

If We Nurtured Our Spirit

If we nurtured our spirit

The spirit would be recognized as an essential part of who and what we are about and would be reflected in all we do.

If we nurtured our spirit

We would feel stimulated and supported, instead of stressed out, rushed, used and abused.

If we nurtured our spirit

We would act like loved ones, friends and neighbors instead of strangers, competitors, adversaries.

If we nurtured our spirit

We would forgive knowing that it is a gift we give ourselves rather than clinging tightly to our past hurt and the right to judge and blame.

If we nurtured our spirit

We would spend more time in creative, transformative living than in seeking to be ever more productive.

If we nurtured our spirit

We would rejoice in the life paths we have taken instead of wasting time retreating the paths not taken.

If we nurtured our spirit

We would connect with others as partners in our journey instead viewing people as nameless "others."

If we nurtured our spirit

We would delight not in what we have accomplished but in what we have experienced.

If we nurtured our spirit

We would revel in not what we have done but in who we have been.

And the mystery would smile and be glad.

Mattison, 2009

Adapted from "If We Nurtured the Soul of Social Work" by Michael J. Sheridan, PhD,
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