

(introduction for video: Zendoodle for Body Mind and Spirit)

“Eye has not seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him” — 1 Cor 2:9

How blessed are we that we live in a world of infinite varieties of infinite varieties. Million upon millions of delights for all our senses! A walk at the arboretum alone offers hundreds of trees, plants, flowers, birds and other animals, scents, and vistas, and more – all there for us to enjoy. A simple trip to the gift shop or the coffee shop offers another set of unbounded choices.

Likewise, on our spiritual journey there are many paths that we can take and practices that we can engage in to feed our body, mind, and spirit. For millennia, people in all cultures have created rituals and practices seeking greater connection to an indwelling spirit and sense of meaning and purpose as human beings. Choices offer us freedom and a sense of individuality. We find strength and when we discover the right spiritual path. We feel grounded, calm, and secure.

On the road of discovery, it is enriching to look for a variety of experiences. On my spiritual journey, I have found creative spirituality and the use of zendoodle as a meaningful part of my prayer life and desire for connection to God. Which is why I have been offering these tutorial videos as a gift for others.

In this video, I talk about the benefits of any spiritual practice for our body, mind and spirit and demonstrate another simple zendoodle pattern. If you are new to this artform and are curious, please watch my earlier videos for an introduction to the materials and process.

The downside of infinite options is that ultimately, we must make a choice. Wonder in the marvels of the world, trust in God, and may whatever choices you make be enriching and bring you joy!

Peace and all good,
Sr. Glenna