

Spiritual Philosophy Exercise - Psyche

Spiritual Philosophy

Exploring a Spiritual Question

Introduction

This exercise introduces students to the foundations of spiritual and philosophical thinking. It is designed to encourage open-minded reflection and personal interpretation of spiritual concepts.

Purpose

The aim is to develop the ability to explore, reflect, and express thoughts on spiritual topics through discussion and written reflection.

Learning Outcomes

- Understand the concept of personal spiritual philosophy.
- Reflect on spiritual and ethical questions.
- Practise articulating spiritual ideas clearly.
- Develop respect for differing perspectives and beliefs.

Procedure

1. Choose a reflective question such as:
 - What do I believe happens after death?
 - What does 'living spiritually' mean to me?
 - Does everything happen for a reason?
2. Allow the student 5-10 minutes to quietly reflect and write their thoughts.
3. Invite them to share their view with the group or tutor in a short 2-3 minute explanation.
4. Encourage open discussion afterwards, with respect for all opinions shared.
5. Repeat with different questions weekly to broaden thinking.

Reflection

Philosophical exploration enhances depth in mediumship and personal growth. Students are encouraged to keep a reflective journal and revisit their evolving beliefs over time.