you.

So if you feel like spring-cleaning your relationships, or spring-cleaning your career, above all you’ll want to, spring-clean your spirit to kick the season off on the right foot!

And if you are wondering what act of giving and service you can do right now, then post to your wall for your friends’ benefit.



Spring Clean Your Relationships with Love

With the thaw of spring comes the chance to shed layers and make room for all things new. This season is synonymous with a fresh start, and the idea of spring cleaning can apply not just to the dust bunnies under our bed, but to other aspects of our lives. As we prepare for the blessings of spring, why don’t we take time to brush away the cobwebs and sort out some of the clutter we may have allowed into our relationships? If you feel like meeting the spring with open arms, consider these three steps to prepare the way:

Make Amends

In order to make room for new experiences and relationships, we must first heal old ones. Think of a relationship that needs healing, and then come up with one thing you can apologize for. Sometimes a simple “I’m sorry” is all it takes, other times a larger gesture may be necessary. Whether it’s a love relationship, a family member, or an old friend, release your conscience of an unresolved issue, and create space to move forward in a healthier way. Once you get going, you might even be inspired to tackle more!

Forgive

Allow others to be forgiven. When we hold on to resentment, there is less room for love, and we are more likely to have that resentment spill over into other relationships. When we forgive someone for a transgression of the past, we don’t just allow them to move forward, but we release the sadness and anger

in ourselves, leaving room for loving relationships and true connection. If you close your eyes, who is the first person that comes to mind? Pick one relational cobweb you can release today.

Show Gratitude

We often take for granted the people whom we love and admire the most, simply because we think they already know. When we take the time to truly appreciate the ones we love, we have the chance to deepen our relationships and feel more fulfilled in them. This love will overflow into everything we do and attract more loving relationships. Take stock of the relationships in your life. Who comes to mind? Take a moment to say “thank you”, or write a letter expressing your gratitude to at least one person.

Spring is a wondrous time, describes Reverend Sun Myung Moon, “What happens when spring comes? In nature, everything stirs and birds sing songs of love every morning. The Creator and creation are one. Spring is the season of love and love generates new life.” So, just like you would take care of your garden, pull out some weeds and plant new seeds, so that your relationships are ready to blossom into the fragrant air of spring.

What’s next? When you are ready, do some spiritual cleaning at the workplace as we focus on Spring Cleaning Our Career, part two in our three-part Spring Cleaning series.



Spring Clean Your Career: 3 Simple Steps

Again, it’s all about people

For many, the hardest part of a job is not the hours or the work load, it’s about relationships. Your career is the one place where you are forced to work with people you may not otherwise connect with. It can be challenging to work on a team with someone when you don’t feel connected to or appreciated by them.

In any relationship, there is give and take. As the story of Cain and Abel teaches us, failing to work together as a team can have disastrous results. You may not actually kill your co-worker—though you may feel like it sometimes!—but conflict often arises from the same emotions experienced by these two biblical figures. It’s not just a bible story, it’s also a clue on how to navigate through our own challenges in relation to others.

As Reverend Sun Myung Moon explains,

“In relationships at every level of society—from those between individuals to those at the level of families, communities, societies, nations and the world—we find that one party is in the role of Abel and the other is in the role of Cain. In order to restore society at each level to the state originally envisioned by God”

Divine Principle

Those who find themselves in a Cain-type position are challenged to yield, put aside their impulse to “have it their way,” and figure out a more creative solution to unite with direction. When we find ourselves in an Abel-type position to another, we are challenged to remain clear about the bigger purpose

or vision, as well as be able to listen, be patient, and ultimately to love and guide the relationship to a higher place. Each side must overcome something in order to accomplish a greater vision.

With this principle in mind, try some of these practical tips to help you put aside differences and act in a loving way towards your colleagues.

Understand your role

In any given relationship, you may find yourself in the role of either Cain or Abel. It's better to be aware of it in order to bring better results. If you are in an Abel-type position, you will have to lead with love and guidance. If you find yourself in a Cain-type position, you may need to put aside your own feelings, in order to unite with the greater vision of the team. Being a good follower is just as important as being a good leader. Be aware that your role can change depending on the person you are connected to or the situation you find yourself in. Pick a person in each category and imagine yourself applying these principles with them.

Look at the bigger picture

Remember that you are not working for your own individual goals, but to accomplish something bigger as a team, to complete the project, or to uphold the company vision/mission. If Cain had been able to unite with Abel and make an offering together, wouldn't God, the ultimate boss, have been pleased? Pick one project or job you are currently working on, and imagine yourself focused on the bigger picture.

Understand the strengths of others

You may clash with someone because they are always disorganized, but maybe their talent lies in bringing new and exciting ideas. Make a list of your coworkers and include what unique and valuable aspects they bring to the team. If you are a leader, let those people shine where their strengths lie.

Last week the topic was about Spring Cleaning our Personal Relationships. This week it is about our careers. Next week, we'll focus on our final installment of the spring cleaning series: Spring Cleaning Our Spirit.