



## McGill Office of Religious and Spiritual Life (MORSL)

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### MM5: Connecting to your spiritual identity

#### Meditation: SOUL LIFTS By Tess Baumberger

Wouldn't it be great if you could take a picture of your soul?  
Then when your mother wanted to brag about you  
She could show people the picture and say,  
"That's my daughter, doesn't she have a beautiful soul,  
All sparkly and many-colored and flowing all around her?"

Wouldn't it be great if we walked around?  
Surrounded by our souls,  
So that they were the first things, people saw  
Instead of the last things?  
Then people would judge us by who we really are  
Instead of how we look.  
Imagine no more racism, ageism, sexism, fatism, shortism, homophobia.  
Imagine falling in love with who a person is,  
Just by looking at them.

It would be a kind of cloaking device,  
Hiding physical faults defects or even perfections.  
I'd want it to be mandatory.  
Then people would work at making their souls more attractive  
Instead of their bodies and faces.

Imagine people knowing by your soul that you really need a hug.  
Imagine people helping each other and their souls changing colors,  
Or growing.

Imagine soul gyms,  
With exercises to get your sagging soul in shape.  
Imagine the long lines forming for soul-lifts  
At churches, temples, mosques, synagogues  
Or nature's grand cathedrals.

**To find additional Meaning Making  
Workshop resources, visit our website:**

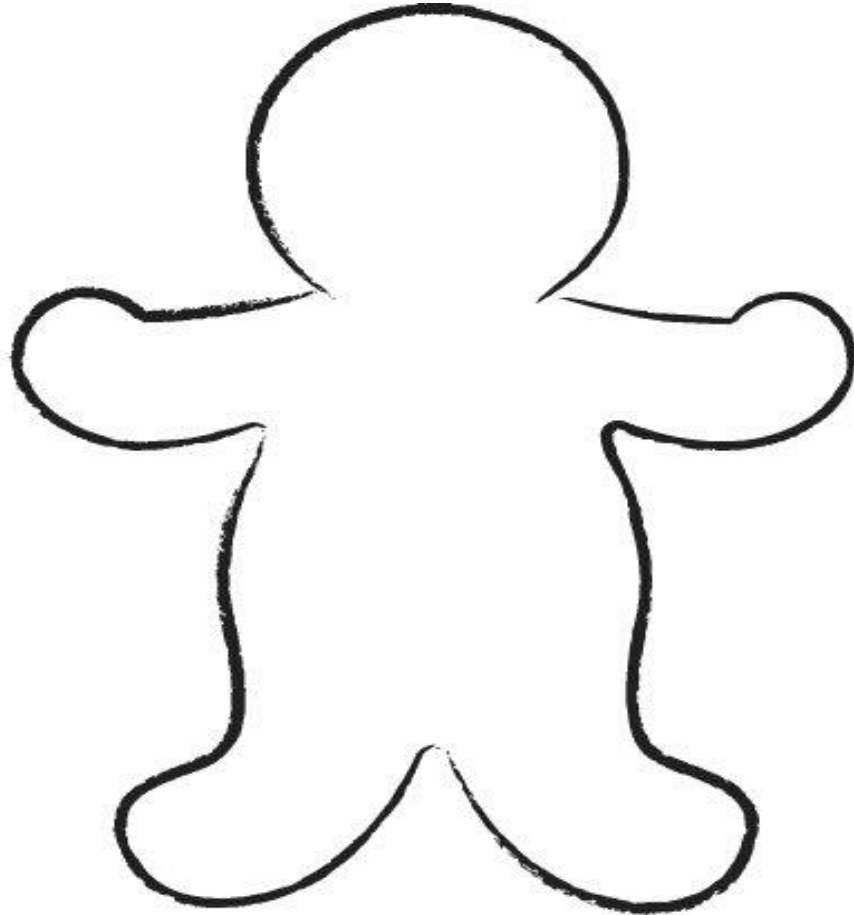




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Handout: Gingerbread activity- Body Drawing.





**McGill Office of Religious and Spiritual Life (MORSL)**

Handout: Worksheet

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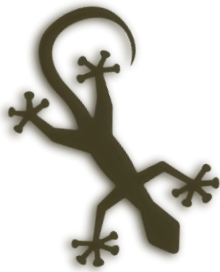
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