

Mind • Body • Spirit

A UNION OF KINDRED SPIRITS

By Bob Czimbai
Contributing Writer

The term Kindred Spirit is reserved for a special kind of relationship... a deep friendship. Kindred Spirits combine elements of friendship, marriage and family such as trust, commitment and a sense of belonging.

A Kindred Spirit relationship is a whole relationship, connecting on a body, mind and spirit level. Whole dimensions of our being need to be nurtured by whole beings. Kindred Spirits bring out the best in each other.

A Quest for Spiritual Intimacy

Deep commitment and a high level of intimacy are the two main differences between a friend and a Kindred Spirit. Human beings need to be deeply connected to one another. Kindred Spirit friendships are established to honor the need to care and to be cared for. These friendships are high spirited and require a high level of maturity.

Each Kindred Spirit decides the degree and kind of intimacy that is appropriate. One of the reasons for forming this type of friendship is to create a supportive environment where warmth and affection can be freely exchanged. Intimacy frequently brings up fears. Kindred Spirits have the courage to find the path through fear to love.

Kindred Spirits can act as guardians of each other's spirits during a crisis. They join together just as easily for fun, love and enhancing each other's spiritual growth.

A Kindred Spirit can include two persons or a community of people, like a family of choice. These friendships may exist within the same gender and across gender lines. Kindred Spirits are not spiritually exclusive or loyal to just one person. The love between Kindred Spirits is like a web...strong, light and open.

When Kindred Spirits are together, the mass and energy of their spirits are multiplied. The light is clearer and purer. There is a synergistic interplay of light between Kindred Spirits. The two lights combine and create new shades and tints, a fuller spectrum of colors. Time to show your true colors.

When Kindred Spirits meet there is spirit-to-spirit connection. We are energized by their presence. We recognize

each other by the outflowing of spirit. My spirit senses your spirit. All of the senses are sharp, alert and working together knowingly. The energy is exciting, mixed with a sense of calm. We experience trust, safety, acceptance and openness in large doses. We feel refreshed, joyful. Notice how your spirit responds when you meet a Kindred Spirit. Kindred Spirits charge the air with life.

Flash Points

Kindred Spirits have an energy field that extends beyond their bodies. They are grounded by their own sense of inner peace and love. By harmonizing their fields of energy, they amplify each others' energy, and spirits.

Ceremony

When a friendship deepens to the level of Kindred Spirits, consider making a more formal commitment to each other. Create a ritual to celebrate this bond of deep love and trust. Honor the commitment to be deeply engaged in each others' growth. The ceremony can either be a private ritual or may include family and friends. Kindred Spirits mutually agree to explore the limits of compassion and push the edges of generosity. Give Kindred Spirits the value they deserve...make a sacred vow.

On the Path

Love and laughter are stepping-stones on the path. One of the most profound things you can do is to uplift your spirit and spread joy. Gather together to help each other co-create a critical mass of consciousness. We can make a world of difference by realizing our spiritual bond with all living things. When the spirit evolves, the mind will follow. The Path is full of challenges and requires courage to follow. We know that others will not always understand the path. We must be willing to go where no path yet exists, allowing our spirits to guide our actions. Explore and leave a trail for others to follow.

Bob Czimbai is the author of "Vitamin T" and a counselor in Southeast Portland. He can be reached at 503/232-3522.



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