**WHAT IS THE MEANING OF SPIRITUAL TALKS**

Speaking spiritually is not simply speaking about spiritual matters. It also involves speaking from your own unique relationship with the Spirit about what matters most to you. This is the most crucial form of speaking if we are to cultivate a flourishing future.

**HOW DO YOU DISCUSS SPIRITUALITY?**

When you talk about your spiritual journey, try to be humble and careful not to sound as if you are superior in some way. Avoid being confrontational by challenging someone else’s beliefs. Your practices may seem important to you but be open and accepting of other practices and points of view.

 **WHAT IS THE BASIC CONCEPT OF SPIRITUALITY**

Spirituality is characterized by /faith, a search for meaning and purpose in life, a sense of connection with others and a transcendence of self, resulting in a sense of inner peace and well being. A strong spiritual connection may improve one’s sense of satisfaction with life or enable accommodation to disability. How to become a spiritual person?

**Here are some tips on how to be more spiritually aware**.

1. **Start a Daily Meditation Practice**. One of the most effective ways of becoming more spiritually aware is to have a daily meditation practice.
2. **Cultivate Emotional Intelligence** - **Emotional Intelligence**

 #1) Practice observing how you feel. ...**learn to live each day as if it’s the last!**

#2) Pay attention to how you behave. ...**walk away from people who don’t value you. They may not know your worth but you do**

#3) Question your own opinions. ... **stop correcting people when you know they are wrong. Peace is more precious than perfection. It is not on you to make everyone perfect.**

#4) Take responsibility for your feelings. ...**you are responsible for your happiness and remember you owe it to yourself as happiness is a choice, choose it.**

#5) Take time to celebrate the positive. ...

#6) But don't ignore the negative…**realize you are not Atlas. The world does not rest on your shoulders.**

#7) Don't forget to breathe…**life brings so many challenges but remember breathe and take one thing at a time.**

#8) **And this is A lifetime process. One day at a time.**

1. **Practice Self – Love** - Self-love is a state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth. Self-love means having a high regard for your own well-being and happiness. Self-love means taking care of your own needs and not sacrificing your well-being to please others.
2. **Connect More Deeply with Others** -  **Human connection is a deep bond that's formed between people when they feel seen and valued**.  **Give compliments they are a mood enhanser not only for the person you are giving it to but also for yourself. And when you receive a compliment NEVER turn it down, say Thank you**
3. **Cultivate Gratitude** - Cultivating gratitude means choosing to focus your time and attention on what you appreciate. This is key to controlling your experience and, ultimately, your well-being. “Your psychological well-being depends less on the things that happen to you and more on the things you pay attention to

I’ve heard it said more than once that the people hardest to evangelize are your own family.

Maybe we feel awkward because they know us intimately. They have seen our worst, our “anti-witness” and the ways in which we fall short of our pursuit of holiness.

Maybe our history with family members has too many nuances making it too difficult to navigate. Maybe we’re just use to the same topics and patterns with our family that it feels unnatural to diverge from it. Maybe there is too much baggage between family members to make it feel safe for vulnerable conversation.

There are a lot of dynamics to navigate but it’s also the amazing thing about relational evangelization – **there is no agenda**. It is about finding the natural starting point for you and just having a conversation.

I’m going to share some ideas that can help you get started and guide you in deeper conversation.

1. How’s life going these days? What’s keeping you busy?
2. What’s the best thing going on in your life right now?
3. What’s been the thing you lean on when life gets hard?
4. What is the one thing you would like to be remembered for?
5. What role would you say that faith plays in your life?
6. If it turned out that God did exist, and you had an opportunity to ask God any question and get an immediate answer, what would it be?
7. How would you describe your journey with God up to this point in your life?

Whoever you are speaking to, we want to meet people where they are at. Not all these questions are going to be natural for you or your family member. But you also never know where people are in their life.

I had plans to meet up with a couple of friends and decided that in the course of the conversation I would take a chance and ask the question how would you describe your journey with God up to this point in your life? What resulted were two very deep and vulnerable conversations. They may have included tears. It was discussions of what it would look like to re-engage with the faith of our youth.

While these friends weren’t family members, the first step was still a leap of faith unsure how someone would respond and how to navigate the relationship.

They also started having deeper conversations more often, like the first wading into unfamiliar territory broke the ice. From then on, it was easier to say in the future: “How are things with your faith life?”

Of course, there are situations where it doesn’t matter how hard you try, it doesn’t come naturally. I’ve been in a position where I needed some help.

I’ve asked family members to join me at mass or a celebration that was happening at our parish. So many times the answer was they were too busy but I kept asking and eventually one by one they started attending and even asked me what mass will you be attending.

We started opening up when gathering about different topics and slowly we all started getting engaged in these discussions. We were able to open up about difficulties with forgiveness, things like anger and grudges that played out in family members in in ourselves.

These conversations were such a gift! I would never have known how to bring this stuff up with them but it helped facilitate the hard questions.

Do you have a story to share of having a profound conversation about God with a family member? What question opened the door to that spiritual conversation?