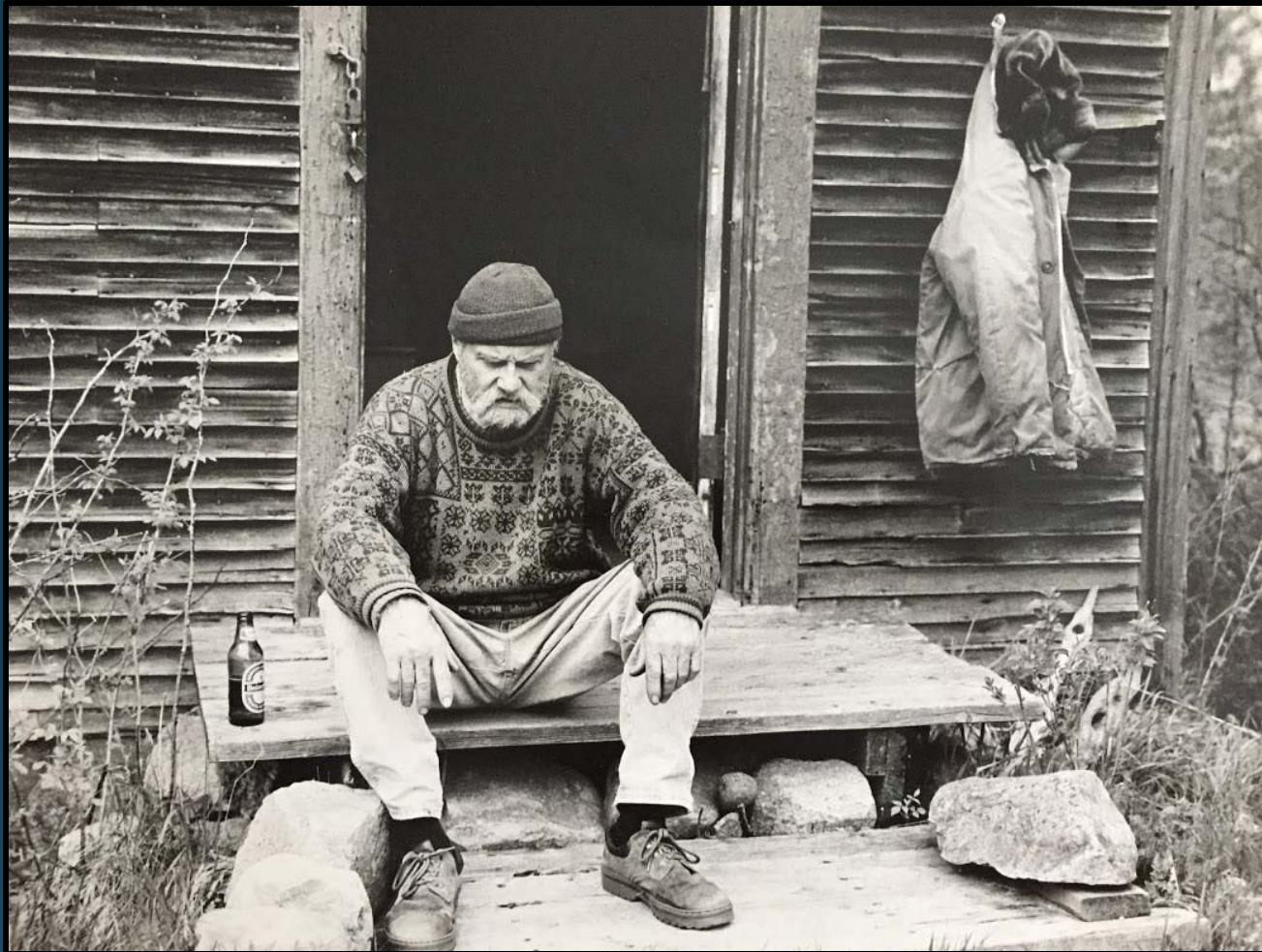


Coming Home:
The Spirituality behind Reintegrating

“Spirituality is recognizing and celebrating that we are all inextricably connected to each other by a power greater than all of us, and that our connection to that power and to one another is grounded in love and compassion. Practicing spirituality brings a sense of perspective, meaning and purpose to our lives.”

- Brené Brown, The Gifts of Imperfection: 2010, pg 64

“Inextricably Connected”



True wholeness requires existing AS relationship.

Andrei Rublyov - *The Trinity*



“We are all inextricably connected.”

“Practicing Spirituality”





- “But when he came to himself.”
 - Relinquishing the False Self
- “His father saw him and felt compassion, and ran and embraced him and kissed him.
 - Practicing the Postures of Grace
- “This is my son.”
 - Discovering the True Self

Relinquishing the False Self

- The false self is how we define ourselves outside of love, relationships, or divine union.
- “But when he came to himself.” – This is a necessary awakening in every life.
- “Various false selves (temporary costumes) are necessary to get us all started, and they show their limitations when they stay around too long. If a person keeps growing, his or her various false selves usually die in exposure to greater light.” – Rohr, Immortal Diamond, p 27

Practicing the Postures of Grace

- “His father saw him and felt compassion, and ran and embraced him and kissed him.”
- Grace *happens* in the “inextricably connected” moments. Grace is the gift of relinquishment. Grace is the offering and receiving of love and connection.
 - The posture of Open Hands –
 - The posture of Open Arms –
 - The posture of Open Future –

Discovering the True Self

- “This is my son.”
- “In ordinary language, the True Self is held together by the glue of a universal love....When we live in such abundance, we do not need to fight or defeat our False Self. It naturally fades into the background in the presence of the absolute abundance and absolute allowing.” - Rohr, Immortal Diamond, p 55
- The True Self lives into the reality of “I am loved and enough.”

Coming Home: *The Spirituality behind Reintegrating*

Resources:

Richard Rohr with Mike Morrell. *The Divine Dance: The Trinity and Your Transformation*. Whitaker House , 2016.

Rohr, Richard. *Immortal Diamond: The Search for Our True Self*. Jossey-Bass, 2013.

Brown, Brené. *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*. Center City, Minn.: Hazelden, 2010.

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