

Uncovering The Holy

A Simple Yet Powerful Exercise to Bring More Meaning, Joy,
and Excitement to Your Life Every Day



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Suffering is never good, of course.

The AMA reports that over one-third of Americans say the pandemic is having a serious impact on their mental health.

However, there is something simple that can help that's available to all of us. It's taking the time to ask yourself, "What are my values?"

Though seemingly small, this exercise is a powerful way to physically manifest your values.

We are going to find an object that is sacred and holy and meaningful to you and multiply its power.

It's a seemingly small step, but I think you'll see how it can create a big snowball of soulful joy in your life.

I coach people who have lost their purpose, and want to change things up. They are often in the middle of their lives, they are facing hardships and struggles that invariably come to all.

If you'd like to bring a lot more meaning and joy into your life, then let's talk about it. Just take the next step here.

<https://www.brendabecker.com/your-next-step/>



Brenda

Let's start the exercise ...

Let's begin ...

This is a simple exercise to start you on the path of uncovering more meaning by finding those things that are holy, that hold a sacred meaning for you.

There is considerable research and resulting evidence that identifying that which is meaningful on a daily basis goes hand in hand with greater well being and increased appreciation of life.

An object that is holy is something that you treat with reverence, an item that points you to something that is beyond yourself. This item usually has a dual meaning. It will likely be something that is very important to you because it represents someone or something you hold dear. At the same time it also might be an object that points you to something beyond yourself, perhaps what you call God or a reality that is difficult to describe but that fills you with awe.



One example, for me, is a particular picture of one of my grandsons.

While I treat all the pictures of my grandchildren with reverence, that picture of Noah holds special significance because it reminds me of a picture of his grandfather, my husband, at a similar age. And it points me toward God because it reminds me of that unexplainable connection we have with all our loved ones who have come before us plus those who will live on after I am gone.



Another example of the holy in my daily life are the blooms in my flower garden.

I treat them with reverence because they grow and bloom unrelated to my efforts. They have a purpose all their own and a life all their own.

My flowers also indicate quite vividly that there is a life force and beautiful energy beyond anything I could ever accomplish, which I find awe inspiring and strangely comforting.

I think you're getting the idea.

Now it's your turn.

Here's the first step ...

Step 1. Name or Describe an Object or Item That is Holy to You

What's the object?

What are three reasons why it holds that special significance for you?

ONE -----

TWO -----

THREE -----

Step 2: Go Deep

Take your time here — this is where the magic is. Describe, as best you can, five ways that this object leads your thoughts to that which is bigger than you; or how it creates a sense of awe or connects you to God; or perhaps gives you a sense of a presence beyond yourself.

ONE _____

TWO _____

THREE _____

FOUR _____

FIVE _____

Step 3. Bring It Into Your Life

Now that you have identified the significance this object holds for you and why it is holy to you, leave it in a place in your home that you will be able to see it often during the day.

Perhaps you will want to place it so that it is the first thing you see in the morning because how you start your day can set the tone for the remainder of the da

Reflect on it often and the sacred position it holds.

Notice your mood at the end of paying attention for a day. Do you smile when you consider its meaning? Does it lift your spirits? Is your optimism improved? Are you more encouraged to begin a task that you were avoiding? Note what a difference this makes in your emotions.

Enhancing the meaning of your life is a long-term under-taking but this simple activity is one step on that journey.

Brenda's Bonus Challenge: Multiply Meaning Manyfold

Already feeling quite blessed, inspired, and positive?

Great! Watch how that higher state takes on biblical proportions of meaning as you put it out there in the world.

My challenge to you is to post the results of your exercise — the content you wrote above and the object you've brought into your life — to post your results to a special blog post on my website.

This is taking your meaningful effort and expanding it out with others in the world. On that page is a list of other meaning-seekers who have bravely posted their results of this exercise.

<https://brendabecker.com/uncovering-the-holy>

I invite you to post your holy object and the meaning behind it and share it with me.

I'm actively watching these, and I'll acknowledge your diligence and.

Your Next Step

Take the next step and let's have a talk about bringing more holy to your daily life.

This will be a summary of what you do and another invitation to reach out to you for that initial session.

P.S. If it's seriously time to bring more joy and excitement into your life, then take the step, and [reach out to me](#) for your *Meaningful Life Session*.