

OPTIMAL

A newsletter for wellness and improved wellbeing

Sages & Scribes
CONSULTANTS



SPIRITUAL WELLNESS

By Ven. Adelowo Adesina

According to The Wellness Council of America, wellness is:

“An intentional choice of a lifestyle characterized by personal responsibility, personal moderation and maximum personal enhancement – physical, emotional and mental health”

“Wellness is the active pursuit to understand and fulfill your individual human needs—which allows you to reach a state where you are flourishing and able to realize your full potential in all aspects of life.”

Spiritual wellness is one of the pillars of wellness. Authorities agree there are eight pillars of wellness. These in no particular order are:

1. Physical wellness
2. Emotional wellness
3. Social wellness
4. Spiritual wellness
5. Intellectual wellness
6. Occupational wellness
7. Financial wellness
8. Environmental wellness



About OPTIMAL

Optimal is a monthly wellness newsletter written, developed and circulated by **Sages & Scribes Consultants** aimed at informing, educating and improving on the general wellbeing of readers by focusing on the essentials for improved mental health, and how to live a vibrant yet practical life in the present reality.

In this edition, we look at **Spiritual Wellness**. Spiritual Wellness or Spirituality offers a worldview that suggest that there is more to life than what people experience on a sensory or physical level. It explores such concept of here and now, here and after, life after life, more to life than the life we know, see and experience the here and the here-after.

Improve your wellness, optimize your wellbeing and enhance your lifestyle with **OPTIMAL**.



“Remember, we are not human beings having a spiritual experience. We are spiritual beings having a human experience.”

Stephen Covey



“Positive thoughts revive the spirit, restore the soul and make the body healthy”

Lailah Gifty Akita



Defining Spirituality...

Spirituality means different people. For some people, it is primarily about the belief in God, and the active participation in religious activities. For others, spirituality has nothing to do with religion but rather it is about how we interpret nature, the universe and other mysteries of human existence. How we seek to give meaning to human existence. We explore to find answers to such philosophical questions like “Who am I? Why am I? What is my purpose here on Earth? What are my duties and responsibilities to nature and other humans? Etc.

A spiritually conscious person seeks meaning and harmony between what lies within as well as the forces around and outside. It suggests there is something greater, far beyond the individual that connects all beings but not all creation to each other.

Spiritual wellness or spirituality may involve religious traditions centering



on the belief of a higher being/power. There are many similarities and differences between spirituality and religiosity. There are therefore many overlaps between people who are religious and those who are spiritual.

COMPARISON: Spirituality Vs Religion

SPIRITUALITY	RELIGION
<ul style="list-style-type: none"> Can be practiced individually 	Often practiced in a community
<ul style="list-style-type: none"> Doesn't have to adhere to a specific set of rules 	Usually based of specific sets of rules, rites, rituals and customs.
<ul style="list-style-type: none"> Often the focus is on personal journey covering the discovery of the meaning of life. 	Often focuses on beliefs in deities, gods, religious text and traditions.

Spiritual wellness involves finding your life's meaning and purpose, and understanding the values, beliefs and morals that guide your living and actions. It is:

- ✓ Having a relationship with yourself, your heart, your soul, the core essence of your being and life purpose.
- ✓ Having a relationship with the people around you, your environment and nature
- ✓ Experiencing life according to your life purpose and values
- ✓ Committing and connecting to your life purpose, values and faith and being in the present moment.

BENEFITS OF SPIRITUAL WELLNESS

Research findings have shown that those who are spiritually well or fit tend to:

- ✓ Make and engage in sound moral choices, decisions and behaviours.
- ✓ Are generally more compassionate, ready to forgive self and others.
- ✓ Have self-respect and regards for all others.
- ✓ Are self-motivated, have a more optimistic worldview and tend to be more successful in life.
- ✓ Engage in more meaningful and purposeful relationships with family and friends
- ✓ Be more intentional about value-driven, purpose-driven existence.
- ✓ Practice self-comparison, confidence and resilience.
- ✓ Are accountable and responsible for their own actions.



Numerous research findings show that embracing spiritual wellness, can help one to cope with trauma, reduce anxiety, stress, fear, anger, frustration and depression. It enhances the quality of life. It increases the feeling of inner peace and hope. It helps to cope with uncertainties of life. It helps to restore confidence, a sense of optimism and self-esteem.

STEPS TO SPIRITUAL WELLNESS

1. Practice Meditation & Self-Reflection

Meditation and self-reflections are practices that allow the human person to go deeper into self and connect with our core being – the heart and the soul.

They also allow the person to connect with life, values, purpose and faith. While practicing self-reflection, it is advisable you make room for free flow and feelings. You may want to keep journals and records also.

2. Practice Mindfulness

Mindfulness is conscientiously being in the moment. Mindfulness is a good and viable resource for spiritual wellness. It opens the door to the divine. It enables one to be more compassionate with oneself and others, be more forgiving and more focused on the present moments.



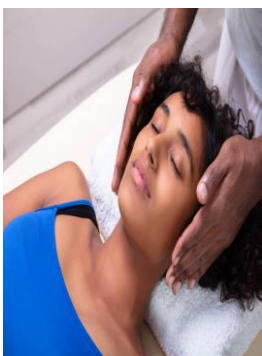
3. Incorporate Prayers into Your Daily Routine.

You can use your faith to support your connectedness to the divine. Please note that in the context of spiritual wellness, faith is not religion. Faith is a way of connecting with the Divine (God). Religion is the specific language or activities used to communicate faith.



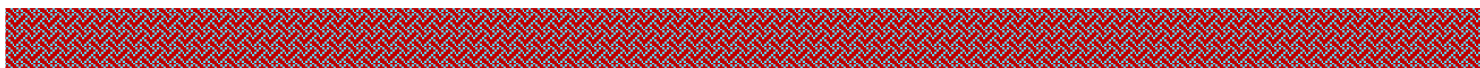
“Man has two great spiritual needs. One is for forgiveness. The other is for goodness.”

Billy Graham



“Always keep your mind as bright as the vast sky, the great ocean, and the highest peak, empty of all thoughts. Always keep your body filled with light and heat. Fill yourself with power of wisdom and enlightenment.”

Morihei Ueshiba





Steps to Spiritual Wellness...

1. Spend Time in Nature

Spending time in and with nature has been known to be a great way of boosting vitality and wellness.

- ✓ Walk around in a park or a safe bush path.
- ✓ Breathe in some fresh air at the sea or a resort
- ✓ Dip your toes in the pool, sea, stream or river.
- ✓ Try a weekend getaway.
- ✓ Watching the sun rise and set are means of finding inner peace, spiritual regeneration and wellness.



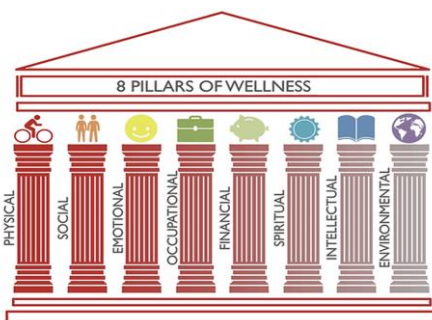
“I think a spiritual journey is not so much a journey of discovery. It’s a journey of recovery. It’s a journey of uncovering your own inner nature. It’s already there.”

~Billy Corgan

Concluding Remark

Spirituality through the ages has been a source of comfort and relief from stress, anxiety, depression and other adversities of life. While people use many different paths to find God (a higher power), research show that those who are religious or spiritual are using their spirituality to cope with challenges of life, and from many recorded experiences, result indicates numerous benefits of health and well-being.

spiritual WELLNESS



Sages & Scribes CONSULTANTS

Sages & Scribes Consultants is a multi-disciplinary consulting firm with a mission to offer bespoke world-class consulting services to give clients an advantage by building their people and technology enabling them stand over and above competition.

Our Services

Human Capital Advisory: Training and Development, HR Planning and Management, Human Capital Outsourcing.

Business Advisory: Strategic and Organizational Management, Technology and Innovation Management, Social Policies and Welfare Programmes.

Employee Assistance: Employee Engagement for Productivity and Performance, Psychosocial Risk Management, Employee Wellness and Wellbeing.

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