



## Best Connections

04

# Life Foundations

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Drawing from the collective wisdom of the greatest minds of history can really help think through Core Beliefs, Core Goals and Core Status – there are more rich pickings in Life Foundations. This section will help you understand yourself and how to get the max from your essence – enjoy!

*“A house must be built on solid foundations if it is to last. The same principle applies to man, otherwise he too will sink back into the soft ground and becomes swallowed up by the world of illusion”*

– Sai Baba, Indian mystic ((b. 1926)

**Do you feel the ground under you is solid or soft? What do you consider your life foundations to be?**

*“Do you wish to be great? Then begin by being. Do you desire to construct a vast and lofty fabric? Think first about the foundations of humility. The higher your structure is to be, the deeper must be its foundation”* – Saint Augustine (b. 354 AD)

**What is the best that you can achieve with the body you have? How about the heights your mind can climb?!**

Early thinking from Philosopher Plato around 400BC split the human essence into three aspects, what he called the 'Tripartite Soul'. In 1923, Sigmund Freud developed his triple concept of Id, Ego and Superego! Much has been written about human essence and there are many ways to skin a cat, apparently! For convenience, Life Foundations takes a triple split too:

- **Body** – how to develop your physical side
- **Soul** – understanding how you think, what makes you tick, your personality and how you relate to others
- **Spirit** – the other bits to life that are often so mysterious

## YOUR BODY

*Give yourself a BODY AUDIT!  
How happy are you with each of these where 1 is low and 10 is high:*

<b>My body in ten dimensions!</b>		<b>Score 1-10</b>
Height		
Weight		
Shape		
Hair		
Skin		
Teeth		
Face		
Fitness		
Strength		
Intellect		
<b>Total</b>		
<b>10 – 39:</b>	It sounds like you have a few dimensions you'd like to improve. Why not focus on the ones you can change most easily and set yourself some goals to add to My Journal?	
<b>40 – 69:</b>	There are more possibilities than problems. What could you do to optimise your potential on lower scores?	
<b>70 – 100:</b>	You are in good shape all round! Are you working at maintaining this or taking it for granted?	

*Ideas and links to help dimensions:*

## **SELF IMPROVEMENT!**

<b>Height</b>	Posture, shoes! Nothing wrong with a heel! Stretch and walk well with your head up!
<b>Weight</b>	Diet, exercise regime, join a gym! Use the stairs rather than the lift! Get to know your sources of calories, sugars, fats and carbohydrates – keep them in a healthy balance.
<b>Shape</b>	Time for some new clothes? Dress well! Walk more, use car less! Visit NHS health site - <a href="http://www.healthcheck.nhs.uk/">http://www.healthcheck.nhs.uk/</a>
<b>Hair</b>	Stylist's advice – short, long, colour, wig?!
<b>Skin</b>	Diet, lotions, vitamins! Visit NHS Livewell site – <a href="http://www.nhs.uk/LiveWell">http://www.nhs.uk/LiveWell</a> .
<b>Teeth</b>	Daily care, flossing, orthodontist, sugar free mints! Keep up regular trips to dentist.
<b>Face</b>	Make up for some, facial exercises, grooming, self-acceptance!
<b>Fitness</b>	Get your pulse up for 20 minutes 3 times a week! Join a sports club. Prepare for 10k run. Stop smoking, drink less! <a href="http://quitsmokingcommunity.org/">http://quitsmokingcommunity.org/</a> <a href="https://www.facebook.com/RunKeeper">https://www.facebook.com/RunKeeper</a> <a href="http://www.mapmyrun.com/gb/">http://www.mapmyrun.com/gb/</a>
<b>Strength</b>	Use a resistance band each day to build stamina!
<b>Intellect</b>	Get puzzle book, do crosswords. Visit Mensa site – <a href="http://www.mensa.org.uk/workout">http://www.mensa.org.uk/workout</a>

*"Life: It is about the gift not the package it comes in"*

– **Dennis P. Costea, Jr. (Contemporary blogger)**

**Are those close to you more interested in the package or the gift? And you?**

*"In spite of the cost of living, it's still popular"* – **Kathy Norris**

**What are the costs of living? Why do some people decide to pack it all in?**

*"My mum always said, 'Life was like a box of chocolates. You never know what you're going to get'"* – **Forest Gump**

**Do you pick chocolates randomly or from a selection card? Are you happy with what you've got?**

*"Life is what we make it, always has been, always will be"*

– **Grandma Moses, American Folk Artist (b. 1860)**

### **Is this true in your life? What do you make of it?**

*"As long as the world is turning and spinning, we're gonna be dizzy and we're gonna make mistakes"*

– **Mel Brooks, American Film Producer (b. 1926)**

### **Do you tend to make good decisions?**

### **Do you learn from your mistakes?**

*"Don't go around saying the world owes you a living. The world owes you nothing. It was here first"*

– **Mark Twain, American Author (b. 1835)**

### **Are you more of a 'giver' or a 'taker'? How can you turn a current dilemma into 'win-win'?**

*"Eating, loving, singing and digesting are, in truth, the four acts of the comic opera known as life, and they pass like bubbles of a bottle of champagne. Whoever lets them break without having enjoyed them is a complete fool"*

– **Gioacchino Rossini, Italian Composer (b. 1792)**

### **Which is the strongest of your five senses?**

### **Do you use all five to the optimum ... and the sixth?!**

*"Life is a mixed blessing, which we vainly try to unmix"*

– **Mignon McLaughlin, American Journalist (b. 1913)**

### **How's the mix for you? Do you try to get the most out of even the harsher aspects?**

*"Life is the sum of all your choices"*

– **Albert Camus, French Philosopher (b. 1913)**

### **What positive choices can you make to enhance your physical prowess?**

### **There's no rewind button!**

*"Life is a ticket to the greatest show on earth"* – **Martin H. Fischer**,  
**American Physicist b 1879**

**It's free entry for everyone! However long or short the show, we all have to make an exit too!**

*"Throw the lumber over, man! Let your boat of life be light, packed with only what you need"* – **Jerome K. Jerome**, English writer of  
**Three Men in a Boat (b. 1889)**

**Are you a hoarder? How could you make your boat lighter?**

*"Life always bursts the boundaries of formulas"*  
– **Antoine de Saint-Exupéry**, French Writer (b. 1900)

**Do you have your own systems and rules? Do they help you more than hinder you?**

*"I do like a little bit of butter to my bread"* – **(When We Were Very Young)**  
**A.A. Milne**, English Writer (b. 1882)

**How has health advice affected your diet and tastes? Do you eat the same now as before the advice?**

*"Be glad of life because it gives you the chance to love and to work and to play and to look up at the stars"* – **Henry Van Dyke**, American Author  
**(b. 1852)**

**How's the work life balance? Do you spend a bit of quiet time just for you in a busy life?**

*"There are people who so arrange their lives that they feed themselves only on side dishes"* – **José Ortega y Gasset**, Spanish Philosopher  
**(b. 1883)**

**Are you a 'starters', 'main' or 'sweet' person in terms of taste? What about in life?**

*"A man who has work that suits him and a wife, whom he loves, has squared his accounts with life"* – **Friedrich Hegel, German Philosopher (b. 1770)**

**What are the debits and credits of the accounts of your life? Are the accounts 'squared'?**

*"Life is half spent before we know what it is"* – **George Herbert, Welsh Poet and Thinker (b. 1593)**

**Have you worked out life yet? Who has helped you most in working it out?**

*"Life is an endless struggle full of frustrations and challenges, but eventually you find a hair stylist you like"* – **Author Unknown**

**Why are we often so concerned with externalities? Is the external more or less important to you than the internal?**

*"Life is not a rehearsal"* – **variously attributed!**

**How does this make you feel about your life today? Would you live differently if you knew this was the last Scene?**

*"All the world's a stage"* – **William Shakespeare**

**How many people in public life do you feel are genuine? What about those in your private life?**

*"Look, I don't want to wax philosophic, but I will say that if you're alive you've got to flap your arms and legs, you've got to jump around a lot, for life is the very opposite of death, and therefore you must at very least think noisy and colourfully, or you're not alive"*  
– **Mel Brooks, American Film Producer (b. 1926)**

**How do you 'prove you're alive'?!  
Do you think colourfully?**

*"We are what we repeatedly do. Excellence, therefore, is not an act but a habit"* – Aristotle, Greek Philosopher (b. 384 BC)

**Do you strive for excellence in the body you have? What habits can lead to mediocrity?**

*"A year from now you will wish you had started today"*  
– Karen Lamb, Author (b. 1956)

**Is there something you wish you had started a year ago? Why not begin now and be ahead of some regret!**

*"Action is the foundational key to all success"* – Pablo Picasso, Spanish Artist (b. 1881)

**So it's true, procrastination is the thief of time!  
What do you need to get on with?**

*"A man who dares to waste one hour of time has not discovered the value of life"* – Charles Darwin, English Scientist (b. 1809)

**What sort of activities might be time wasters in your life? What could you do with time you reclaim?**

*"Worthless people live only to eat and drink; people of worth eat and drink only to live"* – Socrates, Greek Philosopher (b. 399 BC)

**Do you know many people who have an unhealthy relationship with food? Have you got a good balance in this?**

*"Human behaviour flows from three main sources: desire, emotion, and knowledge"* – **Plato, Greek Philosopher (b. 427 BC)**

**Not much changes in over 2000 years or does it? What are the main things affecting your behaviour?**

*"Like as the waves make towards the pebb'l'd shore, so do our minutes, hasten to their end"* – **William Shakespeare, English Dramatist (b. 1564)**

**Do you see the inevitability of the sandglass in life? What things might not be inevitable?**

*"Men can only be happy when they do not assume that the object of life is happiness"* – **George Orwell, English Novelist (b. 1903)**

**What is happiness? What other object might there be?**

*"Being a sex symbol is a heavy load to carry, especially when one is tired, hurt and bewildered"* – **Marilyn Monroe, American Film Star (b. 1926)**

**Why do we long to have certain body shapes? Do you define beauty the same way as it is seen in adverts?**

*"The first and greatest victory is to conquer yourself; to be conquered by yourself is of all things most shameful and vile"*  
– **Plato, Greek Philosopher (b. 427 BC)**

**What personal victory would you like to achieve? Are there some steps you could take towards that?**

*"I am not an Athenian or a Greek, but a citizen of the world"*  
– **Diogenes, Greek Philosopher (b. 412 BC)**

**How do you define yourself? Do you think locally, nationally or globally?**

*“Life’s short. Anything could happen, and it usually does, so there is no point in sitting around thinking about all the ifs, ands and buts”*

– **Amy Winehouse, English Singer-Songwriter (b. 1983)**

**Why do so many gifted people die young –  
Mozart, Peaches Geldof, Kurt Cobain?  
How do you react to this?**

*“Must not all things at the last be swallowed up in death?”*

– **Plato, Greek Philosopher (b. 427 BC)**

**Is this negative thinking? Perhaps it’s good to  
bite the apple before you bite the dust!**

*“The body is wild, and the mind is foolish.*

*Practicing egotism, selfishness and conceit, your life is passing away”*

– **Sri Guru Granth Sahib Ji, Indian Guru (b. in 1666)**

**How do people harness the energies of the  
body for good? How do you?**

*“I have found that, in the composition of the human body as compared with the bodies of animals, the organs of sense are duller and coarser.*

*Thus, it is composed of less ingenious instruments, and of spaces less capacious for receiving the faculties of sense”*

– **Leonardo da Vinci, Italian Polymath and Genius (b. 1452)**

**Leonardo was fascinated by the human body  
but questioned our sensibility! Where does our  
sense reside?!**

*“There is no passion to be found playing small – in settling for a life that is less than the one you are capable of living”*

– **Nelson Mandela, South African President (b. 1918)**

**What do you aspire to? Do you tend to reach  
for the heights or settle for second best?**

*"The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence"* – **Confucius, Chinese Philosopher (b. 551 BC)**

**What does your 'full potential' look like?  
Have you got a clear sense of personal identity,  
value and purpose?**

*"I love tango, and I used to dance when I was young"*  
– **Pope Francis, Argentinian Spiritual Leader (b. 1936)**

**What do you think you might look back to with  
fondness? Enjoy the dance of life to the full!**

*"If I think more about death than some other people,  
it is probably because I love life more than they do"*  
– **Angelina Jolie, American Actress (b. 1975)**

**Do you dismiss thoughts of death, like many  
people? Why do older people think about  
death most days?**

*"When I was a child, life felt so slow because all I wanted to do was get  
into show business. Each day seemed like a year, but when you get older,  
years pass like minutes. I wish there was a tape recorder where we could  
just slow our lives down"* – **Bruce Forsyth, English Entertainer (b. 1928)**

**Why does time seem to speed up like sand in  
the hourglass? Do you ever wish you could  
re-wind?**

*"Understand that the right to choose your own path is a sacred privilege.  
Use it. Dwell in possibility"* – **Oprah Winfrey, American Talk Show Host  
(b. 1954)**

**Do you truly value the freedom you have?  
Are you dwelling in possibility?**

*"That Mick Jagger, I feel sorry for him. After all these years he still can't get no satisfaction"* – **Bruce Forsyth, English Entertainer (b. 1928)**

**Why do some people get satisfaction and others never find it? Are you satisfied in general?**

*"We are obsessed with image. I don't think we should take it that seriously"* – **Geri Halliwell, English Singer (b. 1972)**

**How does what you wear express something about your identity? Do you spend much time thinking about your image?**

*"I like me food. I also don't like me exercising. It's something me don't do very well. But it's something I've got to get into"*  
– **Robbie Williams, English Singer-Songwriter**

**In the 21st century, why are so many overweight? Have you got a good balance between food and exercise?**

*"Let me ask you a question: If you never ate a balanced diet, what would happen to your body? You know the answer: Eventually you'd grow weak; you might even open yourself to serious illness or disease. We all need a balanced diet if we are to stay healthy"*  
– **Billy Graham, American Preacher (b. 1918)**

**Do you have a balanced diet? Have you changed your eating patterns or tried any diets for any reasons?**

*"Someone taught me how to eat properly. Learning from others is important when it's not working for yourself"*  
– **Geri Halliwell, English Singer (b. 1972)**

**Who taught you most about caring for your body? It's about so much more than calories!**

*“I do lead a careful diet, I don’t overeat, I have fruit and vegetables every day and I drink a lot of water. And my darling wife keeps me so young it is ridiculous. Being with her is an inspiration as well”*

– **Bruce Forsyth, English Entertainer (b. 1928)**

**A bit cryptic this one, but what will stop you getting old?! Are you living an inspired life and inspiring others?**

*“A musician must make music, an artist must paint, a poet must write, if he is to be ultimately at peace with himself”*

– **Abraham Maslow, American Psychologist (b. 1908)**

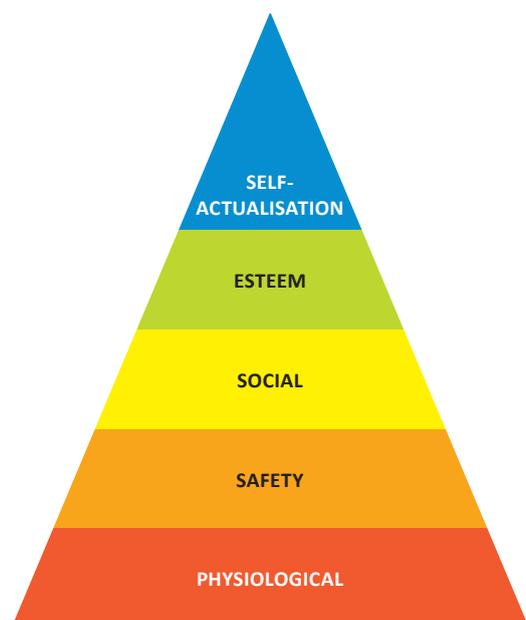
**What is there within you that you just have to do? Are you doing it?**

Maslow is famous for his studies on what motivates people. He reckoned that people possess a set of motivation systems unrelated to rewards (for more see rewards) or unconscious desires (for more see unconscious desires).

Maslow (1943) stated that people are motivated to achieve certain needs. When one need is fulfilled a person seeks to fulfil the next one, and so on. All interesting – think through his hierarchy for yourself as you consider your appetites which could be referred to as goals or drivers.

**The original hierarchy of needs five-stage model includes:**

- 1. Biological and Physiological needs** – air, food, drink, shelter, warmth, sex, sleep.
- 2. Safety needs** – protection from elements, security, order, law, stability, freedom from fear.
- 3. Love and belongingness needs** – friendship, intimacy, affection and love, – from work group, family, friends, romantic relationships.
- 4. Esteem needs** – achievement, mastery, independence, status, dominance, prestige, self-respect, respect from others.
- 5. Self-Actualization needs** – realizing personal potential, self-fulfillment, seeking personal growth and peak experiences.



## MY BODY IMAGE

Give yourself a score for each where 1 is low and 10 is high agreement:

<b>My body Image: in terms of identity, value and purpose! Score 1-10</b>	
<i>I have fully embraced my early traditions and cultural background as my own now</i>	
<i>I have worked to shape my own personal sense of identity</i>	
<i>My clothes are an expression of who I am</i>	
<i>I am concerned to look fashionable among my peers</i>	
<i>I think it's important to work out to be in good shape</i>	
<i>How I look adds value to how I feel</i>	
<i>I make special effort to look good when I go out of the house, not just when I'm seeing friends</i>	
<i>I like being appreciated by others</i>	
<i>I believe I am a highly motivated person</i>	
<i>I have a clear sense of purpose in my life</i>	
<b>Total</b>	
<b>10 – 39:</b>	Like most people, there seem to be areas of your body image that you would like to improve or change! Having looked at these quotes from the wise about the body, look again at the BODY AUDIT you did earlier and add any relevant comments to My Journal.
<b>40 – 79:</b>	You have some reasonable scores – do some of the lower ones suggest any vulnerable areas? Do your higher ones indicate fulfilment or that you are still seeking it? It's probably worth adding a comment to My Journal.
<b>80 – 100:</b>	Your high scores suggest you are very satisfied with your sense of identity, value and purpose – you seem to be living a very fulfilled life. Looking at Maslow's model, would you say you've achieved the top of his pyramid? Can you describe it?

*Before moving on to Soul Section, consider causes behind the following:*

Johnny Depp once said: *"My body is my journal and my tattoos are my story"*

A 2006 survey revealed that 36% of those ages 18-25 and 40% of those ages 26-40 have at least one tattoo

The Latin word for 'tattoo' is stigma

Women are twice as likely to get their tattoos removed as men, although more women are tattooed

To get a tattoo, the skin is pierced between 50 and 3,000 times a minute by a tattoo machine

31% of piercings have complications

2 out of 3 people in the UK are overweight, whilst 1 in 5 are clinically obese

The number of people diagnosed with eating disorders has increased by 15 per cent since 2000

4,610 girls aged 15-19 and 336 boys aged 15-19 develop a new eating disorder in the UK every year

5.1% of young adults aged 16 to 24 are classed as frequent drug users in 2012/13 in the UK

## YOUR SOUL

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### **The Body is a tangible thing and so more straightforward than the Soul!**

There are many definitions for the Soul – this App will use the simple definition of your 'essence' as distinct from your Body. So it is about the mind - understanding how you think, what makes you tick, your personality and how you relate to others.

*"The soul never thinks without a picture"*

– Aristotle, Greek Philosopher (b. 384 BC)

**How do you think things through –  
conceptually, abstractly, verbally, writing it  
down? Do you use many or few words?**

“Let each know that for each the body, the mind and the soul have been freed to fulfil themselves” – **Nelson Mandela, South African President (b. 1918)**

### Has your soul found this? What does fulfilment mean to you?

“You are a little soul carrying around a corpse”  
– **Epictetus, Greek Philosopher (b. 55 AD)**

### What differences are there between a corpse and a living person? How might this change the normal way we see life?

Treat yourself to the first SPA of four (SOUL PERSONALITY AUDIT) on how you interact with the world around you – whether you are generally Extravert or Introvert! How strongly do you agree with these comments where 1 is low and 10 is high:

<b>My Soul Personality 1: EXTRAVERT OR INTROVERT!</b>	<b>Score 1-10</b>
<i>I know lots of people and would count many as my ‘close friends’</i>	
<i>I find myself energised when I am with other people</i>	
<i>I like going to parties and mingling with new people</i>	
<i>People regard me as approachable and easy to get on with</i>	
<i>I tend to talk first and think later rather than having to ‘rehearse’ what to say</i>	
<i>I like to work in a group on projects rather than by myself</i>	
<i>I don’t easily get embarrassed by anything</i>  <i>I have always preferred team to individual sports for the camaraderie</i>  <i>I am not self-conscious as shyness is not something that I suffer from</i>  <i>I am quite happy to take a lead or present something from the front</i>	
<b>Total</b>	

<b>10 – 45:</b>	OK, you don't want to share your scores with others! You are more inclined to prefer thinking alone and are quite happy with your own company for much of the time. There are some introvert aspects to your personality – nothing wrong with that!
<b>46 – 75:</b>	You can be the life and soul of a party but you are also happy with your own company. You are aware of other people's feelings and quite strong on empathy. In short, you can be 'extravert' or introvert' depending on the situation.
<b>76 – 100:</b>	You already know the outcome and are probably in touch with the fact that you are a big extravert! You are mainly confident and out-going in work and leisure contexts. There may be a need for care not to clash with other extraverts.

**Low scores indicate 'I' and high scores indicate 'E':**

**Enter yours \_\_\_\_\_**

These concepts are based around the Myers-Briggs Type Indicator (MBTI) –

<http://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/the-16-mbti-types.htm>

*“Just living is not enough... one must have sunshine, freedom, and a little flower”* – **Hans Christian Anderson, Danish Author (b. 1805)**

**Do you ever settle for too little?  
What is the most you need for happiness?**

*“Life will always remain a gamble, with prizes sometimes for the imprudent, and blanks so often to the wise”*  
– **Jerome K. Jerome, English Author (b. 1859)**

**Has life turned out as expected so far?  
Is life meant to be fair?**

*“I count life just a stuff to try the soul's strength on”*  
– **Robert Browning, English Poet (b. 1812)**

**How do you think people assess your  
character? Do difficulties make you stronger  
in the end?**

*"All human things hang on a slender thread, the strongest fall with a sudden crash"* – **Ovid, Italian Poet (b. 43 BC)**

**Are you surprised how fragile yet strong human life is? Do you think Macdougall was right that the soul weighs 21gms?**

*"Life is like an onion; you peel off layer after layer and then you find there is nothing in it"* – **James Gibbons Huneker, American Writer and Theatre Critic (b. 1857)**

**Is the body a mere shell? How is a living soul different to a corpse?**

*"Almost suspended, we are laid asleep in body, and become a living soul: while with an eye made quiet by the power of harmony, and the deep power of joy, we see into the life of things"*  
– **William Wordsworth, English Poet (b. 1770)**

**Have you heard of 'near death' experiences? What do you think happens when someone dies?**

*"Life is like a cobweb, not an organization chart"*  
– **H. Ross Perot, American Presidential Candidate (b. 1930)**

**Is your life a tangled web or well-ordered? What is the motivational glue that holds it together?**

*"The history of man for the nine months preceding his birth would, probably, be far more interesting and contain events of greater moment than all the three score and ten years that follow it"*  
– **Samuel Taylor Coleridge, English Poet (b. 1772)**

**Do you think personality is more nature or nurture? How different are you to ten years ago?**

*“Chance is always powerful, let your hook always be cast; in the pool where you least expect it, there will be a fish”*

– Ovid, Italian Poet (b. 43 BC)

### **Is your hook cast?! What fish do you hope for?**

*“After a lifetime of deep thought, I’ve decided that life is a distraction, but probably not from anything important”*

– Robert Brault, contemporary American Writer

### **Can we expect more from life than a goldfish? What is important to you?**

*“And what lies before us are small matters compared to what lies within us”* – Ralph Waldo Emerson, American Poet (b. 1803)

### **How does your personality affect how you interact with the world? Do you think more about big or small things?**

*Time for SPA 2 (SOUL PERSONALITY AUDIT) – this time it’s on how you gather information, whether you are a Sensor or Intuitive. How strongly do you agree with these comments where 1 is low and 10 is high:*

<b>My Soul Personality 2: SENSOR OR INTUITIVE!</b>	<b>Score 1-10</b>
<i>You can often think of several things at once – a bit of a ‘multi-tasker’!</i>	
<i>You are less interested in boring detail than the big picture</i>	
<i>The future is more intriguing than frightening – it is full of exciting possibilities</i>	
<i>You like to understand how things work and the purpose of things</i>	
<i>Questioning things is important to understand connections rather mere acceptance</i>	
<i>You have a vivid imagination – it is fun to speculate about things</i>	

<i>Time is relatively flexible and you don't see yourself as late unless something starts without you</i>	
<i>You are happy with generalizations and broad outlines</i>	
<i>People sometimes think you are absent-minded as you seem to have your mind on other things</i>	
<i>Thinking about something is often more fulfilling than doing something</i>	
<b>Total</b>	
<b>10 – 45:</b>	Your predisposition is to have more confidence in information that is present, tangible, and concrete. You are happier when it can be understood by the five senses. You tend to look for details and facts – the meaning is in the data.
<b>46 – 75:</b>	You're a bit of a hybrid! You can have some really good hunches but you like to make sure that these can be backed up by facts and details. Thinking out of the box is OK for some things, but in big decisions you want to use the calculator!
<b>76 – 100:</b>	You tend to trust information that is more abstract or theoretical. Finding links is interesting for you – it is satisfying to discover patterns by relating remembered or newly discovered data. You're more interested in future possibilities and in the theory and principles which are manifested in data.

**Low scores indicate 'S' and high scores indicate 'N':**

**Enter yours \_\_\_\_\_**

*Jack Palance: "Do you know what the secret of life is? One thing.*

*Just one thing. You stick to that ...*

*Billy Crystal: "Yeah, but what's that one thing?"*

**Jack Palance:** *"That's what you've got to figure out."*

**– From the movie City Slickers 1991**

**Have you figured it out yet? What is it?**

*"What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the wintertime. It is the little shadow which runs across the grass and loses itself in the sunset"*

**– Crowfoot, 1890, as quoted in Catch the Whisper of the Wind compiled by Cheewa James, Native American Author**

**If the eyes are senses to your soul, how has life touched you today? Are you in touch with your sixth sense?**

*"The whole is more than the sum of its parts"*

– Aristotle, Greek Philosopher (b. 384 BC)

**Did you know that your body is made up of 25 chemicals? Do chemicals have soul?!**

*"Not a shred of evidence exists in favour of the idea that life is serious"*

– Brendan Gill, contemporary American Writer

**Do you agree? Do you have serious deeper-thinking side and a fun side?**

*"Strength does not come from physical capacity. It comes from an indomitable will"* – Mahatma Gandhi, Indian Politician and Philosopher (b. 1869)

**Are you at peace with yourself? Do you think of yourself as having 'inner strength'?**

*"Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are"* – John Wooden, American Basketball Star and Coach (b. 1910)

**Is the personality you project true to your character? Should character and reputation match in those around you?**

*"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved"*

– Helen Keller, the first deaf-blind person to get a BA Degree (b. 1880)

**Are you motivated by a Personal Mission Statement (PMS)? How would you define a successful life, for you?**

*“All men’s souls are immortal, but the souls of the righteous are immortal and divine” – Socrates, Greek Philosopher (b. 399 BC)*

**How do you decide between good and bad in terms of morality? Why do people generally prefer life to death?**

*“Personal beauty is a greater recommendation than any letter of reference” – Aristotle, Greek Philosopher (b. 384 BC)*

**Do you think colleagues would give you a good reference? How’s your reputation?**

*Now for SPA 3 (SOUL PERSONALITY AUDIT) – this time it’s on how you make decisions, whether you are a Thinker or a Feeler. How strongly do you agree with these comments where 1 is low and 10 is high:*

<b>My Soul Personality 3: THINKER OR FEELER!</b>	<b>Score 1-10</b>
<i>When everyone else is upset in a situation, you remain cool, calm and collected</i>	
<i>You don’t regard a ‘good’ decision requires everyone to be happy about it</i>	
<i>You are more concerned with objective facts than with people’s feelings</i>	
<i>It is more important to be right than to be liked</i>	
<i>It is not necessary to like people in order to be able to work with them and do a good job</i>	
<i>You don’t like to feel people take advantage of you</i>	
<i>You don’t mind being direct and will speak bluntly with people</i>	

*You are not sensitive or easily offended and don't take things personally*

*Harmony is not the be-all and end-all – what is important is the truth and a good result*

*You are more task-oriented than people-oriented – it's not that you don't care!*

### **Total**

**10 – 45:** You are known to be a caring person – people will often confide in you. You are concerned for the group, even if it means sometimes compromising on the overall result. Sometimes you find yourself feeling hurt by other people who are so objective they seem cold and thoughtless. Empathy and consensus are actually important to you

**46 – 75:** Have you thought about tight-rope walking?! You are pretty well balanced on this dimension – you have a compassionate side but you are able to see things objectively when necessary. Be careful of two things – firstly that your emotions may cloud your judgement, and secondly that you lose touch with your feelings.

**76 – 100:** You find it easy to be detached from emotions. Decisions should be made on what seems reasonable, logical, causal, consistent and matching a given set of rules. Sometimes you can't understand people who can't be objective and they may even annoy you.

**Low scores indicate 'F' and high scores indicate 'T':**

**Enter yours \_\_\_\_\_**

*“Whether if soul did not exist time would exist or not, is a question that may fairly be asked; for if there cannot be someone to count there cannot be anything that can be counted, so that evidently there cannot be number; for number is either what has been, or what can be, counted”*

**– Aristotle, Greek Philosopher (b. 384 BC)**

**Are you certain of your existence?**

**Descartes said, 'I think therefore I am!'**

**– what do you think?**

*"The end of life is to be like God, and the soul following God will be like Him"* – **Socrates, Greek Philosopher (b. 399 BC)**

**Does this explain why some people act like gods? What does a soul following God look like?**

*"Thinking: the talking of the soul with itself"*  
– **Plato, Greek Philosopher (b. 427 BC)**

**Do you have selfie-conversations out loud? Why do we talk to ourselves?**

*"All men by nature desire knowledge"*  
– **Aristotle, Greek Philosopher (b. 384 BC)**

**What is knowledge? Why do we seek it?**

*"And what, Socrates, is the food of the soul? Surely, I said, knowledge is the food of the soul"* – **Plato, Greek Philosopher (b. 427 BC)**

**What feeds your essential being? Does it nourish you or are some aspects of your 'soul diet' a bit 'junk-foody'?**

*"It is hard to contend against one's heart's desire; for whatever it wishes to have it buys at the cost of soul"*  
– **Heraclitus, Greek Philosopher (b. 535 BC)**

**Why are passions so strong and hard to resist? Is desire pitched against the soul?**

*"I have nothing to ask but that you would remove to the other side, that you may not, by intercepting the sunshine, take from me what you cannot give"* – **Diogenes, Greek Founder of Cynic Philosophy (b. 412 BC)**

**Is habitual cynicism healthy? Are most people you know motivated by self-interest?**

*"The most difficult thing in life is to know yourself"*

– **Thales, Greek Philosopher (b. 624 BC)**

**How well do you know your 'self'? Is the 'self' you know the same as the person other people know?**

*"What then do you call your soul? What idea have you of it? You cannot of yourselves, without revelation, admit the existence within you of anything but a power unknown to you of feeling and thinking"*

– **Voltaire, alias François-Marie Arouet, French Philosopher (b. 1694)**

**Was Voltaire atheist or agnostic?  
Biographer Pomeau says he was neither,  
what is your position?**

*"When I admire the wonders of a sunset or the beauty of the moon, my soul expands in the worship of the creator"*

– **Mahatma Gandhi, Indian Politician and Philosopher (b. 1869)**

**Is there anyone alive as impressive as Gandhi?  
Does your 'soul' ever react like his on a  
setting sun?**

*"All religions try to benefit people, with the same basic message of the need for love and compassion, for justice and honesty, for contentment."*

– **Dalai Lama, Spiritual Leader of Tibet (b. 1935)**

**Does the Dalai Lama's example of thinking and feeling inspire you? What actions should flow from religion?**

*"We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass- grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls"*

– **Mother Teresa, Albanian Missionary (b. 1910)**

**Do you make time for space and quiet?  
How does silence affect you?**

*"The main purpose of life is to live rightly, think rightly, act rightly.  
The soul must languish when we give all our thought to the body"*  
– **Mahatma Gandhi, Indian Politician and Philosopher (b. 1869)**

**Does your soul or body get more attention?  
Do you feel you live well?**

*"Let the fear of God be the boat to carry your soul across"*  
– **Sri Guru Granth Sahib Ji, Indian Guru (b. 1666)**

**Why do so many world religions have the concept  
of an after-life? Do you think there is one?**

*"I believe everyone should have a broad picture of how the universe  
operates and our place in it. It is a basic human desire. And it also puts  
our worries in perspective"* – **Stephen Hawking, English Scientist  
(b. 1942)**

**Do you have a settled world view?  
What sorts of things tend to worry you?**

*"The theoretical understanding of the world, which is the aim of  
philosophy, is not a matter of great practical importance to animals,  
or to savages, or even to most civilised men"*  
– **Bertrand Russell, British Philosopher (b. 1872)**

**Do many people think deeply these days?  
How about you?**

*Now for your final one, SPA 4 (SOUL PERSONALITY AUDIT) – this one is about  
how you like to go about life, whether you prefer Structure or Spontaneity.  
How strongly do you agree with these comments where 1 is low and 10 is high:*

<b>My Soul Personality 4: JUDGER OR PERCEIVER!</b>		<b>Score 1-10</b>
<i>You don't get easily distracted but like to remain focussed on the job in hand</i>		
<i>Set routines and systems are the way to do things</i>		
<i>Lists help you get through the day – on the fridge, for shopping, at work, on your phone</i>		
<i>Those who leave things till the last minute can exasperate you</i>		
<i>Untidiness is not pleasant to see in others and should be avoided in your own lifestyle</i>		
<i>Efficiency is important - you prefer to get on and do things rather than letting them logjam</i>		
<i>People who flit around in conversation and are ambiguous need to sort their act out</i>		
<i>As a student, you always got your work done by the deadline and often ahead of it</i>		
<i>During a workday, you'll have a schedule and you may also for a holiday!</i>		
<i>You prefer to know what's happening and are not keen on surprises</i>		
<b>Total</b>		
<b>10 – 45:</b>	Your perceiving function is dominant in your outer life. You like a flexible and spontaneous way of life, preferring to understand and adapt to the world rather than organize it. Others see you staying open to new experiences and information. Approaching deadlines are stimulating!	
<b>46 – 75:</b>	Generally, you are well-structured in your approach to life. However, you don't mind lightening up in some contexts and can be surprisingly relaxed to those who are very strong on J! Lists are important but if you lose one, you won't lose sleep, you'll just write another one!	
<b>76 – 100:</b>	You use your decision-making (Judging) preference (whether it is Thinking or Feeling) in your outer life. You prefer a planned or orderly way of life, like to have things settled and organized, feel more comfortable when decisions are made, and like to bring life under control as much as possible.	

**Low scores indicate 'P' and high scores indicate 'J':**

**Enter yours \_\_\_\_\_**

The Myers-Briggs Type Indicator (MBTI) has 16 possible combinations of personality types – it makes for interesting reading. There is no right or wrong and each combination brings its own opportunities and challenges.

*Go back to find and add your four personality preferences here: eg. ESFJ*

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This indicates your personality preferences for interacting with the world and says something about your Soul. Read more if interested in the Myers-Briggs Type Indicator (MBTI) at <http://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/the-16-mbti-types.htm>.

**What can it show you?** Here's an example of what it shows for ESFJ –  
'Warmhearted, conscientious, and cooperative. Want harmony in their environment, work with determination to establish it. Like to work with others to complete tasks accurately and on time. Loyal, follow through even in small matters. Notice what others need in their day-by-day lives and try to provide it. Want to be appreciated for who they are and for what they contribute.'

*"The biggest adventure you can take is to live the life of your dreams"*  
– **Oprah Winfrey, American Talk Show host (b. 1954)**

**Do you see your life as an adventure?  
What does the life of your dreams look like?**

*"I don't care who or what judges me, nothing's going to stop me from living my life how I choose"*  
– **Amanda Holden, English TV Personality (b. 1971)**

**What are the things that limit your freedom  
to live as you choose? Do you welcome or  
resent them?**

*"Freedom consists not in doing what we like, but in having the right to do what we ought"* – **Pope John Paul II, Polish (b. 1920)**

**How would you define freedom?  
Do you feel truly free?**

*"Freedom is relative"* – Billy Graham, American Preacher (b. 1918)

**How might freedom be relative for you? Do you regard some things as absolute fixed points?**

*"It is not truth that matters, but victory"*  
– Adolf Hitler, German Military Leader (b. 1889)

**What do you think is meant by Truth?  
What does personal victory look like for you?**

*"The truth doesn't hurt whatever it is! It's better to know the truth ... I wish there was a God. If there was is a God, why did He make me an atheist?"* – Ricky Gervais, English Comedian (b. 1961)

**Are more people today Atheists, Agnostics or Areligious? Do you have an open or closed view on this?**

*"Whatever I will become will be what God has chosen for me"*  
– Elvis Presley, American Singer and Icon (b. 1935)

**Is it harder for celebrities to believe?  
How do you think you would cope with fame?**

*"I loathe celebrity. I can't stand it"*  
– Elton John, English Singer-Songwriter (b. 1947)

**Why does society seem obsessed with celebrities? Which celebrities do you like and which do you loathe?**

*"It destroys the soul to hear that you're all hype, that you have no talent, and that your whole career has been contrived"*

– **Freddie Mercury, English Rock Star (b. 1946)**

**What are the harshest criticisms you've had to bear? How have they affected you?**

*"Love is the answer for at least most of the questions of my heart, like, why are we here? And where do we go? And how come it's so hard?"*

– **Jack Johnson, American Singer-Songwriter (b. 1975)**

**What are the questions of your heart? Could love be the answer?**

*"What's right is what's left if you do everything else wrong"*

– **Robin Williams, American Actor (b. 1951)**

**Do you think it's always right to give people second chances? Do you find it easy or hard to learn from mistakes?**

*"Every situation has changed me as a person"*

– **David Beckham, English Footballer (b. 1975)**

**Can you think of situations that have changed you for the better? Have any changed you for the worse?**

*"I have a history of eating disorders but, as a mother, you think of being an example to your child. I'm so much more balanced than I was"*

– **Geri Halliwell, English Singer-Songwriter (b. 1972)**

**Are you able to recognise your own personal issues that can unbalance you? Are you making headway with them?**

*"Money is all right but once you have it you learn it's not the be all and end all"* – **Alan Sugar, English Entrepreneur (b. 1947)**

**Do you see money as a need , a want or a means to an end? Why are the very wealthy often discontent?**

*“Grace is not part of consciousness; it is the amount of light in our souls, not knowledge nor reason” – Pope Francis, Argentinian (b. 1936)*

**Have you ever experienced grace from someone or seen it in action? How can it affect a person?**

*“What really matters is how God sees me. He isn't concerned with labels; he is concerned about the state of man's soul”*  
– **Billy Graham, American Preacher (b. 1918)**

**Do you feel people pin labels on you or try to pigeon-hole you? How would you describe the state of your soul?**

*“Rivers, ponds, lakes and streams - they all have different names, but they all contain water. Just as religions do - they all contain truths”*  
– **Muhammad Ali, Champion Boxer (b. 1942)**

**What aspects of any religions repel you?  
Do any of the world religions attract you?**

*“I have a dogmatic certainty: God is in every person's life. God is in everyone's life. Even if the life of a person has been a disaster, even if it is destroyed by vices, drugs or anything else - God is in this person's life. You can - you must - try to seek God in every human life”*  
– **Pope Francis, Argentinian (b. 1936)**

**Is it possible to see God in the life of another person? What's the closest you've come to seeing this?**

*"It is a common saying, and in everybody's mouth, that life is but a sojourn...The blame is his who chooses: God is blameless"*

– Plato, Greek Philosopher (b. 427 BC)

**If life is a temporary journey, where is it headed? How highly do you value your freedom of choice?**

Best Connections app is a journey through history to hear from the wisest and most famous people who have walked planet earth. Core Beliefs, Core Goals and Core Status draw from this collective wisdom. Life Foundations considers issues of Identity, Value and Purpose (IVP) for the journey, as well as the basic need every human being has for a sense of Security, Happiness and Motivation (SHM). Looking at Body and Soul is only part of the story for humankind. The journey for the wise continues by looking at the final building block of life, the Spirit – perhaps your IVP and SHM may find some staying power in these mysteries!

*"If it doesn't challenge you, it doesn't change you"*

– Fred Devito, contemporary Fitness and Health Expert

**Do you embrace challenge or run from it? Are you open to explore depths with mystics that may touch your Spirit?**

## **YOUR SPIRIT**

.....

**Fresh from your Soul Spas, now to consider your Spirit – this is another League, the Supra-League!**

*"Human life is purely a matter of deciding what's important to you"*

– Anonymous

**Many of us try to fulfil our Identity, Value and Purpose (IVP) through the Body in diet, exercise, passions, actions and achievements but discover only temporary fulfilment. How about you?**

*“Life is the hyphen between matter and spirit”*

– Augustus William Hare ((b. 1792) and Julius Charles Hare ((b. 1795),  
Guesses at Truth, by Two Brothers, 1827

**The Soul section is all about how we aim to satisfy our needs for Security, Happiness and Motivation (SHM) – about how we think and interact with others but this too is transient and changeable.**

**TAKE A LOOK AT ‘SPIRITUAL MIRROR REFLECTIONS’!**

*Consider how sensitive spiritually you might be– how likely are you to be deeply affected in the following scenarios by scoring 1 – 10 (where 10 is high):*

<b>SPIRITUAL MIRROR REFLECTIONS</b>	<b>Score 1-10</b>
<i>Witnessing the birth of a child</i>	
<i>Alone, watching and listening to the rise and fall of the sea</i>	
<i>Contemplating amazing colours and cloud formations in a sunset</i>	
<i>Seeing a war film depicting stories of epic sacrifice through trauma</i>	
<i>Experiencing a near fatal accident that just misses you</i>	
<i>The death of a friend</i>	
<i>An act of undeserved kindness between human beings</i> <i>Beautiful music, paintings or poetry</i> <i>A genuine person living out a deep faith in serving others</i> <i>A child’s first faltering steps before dad reaches to catch just before impact ... and the smile!</i>	
<b>Total</b>	

<b>10 – 45:</b>	You seem to have a very thick skin! Do you prefer to keep things superficial for self-protection? Are you possibly carrying many hurts and heavy loads on your journey? If so, could be a good time to lighten the load.
<b>46 – 75:</b>	You have a tender heart and find that some things can really touch you to the core but others leave you cold. Whilst it's surely good to look for the genuine, watch out that you are not over-cynical due to past disappointments.
<b>76 – 100:</b>	Your antennae are able to pick up lots of things and you are quite often stirred. You don't mind thinking more deeply than some – be careful not to become morose. Life's a journey for you with many fellow travellers.

*“When we are alone on a starlit night, when by chance we see the migrating birds in autumn descending on a grove of junipers to rest and eat; when we see children in a moment when they are really children, when we know love in our own hearts; or when, like the Japanese poet, Basho, we hear an old frog land in a quiet pond with a solitary splash – at such times the awakening, the turning inside out of all values, the newness, the emptiness and the purity of vision that make themselves evident, all these provide a glimpse of the cosmic dance”*

– **Thomas Merton, French (b. American Monk (b. 1915)**

**Do you ever hear distant tunes for the cosmic dance? Have you ever danced the dance?!**

*“Even sleepers are workers and collaborators in what goes on in the Universe”* – **Heraclitus, Greek Philosopher (b. 535 BC)**

**Is the idea of ‘sleep-walking’ similar to that of ‘dead-man walking’? Are you an active or passive participant?**

*“Live as if you were to die tomorrow. Learn as if you were to live forever”* – **Mahatma Gandhi, Indian Politician and Philosopher (b. 1869)**

**What might you do today if it was your last in this body? What flashbacks might you have to sum up your life?**

*“Just as a candle cannot burn without fire, men cannot live without a spiritual life”* – **Buddha (Siddhārtha Gautama), Nepalese Sage (b. 563 BC)**

**Would you say you have a spiritual life?  
What is the oxygen of your life?**

*“There is only one difference between a long life and a good dinner: that, in the dinner, the sweets come last”*

– **Robert Louis Stevenson, Scottish Writer (b. 1850)**

**Is life a bit sweet and sour?  
What would be your ideal last meal?!**

*“Un-being dead isn’t being alive”*

– **E. E. Cummings, American Author and Artist (b. 1894)**

**Do you know people who don’t seem very  
alive? What does a fully alive person look like?**

*“The great business of life is to be, to do, to do without, and to depart”*

– **John, Viscount Morley, Politician and Writer (b. 1838)**

**Does this summary satisfy you?  
We come, we go, from where to where?!**

*“We should give meaning to life, not wait for life to give us meaning”*

– **Stacy, contemporary quote**

**Which is the right way round?  
What meaning are you giving or receiving?**

*“No trumpets sound when the important decisions of our life are made.*

*Destiny is made silently” – Agnes de Mille, American Dancer (b. 1905)*

**Is it all ‘Que Sera, Sera’? What are a few of your  
really big decisions that have shaped your life?**

*“In small proportions we just beauties see, and in short measures life may perfect be” – Ben Jonson, English Playwright (b. 1572)*

**Why is happiness often short-lived like the visiting butterfly? Have you experienced much beauty in life?**

*“Beauty is precious, you see, and the more beautiful something is, the more precious it is; and the more precious something is, the more it hurts us that it will fade away; and the more we are hurt by beauty, the more we love the world; and the more we love it, the more we are saddened that it is like finely powdered salt that runs away through the fingers, or is puffed away by the wind, or is washed away by the rain”*

– Louis de Bernières, British Novelist (b. 1954)

**Do you feel you understand real love? Are you more or less willing to risk loving that way now than 10 years ago?**

*“If you seek truth you will not seek victory by dishonourable means, and if you find truth you will become invincible”*

– Epictetus, Greek Philosopher (b. 55 AD)

**If truth alone can be trusted, what truth needs to be discovered? Do you find it hard to trust people?**

*“Three things cannot be long hidden: the sun, the moon, and the truth”*

– Buddha (Siddhārtha Gautama), Nepalese Sage (b. 563 BC)

**What is truth? Is it discovered by our Body, Soul or Spirit?**

*“Realization of truth is higher than all else”*

– Guru Nanak Dev, Sikh teacher (b. 1469)

**Do you know anyone who seems to have a life full of truth like this? What does it look like?**

**“Deep Thought from ‘The Hitchhikers Guide to the Galaxy’:** *“The answer to life, the universe and everything is ... 42. What you really need to know is ‘what was the question!’”* See clip: <http://www.youtube.com/watch?v=aboZctrHfK8>

**Why didn't the answer 42 satisfy the crowds?  
What do you think the question is?**

*“No matter how much we try to run away from this thirst for the answer to life, for the meaning of life, the intensity only gets stronger and stronger. We cannot escape these spiritual hungers”*

– Ravi Zacharias, Canadian Philosopher (b. in India 1946)

**Why have people been asking these questions throughout history? Do you have a satisfying answer?**

*“Spiritual relationship is far more precious than physical. Physical relationship divorced from spiritual is body without soul”*

– Mahatma Gandhi Indian Politician and Philosopher (b. 1869)

**How come so many past and present people believe in something beyond? Does the idea of relationship appeal?**

*“Work out your own salvation. Do not depend on others”*

– Buddha (Siddhārtha Gautama), Nepalese Sage (b. 563 BC)

**Is it possible to depend on others for this?  
Have you worked it out?!**

*“All major religious traditions carry basically the same message, that is love, compassion and forgiveness - the important thing is they should be part of our daily lives”* – Dalai Lama, Spiritual Leader of Tibet (b. 1935)

**Do you see these three things as being fundamental to a fulfilled life?  
Are they part of yours?**

*“All the religions of the world, while they may differ in other respects, unitedly proclaim that nothing lives in this world but Truth”*

– Mahatma Gandhi, Indian Politician and Philosopher (b. 1869)

**So what do truth, love, compassion and forgiveness have in common? Why then do hostilities exist?**

*“God is one, but he has innumerable forms.*

*He is the creator of all and He himself takes the human form”*

– Shri Guru Nanak Dev Ji, Indian Mystic Teacher (b. 1469)

**All spiritualities seem to centre on God – but who is he? Have you got a fixed view or an open mind?**

*“There is nothing that wastes the body like worry, and one who has any faith in God should be ashamed to worry about anything whatsoever”*

– Mahatma Gandhi, Indian Politician and Philosopher (b. 1869)

**What sorts of things tend to worry you? Can spirituality centred on God bring a sense of freedom?**

*“Does man think that We shall not assemble his bones?*

*Yes, We are able to put together in perfect order the tips of his fingers”*

– The Quran [75:3-4]

**All major religions point towards a Creator, is the concept of design logical? What can you see today that confirms this?**

*“To preserve a man alive in the midst of so many chances and hostilities, is as great a miracle as to create him”*

– Jeremy Taylor, English Author (b. 1613)

**Do you sense much in the way of ‘chances’ and ‘hostilities’ in your life? What’s winning?**

*"I die, adoring God, loving friends, not hating my enemies and detesting superstitions... If God would not exist, it would be necessary to invent Him... Let's worship this great Being ... It is He who from all eternity arranged matter in the immensity of space...(God)is the supreme being .He is unique, infinite, eternal, creator of the world."*

– **Voltaire (as from biographer Pomeau), French Philosopher (b. 1694)**

**Did you know Voltaire had these thoughts? Do people today 'invent' 'Him' to suit their purposes?**

*"God cannot be realized through the intellect. Intellect can lead one to a certain extent and no further. It is a matter of faith and experience derived from that faith"* – **Mahatma Gandhi,**

**Indian Politician and Philosopher (b. 1869)**

**If it meant you had to jump from Titanic or similar to save your life, could you? Can faith be a leap?**

*"Prayer is more than meditation. In meditation, the source of strength is one's self. When one prays, he goes to a source of strength greater than his own"* – **Madame de Stael ((b. 1766)**

**Do you ever find yourself talking when alone? If so, could it be called 'prayer' of some kind?**

*"Prayer is not asking. It is a longing of the soul. It is daily admission of one's weakness. It is better in prayer to have a heart without words than words without a heart"* – **Mahatma Gandhi,**

**Is it good to admit weakness, privately or to another person? How might it bring strength?**

*"Suppose you could gain everything in the whole world, and lost your soul. Was it worth it?"* – **Billy Graham, American Preacher (b. 1918)**

**What sort of things matter most to you? How do you cope when the time comes to let go of someone or something?**

*"Parting is such sweet sorrow"*

– William Shakespeare

**Can you think of any positives that come through parting? How do you feel about the final parting of Body and Spirit?**

*"Gazing upon their families, people are lured and trapped by emotional attachment, but none will go along with them in the end"*

– Sri Guru Granth Sahib Ji, Indian Guru (b. in 1666)

**Do you value those who share your journey? How will they be better for knowing you?**

*"The art of living well and the art of dying well are one"*

– Epicurus, Greek Philosopher (b. 341 BC)

**What does it mean to live well?  
What does it mean to die well?**

*"You're born. You suffer. You die. Fortunately, there's a loophole"*

– Billy Graham, American Preacher (b. 1918)

**If you had the choice, what would you like to happen when you die? Are you interested in the best connection?**

Some may end here and having bitten the apple, they may choose to lob it on the compost heap! Plato speaks of a tension held in negative and positive freedoms – here's a freedom to hear from many more of the wisest people speak about Spirit and how it could help you to the Best Connection that will fulfil your need for IVP (Identity, Value and Purpose) and SHM (Security, Happiness and Motivation) for this journey and beyond.

*Have a go at Best Connections Journey Checklist to decide!*

*BEST CONNECTIONS JOURNEY CHECKLIST! Strength of agreement where 1 is low and 10 is high*

**BEST CONNECTIONS JOURNEY CHECKLIST!****Score 1-10***I have found the quotes from the wise and famous across the centuries very interesting**The Core Beliefs section made me think deeply about what I believe**It is usually a good plan to pack well and prepare for a journey**Without proper wiring, none of my electric appliances are going to fulfil their potential**My Core Goals need to have some consideration of the needs of my Body, Soul and Spirit**It is very frustrating when I lose internet connection or signal for my mobile**My Core Status was useful to reflect on my sense of Security, Happiness and Motivation**My Journal has potential to be a good reference point for my personal development**Life Foundations has helped me think about what's best for my Body, Soul and Spirit**Biting this particular apple could take me further on my journey to personal fulfilment***Total**

**10 – 30:** These are pretty low scores which may mean you're ready to lob this apple back on the compost heap. However, it may have had some use in prompting thoughts and emotions that you may come back to another time. Even one bite from an apple will carry some nutrition! Perhaps you can use some of the compost later in life when it's well-rotted down!

**31 – 75:** You have found much of the content of this App has been stimulating to your thinking and you are probably open to step into the final section of Best Connections. The possibility of making connections that could deeply fulfil your needs for enduring IVP and SHM sounds intriguing. There are some pips in this apple that are certainly worth planting!

**76 – 100:** To your surprise, you have found this apple tasty and nutritious! You have found many kernels of truth in the pips! The last sections of this App await – an exciting stage for your life journey is within your reach, so put your best foot forward and discover the best connections that can truly satisfy your Body, Soul and Spirit.

There is one notable voice from the most influential man of all time which has been silent to this point. When all has been heard from the others throughout history, it's time to hear this other voice. Let Mahatma Gandhi (Indian Politician and Philosopher born 1869) make the introduction to one who is described as the Way, the Truth and the Life – Jesus Christ. He lived and died to give you the best connection every human being needs, to God.

**Mahatma Gandhi in 1941** – *“I reject any religious doctrine that does not appeal to reason and is in conflict with morality ... My interpretation, in other words, is that in Jesus' own life is the key of his nearness to God; that he expressed, as no other could, the spirit and will of God. It is in this sense that I see him and recognize him as the Son of God.... And because the life of Jesus has the significance and the transcendency to which I have alluded, I believe that he belongs not solely to Christianity, but to the entire world; to all races and people, it matters little under what flag, name or doctrine they may work, profess a faith, or worship a God inherited from their ancestors”*

The number of people who have found their connection with God through the man Jesus Christ around the world has nearly quadrupled in the last 100 years, from about 600 million in 1910 to more than 2 billion in 2010.

## **Choose the track you think will be most helpful:**

**UNCONNECTED?** – no previous links to Christianity and don't know much about Jesus Christ

**DISCONNECTED?** – have had links with churches in the past but have chosen to be disconnected for some while