

Synthesizing Spirituality with Profession

By Peig Myota



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of the nursing profession, we must consider whether our career choice truly evolves from the perspective of life purpose.

Defining life purpose offers the opportunity to powerfully influence our chosen profession when spiritual beliefs are synthesized with professional vision. This is particularly important for those in administrative, management and faculty positions who have the ability to influence both the healthcare system and how the art and science of nursing is practiced.

Defining and making choices from the perspective of life purpose involves understanding how personality traits influence functioning, and how we relate to the world as a whole person physically, emotionally, intellectually and spiritually. Courage is required when beginning a life journey that offers the potential to find purpose and meaning in life; such process work is best done with the support of a spiritual mentor or colleagues aware of their

own spiritual path.

The first step is often the most difficult, involving gaining control over the physical self by living a healthy lifestyle. When we have gained sufficient physical awareness, the second step involves learning emotional control. This is accomplished by releasing all emotions held in the body related to previous painful experiences, then learning to process emotions in a healthy way on a daily basis. The third step involves learning to control the lower intellectual mind consciousness that blocks connections to higher spiritual thoughts, creativity and joyfulness. This can be done by establishing a daily practice of reflection, visualization and meditation that quiets the analytical chatter and negative self-critical messages received daily from the lower judgmental mind. When a connection to a higher spiritual consciousness is made, we begin to define spiritual beliefs and values that become guidelines for how to relate to the world. The next challenge is putting beliefs and values into action, in both our personal and professional lives.

These steps are practiced simultaneously over months-years in some cases - until a higher mind spiritual focus is achieved, directing our lives on a daily basis. This practice demands time, effort and love of self, grounded in the recognition

that self discipline allows us to reach our highest human potential in service to others.

Understanding how personality traits influence relationships and spiritual function can best be accomplished by learning how our birth sign endows us with specific personality qualities-an energetic blueprint-formulated by the date and time of our birth. This blueprint determines uniquely individual talents, interests and abilities. Our life experience then provides the rich training ground to further define and strengthen these unique gifts as we grow spiritually through challenging experiences. Individual personality traits can be thought of as energy qualities or "spiritual threads" connecting us to one another and the larger universe. In the book, "The Invisible Garment: 30 Spiritual Principles that Weave the Fabric of Life," Connie Kaplan, Ph.D., presents our "unseen garment" as a metaphor for how our spiritual threads weave the divine tapestry of humanity. The astrologically based energetic spiritual qualities that influence personality allow us "to chart our life's purpose," and contribute our unique gifts to the tapestry of society and the greater world. This final step allows us to better understand why professional vision cannot be separated from the unique personal spiritual qualities given to us at

birth.

I have been involved in the field of holistic counseling for over 20 years and regularly work with clients in the healthcare professions.

Over the past ten years, these healthcare professionals have increasingly sought a higher level of spiritual mentoring in a quest to define beliefs and values that provide the basis for experiencing purpose and meaning in life and how this relates to their "soul calling." I am grateful to these clients and my continued study in the field of "soul psychology" for assisting me in growing spiritually and more clearly defining my professional vision.

FEMME de VISION incorporates the wisdom that how a woman relates to the world as a whole person. It can be a source of professional strength. Personal vision creates the basis for making personal and professional choices, giving purpose and meaning to life. The greater meaning of consciously synthesizing spirituality with professional vision includes "the knowing" that women have the responsibility to participate in the "tapestry of life" by changing the way the world functions.■

Myota, BSN, MSW, BCD, will be present a "Femme de Vision" retreat October 27-30, 2005; for more information see www.peigmyota.com.