

SPIRITUAL AWAKENING: THE FOURTH BIRTH

Based on the Teachings of Virginia Satir

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Dogwood Flower Symbol: Four Petals Representing Body, Emotion, Mind, Spirit

Spiritual Symbol: Developing Beautiful Souls

Sturdy, Pure, Resilient, Love Sacrifice, Rebirth, Resurrection

Background

The original text was written by Dr. Bulbrook in June 1989 shortly after Virginia Satir's death in a book titled: Transforming and Healing the Self: A Guide to Spiritual Awakening Inspired and Influenced by Virginia Satir.

The original version included data from Virginia on Spirituality from the 1988 Science and Behavior Book: Mountain View, CA by Virginia, The New People Making.

Virginia wrote:

“We are spiritual beings in human form. This is the essence of spirituality. How we apply our spiritual essence shows how we value life.” (p. 336)

“Recognizing the power of spirit is what healing, living and spirituality are all about. (p.338)

“We are all unique manifestations of life. We are divine in our origins. We are also the recipients of what has gone before us, which gives us vast resources from which to draw. I believe that we also have a pipeline to universal intelligence and wisdom through out intuition, which can be tapped through meditation, prayers, relaxation, awareness, the development of high self-esteem, and a reverence for life. This is how I reach my spirituality.” (p.338)

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