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VIDEO – 35:41



This video on expression completes the animation of the 9 different pressure words. Expression is about empowering your voice. From your Spirit mindset, expression allows you to: physically release your internal emotional pressures, and express how you hurt, and what you need to heal. With the intention to voice your needs, feelings, opinions, etc. you honor your Spirit and empower your core. When you are reconnected to Spirit you are empowered by your expanded energies to experience inspiration again.

From inspiration you can experience and express your Spirit in endless ways. *How do you experience your inspiration mindset? What inspires you? - music, art, laughter, nature, friends, family, humor, kindness, fun, sports, creativity? Who do you inspire?* When you live inspired, you will inspire others, even when you don't know it. Spirit energy is contagious!

THREE PATHS VISUAL MODEL

The background image shows three paths moving toward and connecting to your Spirit. Whatever path(s) you walk, you can always be connected to your greatest guide through life, your Spirit.

INTROVERT / EXTROVERT

Two familiar and contrasting styles of engaging in the world, are introvert and extrovert. These styles are very different but from Spirit their intentions are the same, to find your own meaning in your experiences.

You may be an Introvert – privately taking things to heart, giving deep consideration to feel what resonates at your core, finding the meaning things hold for you. You may have been criticized for being too sensitive as an introvert. I believe as an introvert you are powerful at your core, as you are intimately tuned into the voice and capacity of Spirit.

You may be an Extrovert– talking things through out loud and inviting other opinions to try on, finding the meaning things hold for you. You may have been criticized for being opinionated as you process out loud. Voicing your thoughts is also your strength as you earn the trust of others because they always know where you stand. Your natural way of connection to others also can make people feel included and valued. Whatever your style may be, each provides ways to connect to your core.

RECONNECTING AND EXPRESSING

Connecting, or reconnecting to your Spirit is all about being conscious, to attend to your quality of life. That might mean attending to your own state of mind, body and Spirit. Or it may mean needing to address toxic dynamics or circumstances impacting you or others you value. Although your physical 5 senses, emotions and instinctive being are picking up on chaos, your intellect can be distracted by detail or circumstance.



Reconnection may be instinctive but sometimes it is necessary to deliberately turn your attention inward to listen to what your Spirit has to say. Your instinctive awareness, is always present and turned on, to protect you from harm or threat. In addition to basic survival, its presence reminds you that during your everyday life you have capacity to be connected to Spirit. Reconnecting to what resonates at your core is profoundly worth your time, attention and energy.

Whether you have felt disconnected from your Spirit for a moment or a lifetime, your Spirit is always within you, ready to express your true self. Expression of your Spirit empowers your core, inspiring momentum and purpose. Your Spirit provides a physical wave of insightful emotional energy to get your attention. It helps you understand and express what has meaning to you and on what you need to act.

Express your Spirit in the simplest of ways to make life meaningful. Even the smallest of gestures can make a difference, for you and for others. Say what you mean and mean what you say, keep things simple. Spirit offers insight and clarity resulting in hope, buoyancy and possibility.

This visual model illustrates three paths and how reconnection and expression work in tandem to empower your voice.

RECONNECTING AND EXPRESSING, WORKING IN TANDEM

Connect to your core to engage from any of the following three paths: Physical, intellectual and Emotional. Let's look at each path, and consider which path(s) resonate most for you.

Physical path

You are **reconnecting** to your Spirit when you see yourself as a person of **action**, making hands-on connections. You act from an honorable intention. You are **expressing** your Spirit when you offer **consciousness, safety and strength**.

Intellectual path

You are **reconnecting** to your Spirit when you consider yourself a resourceful thinker, a problem-solver offering a fresh perspective. You trust what you know and embrace your thoughts as messages from Spirit. You are **expressing** your Spirit when you offer **consideration, knowledge and understanding**.

Emotional path

You are **reconnecting** to your Spirit when you **trust** your heart and emotions. You honor your feelings as insights from Spirit. You are **expressing** your Spirit when you offer **respect, insight and compassion**.

From which path(s) do you Express your Spirit?

All paths express Spirit.

As you engage physically, intellectually and emotionally, it is your Fundamental Choice whether or not you come from Spirit, with an Honorable Intent.



INTERLUDE 1 Roll words – Voice your needs – Honor your core, Introvert and Extrovert reconnect and express your Spirit, Attend to your quality of life, Listen inwardly for clarity, High frequency energy of Spirit offers buoyancy, hope and possibility, All paths express Spirit

AND NOW TO YOUR SPIRITUAL LEVEL

You experience Spirit at your core, as simultaneous grounded and expanding energies. You are grounded by gravity, to your core and to the energies of Mother Earth. You are expanding outward to connect with energies of imagination and possibility, as well as the infinity of the universe. Your Spiritual level offers high frequency energies of inspiration and vision beyond your circumstance. When you are grounded you can expand your physical, intellectual and emotional energies to access your full potential.

This means tapping into your imagination, long and wide-angle vision and worldly knowledge from your past experiences. You use your sensory memory, confidence, core strength, instincts and intuition to tune into the subtleties and complexity of your challenge. Your common sense and emotional stability put things into a realistic proportion to consider what is do-able. Inspiration also provides many natural ways to experience and express your true Spirit. You express your Spirit through your instinctive voice of moral integrity. Such is the gift of Spirit.

Spirit offers moral integrity... honor, wisdom, gratitude. The combination of honor, wisdom and gratitude is your authentic voice of Spirit. Let's look at one at a time.

Honor - Acting from your higher consciousness honors your Spirit and the Spirits of others. Expressing your authentic self fulfills your purpose. (Physical path)

Wisdom – Wisdom offers a deep knowing, expressing your connectedness to the greater presence and purpose of Spirit. (Intellectual path)

Gratitude – Gratitude offers the energy of grace, expressing your deep compassion and appreciation for life.(Emotional path)

**Grounded in honor, wisdom and gratitude,
you need only to express your true self in simple ways,
to fulfill your purpose.**

When you listen within, your Spirit helps you identify what has meaning to you, and how to make life meaningful. Spirit's energy is high frequency, resonating within: you, nature and the universe. Spirit's energy connects you to:

- inspiration and possibility,
- others, in meaningful ways and
- a higher purpose, to expand and experience the bigger landscape of Spirit.

It all starts with reconnecting with Spirit and expressing your Spirit, your way. Choose your path(s) to express your Spirit.

**Spirit is self-fulfilling!
Living and Giving from Spirit
is always inspirational.**



**Choose your path(s) and give your Spirit a voice!
Simply put, to live from Spirit is your highest purpose.**

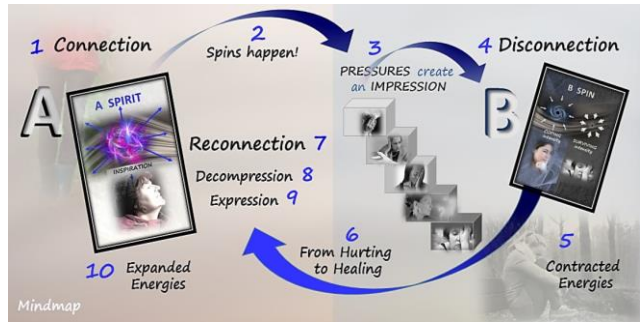
INTERLUDE 2 Roll words – Spiritual grounded and expanded energies, vision beyond your circumstances, inspiration, momentum, your instinctive voice of moral integrity, Honor, Wisdom, Gratitude fulfills your purpose.

This concludes the Three Paths to Express your Spirit Visual Model

A BRIEF REVIEW OF THE SERIES

The Mindmap reviews 10 key points to retrace your Journey through the Series.

- 1 **Connection** to A-Spirit, Inspiration mindset, opens up your energies to possibilities and wonder. As much as you might prefer to stay connected to Spirit all the time...
- 2 **Spins happen!** *What puts you in a spin? How often do you have spins?*



All depression experiences are pressure, but not all pressure experiences are depression.

- 3 **Pressures create an Impression.** *Remember the 9 pressures words? (pressure, impression, oppression, compression, suppression, repression, depression, decompression, expression). Which of the specific pressures have you experienced? Tune into your emotional energies to identify the specific pressure(s) you are experiencing now. Which of the 9 pressure words is most significant to you? Why?*
- 4 **Disconnection from A-Spirit** *Which of the 5 pressures put you into a B-Spin? Coping severity? Surviving severity? Remember how accurate your internal radar is at assessing your state of being. You instinctively know that Coping and Surviving mindsets reflect different degrees of severity. From observer mode distance you can effectively respond to your spins, to get your balance back.*
- 5 **Contracted Energies** – Disconnected from Spirit, Coping, Surviving mindsets, limited resources, hurting. *How do your contracted energies limit your capacity? When you become conscious that you are experiencing all the signs of a B-Spin, you can choose to return to A.*
- 6 **From Hurting to Healing** You know that from your grounded, calm, consciousness you can tune into how you hurt. *How do you shift from hurting to healing?*
- 7 **Reconnection** *How do you reconnect to get your balance back?*
- 8 **Decompression** - *How do you decompress to become: Physically Calm? Intellectually Open? Emotionally Receptive? Spiritually Engaged?*
- 9 **Expression** *How do you experience and express your Spirit? Physical Consciousness? Intellectual Knowledge? Emotional Insight? Spiritual Wisdom?* Expression is pivotal in embracing the healing process: express to release internal pressures, voice your healing needs and to care for your Spirit within. **All paths express Spirit!**
- 10 **Expanded Energies** Consciousness reconnects you with your expanded resources of Inspiration. Spirit is your most trustworthy and resourceful guide to navigate your human story in a meaningful way. Listen closely within to its wisdom, as it resonates what is true for you.



**This completes your journey of A New Light on Depression
A 5 Video Series**

**It is my hope you have gained new insight on
the role pressure plays in depression,
and that you have had your A and B experiences validated.**



Although **disconnection** from Spirit leads to great loss of vitality, **crossing the fine line** back to Spirit is always within reach through music, laughter, nature, art, friendship, curiosity, play, creativity, or just by sitting quietly to listen for the **voice of Spirit** in the wind.

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