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On The Go With A Purpose

Monthly Meditation

*by Rev. Linn Possell,
PAC Mentor*

Emerald in the GEMS® ability model is “on the go with a purpose.” What makes people get up and go somewhere? One reason for getting up and going is to leave the place where you don’t want to be and get to a better place. Often times we use meditation and prayer to help us move to a better place in our life, whether figuratively or literally. In times of stress and difficulty, sometimes it is hard to find ways to slow down and quiet our mind in order to meditate and pray. One way that helps us move into a space where we are able to quiet our mind is to find our spiritual on-ramp. This on-ramp is the way that we are oriented to our world. There are all kinds of misconceptions about how we should meditate and pray but the one way that can really help is finding our spiritual on-ramp.

We are all oriented to our world differently and therefore your meditation may not look like someone else’s meditation or prayer. Some people are oriented to their world through their sight. If you are a person who is visual, you may find your spiritual on-ramp through different sights; just as if you are a person who is oriented to their world through sound, you may find your on-ramp through music or guided meditation through a drumming circle or nature sounds. If you are a person who loves to move, you may find your best ways of meditating are when walking, dancing, or doing another kind of movement.

“On the go with a purpose”

This month, find out how you are oriented to your world and use that as a spiritual on-ramp to quiet your mind and move into a healthy place in your life.