

Department of the Army
Pamphlet 600-63-12

The Army Health Promotion Program

Spiritual Fitness

Headquarters
Department of the Army
Washington, DC
1 September 1987

UNCLASSIFIED

SUMMARY of CHANGE

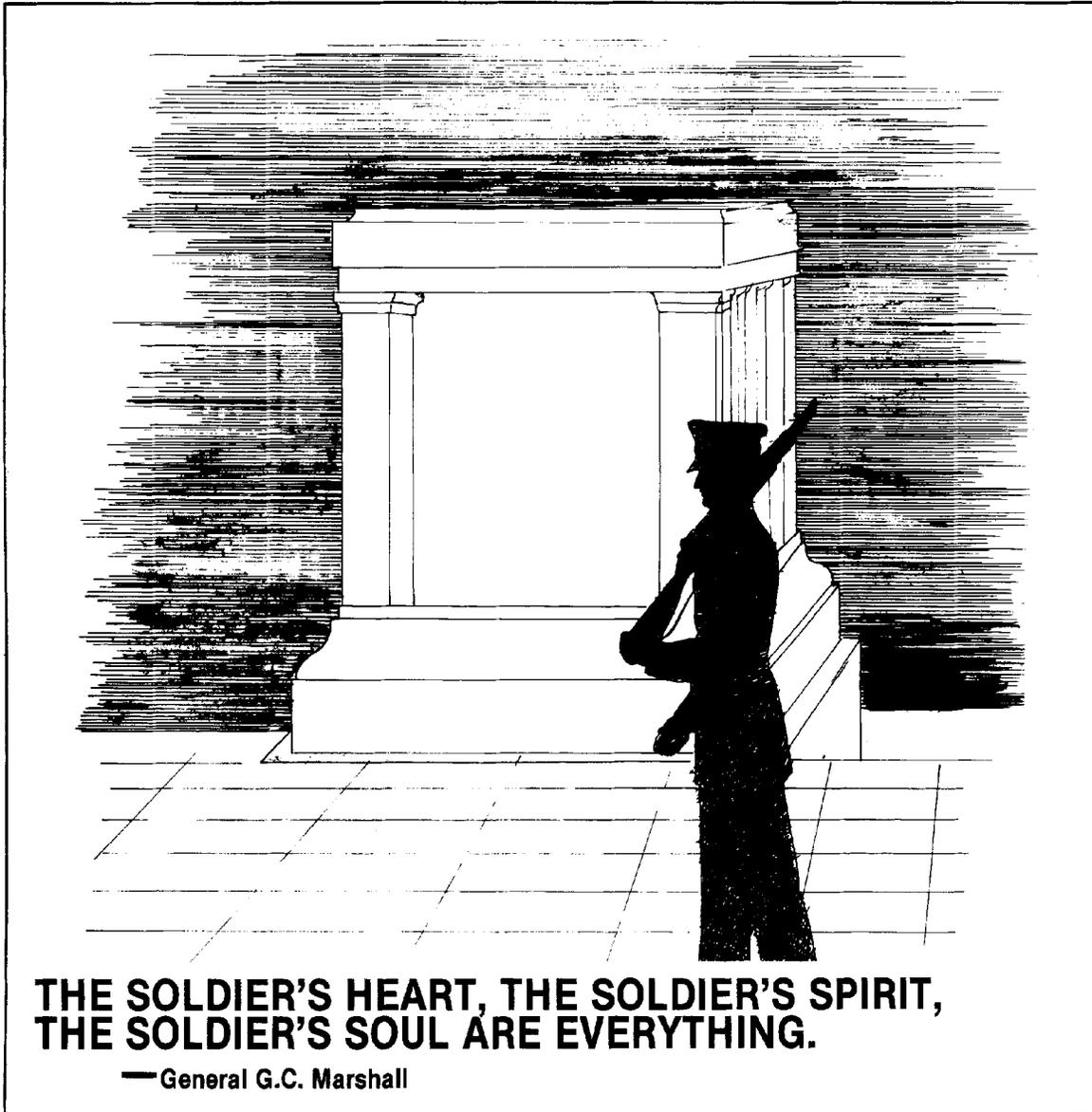
DA PAM 600-63-12
Spiritual Fitness

-
-

Fit to Win



SPIRITUAL FITNESS



**THE SOLDIER'S HEART, THE SOLDIER'S SPIRIT,
THE SOLDIER'S SOUL ARE EVERYTHING.**

—General G.C. Marshall

FOREWORD

Cover: The Tomb of the Unknown Soldier with its accompanying inscription at Arlington National Cemetery honors those soldiers who gave their lives in defense of the nation: "Here Rests in Honored Glory an American Soldier Known But to God." Their sacrifice proves the truth General George C. Marshall expressed:

The soldier's heart, the soldier's spirit, and the soldier's soul are everything. Unless the soldier's soul sustains him, he cannot be relied on and will fail himself, his commander, and his country in the end. It is not enough to fight. It is not enough to fight. It is the spirit that wins the victory. Morale is a state of mind. It is steadfastness, courage, and hope. It is confidence, zeal, and loyalty. It is elan, esprit de corps, and determination. It is staying power, the spirit which endures in the end, and the will to win. With it all things are possible, without it everything else, planning, preparation, and production count for naught.

The Army Health Promotion Program

Spiritual Fitness

By Order of the Secretary of the Army:

CARL E. VUONO
General, United States Army
Chief of Staff

Official:

R. L. DILWORTH
Brigadier General, United States Army
The Adjutant General

Army electronic publishing database. No content has been changed.

Summary. Not applicable.

Applicability. Not applicable.

Proponent and exception authority. Not applicable.

Suggested Improvements. Not applicable.

Distribution. Active Army, ARNG. USAR: To be distributed in accordance with DA Form 12-9A, requirement for DA Pamphlets, Personnel, General-B, C, D, and E.

History. This publication has been reorganized to make it compatible with the

Contents (Listed by paragraph and page number)

Purpose • 1, *page 1*
Applicability • 2, *page 1*
Background • 3, *page 1*
Goals • 4, *page 5*
Responsibilities • 5, *page 6*
Module Elements • 6, *page 6*

Appendixes

- A.** References, *page 10*
- B.** Sample Lesson Plan (Loyalty), *page 10*
- C.** Sample Religious Devotional (Spirit), *page 12*
- D.** Resources, *page 13*

1. Purpose

To provide the commander with a definition of spiritual fitness and suggest alternatives to enhance the soldier's total well-being increasing spiritual fitness.

2. Applicability

This guidance applies to installation commanders and members of installation/community health promotion councils. This includes but is not limited to: Director of Personnel and Community Activities (DPCA); Director of Logistics (DOL); Public Affairs Officer (PAO); Chief, Family Support Division (FSD); Chief, Community Operations Division (COD); Commander, Medical Treatment Facility (MTF); Director, Plans, Training, and Mobilization (DPTM); Civilian Personnel Officer (GPO); Chief, Community Mental Health Service (CMHS); Chief, Community Relations Division (CRD); Alcohol and Drug Abuse Prevention Control Program (ADAPCP) Officer; Field Director, American Red Cross (ARC); Dietitian; Community Health Nurse (CHN)/Nurse Practitioner.

3. Background

a. All aspects of total wellness addressed by the Army Health Promotion Program come under the physical, emotional, and spiritual dimensions of human beings. A great amount of training time is devoted to physical health and conditioning. This is a positive effort and appropriate for our mission accomplishment, however, TOTAL fitness also involves emotional and spiritual aspects!

b. Members of Health Services Command and the Chaplain Corps continue to address the issues of suicide prevention, stress management, and battle fatigue. Techniques for implementing these emotional fitness areas are included in the Stress Management Module. Additional information is available through Army publication channels.

c. Spiritual well-being is important since soldiers function more effectively when they have a support system or framework of meaning to sustain them. However, spiritual fitness is little talked about by most soldiers nor is it planned for in unit training. Yet, we constantly deal with the soldier's spirit. It is the quality of the soldier's spirit which translates the professional Army ethic into realistic expectations for the way we do business.

d. Spiritual fitness is the development of those personal qualities needed to sustain a person in times of stress, hardship, and tragedy. These qualities come from religious, philosophical, or human values and form the basis for character, disposition, decisionmaking, and integrity.

e. This definition presupposes that visible action stems from our spiritual health and comes from our set of values. By way of illustration C. S. Lewis provides this—

(1) You can get the idea if you think of us as a fleet of ships sailing in formation. The voyage will be a success only, in the first place, if the ships do not collide and get in one another's way, and, secondly, if each ship is seaworthy and has her engines in good order. As a matter of fact, you cannot have either of these two things without the other. . .

(2) But there is one other thing we have not yet taken into account. We have not asked where the fleet is trying to get to. . . And however well the fleet sailed, its voyage would be a failure if it were meant to reach New York and actually arrived at Calcutta.

f. The analogy supposes that life as a human being and as a soldier depends upon both physical and emotional states of being. Without physical prowess and good mental health, victory in combat or in any of life's other endeavors cannot be achieved. Believing in and living up to the religious, philosophical, and/or human values toward which this document points, constitutes spiritual fitness and gives us direction and purpose.

g. Spiritual fitness goes beyond lists of values and memorization of codes of conduct—though it is important to know what one is expected to believe in and act on. A person who is spiritually fit consciously seeks to experience life and give it meaning and purpose through reflection. Using the results of one's reflections to guide one's living is the objective for this way of life. Army leaders often make the point that a soldier's stated values must also be his operating values. Most soldiers agree that this quality is a measure of spiritual fitness.

h. Care must be taken when we talk about assessing or measuring the spiritual. There are no universally accepted instruments available to determine spirituality or to measure spiritual well-being. Yet, like values, we know spirit when we see it. Leaders and subordinates intuitively grasp the values underlying our behavior. They sense these based on observable behavioral characteristics.

i. Two sets of spiritual fitness characteristics are presented for consideration. Though they differ in context, each is applicable to soldiers.

Suggested Elements for Level 1-2-3 Fit To Win Programs

Modules	Level 1 Program	Level 2 Program	Level 3 Program
Commander's Guide	Introductory chapter Strategies for program management and resources	Same as Level 1	Same as Level 1
Marketing	Unit briefings Post media Community needs assessment Posters, slides, videotapes Incentives: — Personal recognition certificates — Awards Evaluation Strategies	Level 1 plus: Guest speakers Promotional items	Level 2 plus: Public relations campaigns Support groups Intramural competitions
Individual Assessment	Automated Health Risk Appraisal Health Risk Review Session	Same as Level 1	Same as Level 1
Physical Conditioning*	Community/unit based programs to include aerobic and strength development classes AR 350-15 Guidance National Fitness Month	Level 1 plus: Individualized prescription based on fitness evaluation	Same as Level 2
Nutrition and Weight Control	Pamphlets/posters brochures Media blitz for dining hall: menus National Nutrition Month AR 600-9 Guidance	Level 1 plus: Group classes Videotapes Slides/Cassette tapes	Level 2 plus: Nutritional Assessment Individualized diet plans Computerized nutritional analysis Cooking classes

Figure 1. Suggested Elements for Level 1-2-3 Fit To Win Programs

Modules	Level 1 Program	Level 2 Program	Level 3 Program
Antitobacco	Pamphlets/ brochures Media blitz advice for smokers and non- smokers National Smokeout AR 1-8 Guidance	Level 1 plus: Group cessation programs Videotapes Radio/TV spots	Level 2 plus: Computerized cessation program Support group
Stress Management	Pamphlets/brochures Posters Welcome Packets with resources within the community Sponsorship Program associated with PCSs	Level 1 plus: Group classes Videotapes Radio/TV spots Commanders session's Unit training Community Skill/Activity Classes	Level 2 plus: Individual treatment programs conducted at Medical Treatment Facility
Hypertension Management	Pamphlets/brochures Unit level Monitoring National High Blood Pressure Month (May) Periodic B.P. checks/follow-ups	Level 1 plus: Group classes Videotapes TV, radio spots	Level 2 plus: Individual counseling
Substance Abuse Prevention	Pamphlets/brochures Posters Group meetings and classes AR 600-85 Guidance	Level 1 plus: Videotapes	Level 2 plus: Individual counseling Support groups
Spiritual Fitness	Pamphlets/brochures Posters Opportunities to meditate, pray, or worship AR 165-20	Level 1 plus: Group meetings classes Developmental activities	Level 2 plus: Individual counseling Referral agencies Values building resources Support groups
Dental Health	Pamphlets/brochures National Children's Dental Health Month Periodic Dental Examinations Unit Level Dental Fitness Classifica- tion Monitoring	Classes Videotapes Radio/TV spots Skills Classes	Individual Oral Hygiene Counseling Definitive Dental Treatment Long Term Follow-Up
Procedures Guide	Pamphlets/ Brochures/Posters Command Briefings (at least monthly) Incentive/Sustain- ment Program	Unit Training Schedules which reflect health promo- tion education classes in all areas needed	Unit Days for: Health Risk Assesment Family Health Promotion Activities

*The exercise elements are the most likely to result in untoward events; therefore, cardiovascular screening must be required for all individuals 40 years of age and older and for anyone with a history of cardiovascular disease. A disclaimer is required.

Figure 1. Suggested Elements for Level 1-2-3 Fit To Win Programs—Continued

(1) *Characteristics From A Theological Base.*

- (a) Faith (dependence on self and others).
 - (b) Belief in a positive outcome.
 - (c) Mature outlook (things which happen to me are not the end of the world).
 - (d) Forgiveness for myself and others.
 - (e) Conviction there is something beyond myself.
 - (f) Bonding (sensitivity to needs of others).
 - (g) Trust (confidence in self and others).
-



Figure 2.

(2) *The Spiritually Healthy Person.* Modified from *Traits of a Healthy Family* by Dolores Curran

- (a) Communicates and listens.
- (b) Affirms and supports others.
- (c) Respects others.
- (d) Has a sense of trust.
- (e) Has a sense of play and humor.
- (f) Has a sense of shared responsibility.
- (g) Has a sense of right and wrong.
- (h) Has a strong sense of family in which rituals and traditions abound.
- (i) Contributes to a balance of interaction among group members.
- (j) Shares a (belief) core.
- (k) Respects the privacy of others.
- (l) Values service to others.
- (m) Fosters family table time and conversation.
- (n) Shares leisure time.
- (o) Admits to and seeks help with problems.

The professional Army ethic reflects a similar tone as it articulates and defines the way we want our Army to be (FM 100-1, The Army, chapter 4).

(3) *Loyalty*. To the nation, to the Army, and to the unit is essential. The oath we take requires loyalty to the nation and involves an obligation to support and defend the Constitution of the United States. Loyalty to the Army means supporting the military and civilian chain of command. This demands total adherence to the spirit and letter of the lawful order. Loyalty to the unit is an expression of the obligation between those who lead those who are led, and those who serve alongside the soldier. This obligation includes devotion to the welfare of one's comrades. It also produces dedication and pride in the unit, fosters cohesion, and engenders a sincere concern for the well-being of fellow soldiers.

(4) *Duty*. Is obedience and disciplined performance, despite difficulty or danger. It is doing what should be done when it should be done. Duty is a personal act of responsibility manifested by accomplishing all assigned tasks to the fullest of one's capability, meeting all commitments, and exploiting opportunities to improve oneself for the good of the group. Duty requires each of us to accept responsibility not only for our own actions, but also for the actions of those entrusted to our care.

(5) *Selfless Service*. Puts the welfare of the nation and the accomplishment of the mission ahead of individual desires. All who serve the nation must resist the temptation to pursue self-gain, personal advantage, and self-interests ahead of the collective good. What is best for the nation comes before personal interests. The military cannot function to the best of its ability if its members become a collection of self-serving individuals. Selfless service leads to teamwork where motives of self-gain are subordinated to the collective good of those who we serve. Military service demands the willingness to sacrifice, even if it means giving one's life in defense of the nation.

(6) *Integrity*. Is the thread woven through the fabric of the professional Army ethic. Integrity means honesty, uprightness, and the avoidance of deception. It also means steadfast adherence to standards of behavior. Integrity demands a commitment to act according to the other values of the Army ethic. It is the basis for the trust and confidence that must exist among members of the Army. Further, integrity is demonstrated by propriety in our personal lives. Integrity means that our personal standards must be consistent with the professional values we espouse. To compromise personal integrity means to break the bonds of trust upon which leadership relies.



Figure 3.

4. Goals

- a. Ensure and enhance the spiritual development of soldiers, their family members, Army civilians, and retirees.
- b. Develop an esprit de corps among soldiers founded upon the professional Army ethic.
- c. Foster commitment to and practice of those Constitutional values soldiers and Army civilians are sworn to support and defend.
- d. Strengthen the soldier's spirit in order to equip him/her for the stress of warfare.

e. Assist soldiers and their family members through spiritual awareness to deal with loss, separation, and death.

5. Responsibilities

a. The Commander, in accordance with Army Regulation (AR) 600-63, Army Health Promotion, AR 600-20, Army Command Policy and Procedures, and AR 165-20, Duties of Chaplains and Responsibilities of Commanders, provides guidance, conducts programs, and instructs in areas leading to increased spiritual fitness.

b. The Chaplain develops an awareness of the lifestyles, cultural backgrounds, stages of development, relationships to religious beliefs, and needs of soldiers and family members. He/she recommends and conducts programs leading to increased spiritual fitness and operates the installation Chaplain Family Life Center.

c. The S1/G1/DPCA develops community and family support activities that support, inform, and implement the enhancement of spiritual fitness. He/she recommends and conducts programs leading to increased spiritual fitness.

d. The S3/G3/DPTM ensures time is scheduled for activities, programs, and training to accomplish the goals of spiritual fitness. He/she recommends and conducts programs leading to increased spiritual fitness.

e. Every soldier must live the professional Army ethic and practice those individual values which support and sustain the Army way of life. They must understand their own and others' value systems in order to strengthen their inner self, their bonding to others, and their commitment to a higher calling.

6. Module Elements

Many activities and programs are useful to promote spiritual fitness. Figure 1 presents a phased approach. The following are suggestions to develop specific alternatives or to begin consideration of effective ideas.

a. Personal.

- (1) Individual counseling.
- (2) Individual meditation and prayer.
- (3) Value clarification experiences.
- (4) Liaison with community and family support agencies.
- (5) Accommodation of religious practices.
- (6) Study and meditation groups.
- (7) Referral to installation and community support agencies.



Figure 4.

b. Group/Unit.

- (1) Human self development activities.
- (2) Moral leadership training.
- (3) Team building.
- (4) Workshops/seminars on values and value clarification.
- (5) Chaplain-led study and meditation groups.
- (6) Memorial services.
- (7) Integration of ethical, moral, and value aspects into professional development.



Figure 5.

c. Community Activities.

- (1) Religious services and education.
- (2) Involvement with organizations dealing with spiritual values or religious beliefs.
- (3) Volunteer service.
- (4) Value/ethical materials available through chapel, installation library, and other sources.

d. Professional Development.

- (1) Professional Army ethic.
- (2) Soldier-team development.
- (3) Military professional development.
- (4) Moral leadership.

e. Program Evaluation. Given the diverse sources of values and spiritual beliefs, a formal, objective evaluation of Spiritual Fitness is not possible. However, it is possible to observe and sense the spiritual health of individuals as part of an organization. The commander should have the Health Promotion Council address this issue at one of its earliest meetings and thereafter attempt to integrate this dimension into all of the areas. Care and common sense dictate caution in any evaluation attempt. It is not productive to measure chapel attendance, number of volunteer hours donated, or money given to Army Emergency Relief as ways to assess individual or unit spiritual fitness.

f. Sample Spiritual Fitness Assessment Questions. The following statements illustrate ways to measure a person's ongoing search for meaning and purpose in life. These factors should be a part of any health risk appraisal, lifestyle assessment, or other instrument used in the Army Health Fitness Program.

- (1) My spiritual life is good.
- (2) I consider spiritual things at times other than crises.
- (3) Courage, competence, candor, and commitment are part of my individual operating value system.
- (4) Prayer, meditation, or quiet reflections are regular parts of my lifestyle.
- (5) Spiritual growth is important to me.

- (6) I share my values and their meaning with other people.
 - (7) I do things for other people I want them to do for me.
 - (8) Humanitarian issues are important to me.
 - (9) I believe there is something greater than myself.
 - (10) My values and beliefs guide my everyday activities.
 - (11) The professional Army ethic—Loyalty, Duty, Selfless Service, Integrity—makes sense to me as the way to live my life.
 - (12) I do not compromise my values.
-



Figure 6.

Appendix A References

Section I

Required Publications

This section contains no entries.

Section II

Related Publications

This section contains no entries.

Section III

Prescribed Forms

This section contains no entries.

Section IV

Referenced Forms

This section contains no entries.

Appendix B Sample Lesson Plan (Loyalty)

adapted from DA Pam 165-15, Moral Leadership/Values: Responsibility and Loyalty

B-1. Lesson Outline

- a.* Introduction.
- b.* Basis of Loyalty.
 - (1) Country—fidelity to our Nation.
 - (2) Army—faithfulness to our National defense.
 - (3) Unit—firm regard for the honor of the group.
 - (4) Fellow soldiers—courage, competence, candor, and commitment to ensure well-being of other people.
- c.* Practicing Loyalty.
 - (1) Toward self
 - (2) Toward others
- d.* Lack of Loyalty.
 - (1) Lack of purpose
 - (2) Lack of confidence
 - (3) Prejudice
- e.* Positive Aids to Loyalty.
 - (1) Self knowledge
 - (2) Self respect
 - (3) Esprit de corps

B-2. Introduction

a. The professional Army ethic includes loyalty as an ethical standard. Along with duty, selfless service, and integrity, loyalty reflects the tone of our spiritual fitness because it defines the way we want our Army to be.

b. Loyalty is a person's faithfulness to a cause, ideal, or custom, an institution, or another person. For soldiers, it especially involves a sense of dedication to our country, the Army, the unit to which we are assigned, and our fellow soldiers.

c. This is a value which is normally developed and honed throughout a lifetime. In every phase of life, loyalty is a potential force. Our first exposure begins in our formative years as members of a particular family. Brothers and sisters quarrel and fight but establish loyal family ties and stand by one another in a crisis. Young people do not always agree with the administrators of schools they attend but are protective of their school and its principles. Many children are raised with religious values and strive to be loyal to these standards. As citizens of the United States of America we take pride in our country and strive to adhere loyally to the Constitution. Those who choose the Army as a 3-year vocation or a life-long career must abide by the professional Army ethic and its supporting individual values. Soldiers usually identify strongly with a particular unit, and their pride in its mission is exemplified by their constant loyalty.

d. For soldiers, loyalty encompasses three main areas—the Nation to include the Army, the unit to which assigned

and fellow soldiers. We enter the Army as loyal citizens of our Nation swearing to support and defend its Constitution. We soon develop a loyalty to the history and ideals of the unit to which we are assigned. As we grow to know, respect, and care for our fellow soldiers, we develop a loyalty to them.

e. Practicing loyalty embraces both ourselves and others. We must be men and women of principle who are loyal first of all to the high standards we set for ourselves. Then, secondly, we need to have standards of loyalty to our supervisors, peers, and subordinates. Others expect loyalty from us; we in turn may expect loyalty from them.

f. Lack of loyalty arises from four main enemies: lack of courage, lack of competence, lack of candor, and lack of commitment. Lack of courage finds us not only unwilling to face the enemy, but unwilling to stand up and be counted for the things we believe in—moral courage. Lack of candor finds us dishonest and unreliable. Lack of competence means we cannot pull our load and do our share of caring for each other. Lack of commitment destroys teamwork and threatens patriotism and esprit de corps.

g. Positive action counters a lack of loyalty. To know ourselves and our shortcomings is imperative. Disciplined military training strengthens loyalty. By polishing our skills and respecting our abilities, we grow in stature and share our gifts with each other.

B-3. Basis of Loyalty

a. *Loyalty to the Nation is basic to all other loyalties.*

Question: Why does SGM John Smith, originally from Detroit, remain loyal to his high school football team and the Detroit Lions?

Discuss: Such values as understanding goals, personal enthusiasm for and total commitment to those goals, and the winning spirit.

Question: If SGM Smith somehow obtained his favorite team's "game plan" and signals, would he sell them to an opposing team?

Discuss: How bedrock loyalty is more important than money or ought to be for each of us.

Question: Is loyalty to our country the motivating force for serving in the military?

Discuss: More and more young people are entering military service. If economic or educational considerations spark one's decision to enlist, is loyalty necessarily undermined?

b. *Unit loyalty is important.*

Question: What does a lack of professionalism do to a unit?

Discuss: In-fighting, unhealthy competition, and lack of motivation.

c. *Practicing loyalty.*

(1) Only a person of principle can be loyal positively to him or herself.

Question: How does a lack of self respect affect loyalty?

Discuss: If a soldier feels he or she is not worth much, he may "sell out" to gain the money which will give him "respect."

(2) Loyalty must be extended to supervisors, peers, and subordinates.

Question: How does peer pressure influence loyalty?

Discuss: Loyalty to the wrong ideals.

d. *Lack of loyalty.*

(1) Lack of purpose or motivation diminishes the strength inherent in loyalty.

Question: Does mere physical presence generate loyalty?

Discuss: Our purpose for being in the Army.

(2) Lack of confidence in one's ability contributes to weak personal morale and ultimately dissension in the unit.

Question: What happens when you rationalize that you "can't do" something that can be done?

Discuss: Recall past obstacles that have been overcome and turned to your advantage.

(3) Prejudice is devastating in its ramifications, whether sexual, racial, religious, etc.

Question: How can female soldiers be perceived more positively by their male counterparts?

Discuss: Determine ways of accepting people as equals.

e. *Positive aids to loyalty.*

(1) Self knowledge enables us to know our abilities as well as our shortcomings.

(2) Self respect enables us to know our place and to take it with confidence in the unit. The self-respecting person

can contribute his or her minority opinion—especially before decisions are made.

Question: Are we disloyal if we are not “yes” men and women.

Discuss: The right to disagree.

(3) Esprit de corps is essential to unit identity.

Question: At what point in basic training did you experience unit pride or esprit de corps?

Discuss: The ingredients of esprit de corps and loyalty.

B-4. Conclusion

a. Loyalty is an important part of the professional Army ethic. This standard must be exercised in relation to our Nation, our Army, and our fellow soldiers. A unit lacking in loyalty is ill-suited to accomplish its mission. Lack of loyalty occurs when a soldier is not motivated or is unable to contribute to the welfare of his or her unit or their fellow soldiers. Prejudice destroys loyalty. When we know and respect ourselves we are able to increase the esprit of our units through positive contributions.

b. When we dedicate ourselves to the professional Army ethic and to those individual values which support the Army way of life, we will help to maintain an Army of excellence and to preserve freedom and justice for all our citizens. Our spiritual fitness is increased as we develop our loyalty.

Appendix C Sample Religious Devotional (Spirit)

C-1.

By the grace given me, I laid a foundation as an expert builder, and someone else is building on it. But each one should be careful how he builds. For no one can lay any foundation other than the one already laid, . . . Don't you know that you are God's temple and that God's Spirit lives in you? If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple. 1 Corinthians 10-11, 16-17

C-2.

Our society's emphasis on physical fitness and other ways to benefit ourselves leads one to conclude that “do your own thing” is the best way to go. Our scripture lesson provides an important reminder that our “own thing” must be built on the foundation which God provides—physically, emotionally, and spiritually.

C-3.

Our quality of life comes from our own decisions and from those of people whom we consider important. This mental and emotional outlook is what we call spiritual fitness. It is built upon God's foundation. The February 1987 Guideposts magazine tells us of the hurt of young woman named Kathy.

C-4.

Kathy was depressed, hurt, and lonely. Even the Christmas Eve service was soured when she learned of a car accident which severely injured a local pastor and killed his wife. One day in the Spring, she was given the chance to see how God takes care of His temple. The injured pastor came in to buy supplies for vacation church school. She began to wonder how he could keep going in the face of such severe physical and emotional disaster. After several trips, she was inspired by his outlook on life and volunteered to help him with the program. As she worked with the children she began to sense how he kept on going after losing his beloved wife and sustaining such severe injuries. During a closing program, Kathy found the answer in the words of a hymn the pastor taught the children. “Thank you, Lord, for saving my soul, Thank you Lord, for making me whole . . . Thank you, Lord, for giving to me Thy great salvation so rich and free.”

C-5.

His body had been broken, he had endured the worst loss of his life, but his spirit was intact.

C-6.

No videotape or television exercise program exists to help us keep going, but there is a way to increase the tone of our spiritual muscles. Like any good physical fitness conditioning, there are “muscles” to remember and exercise regularly:

- a.* Patience
- b.* Kindness
- c.* Rejoicing in everybody's good fortune

- d. Perseverance in doing the right thing
- e. Hope
- f. Belief in God
- g. Prayer

C-7.

And like any good nutrition program, refraining from certain things will decrease our spiritual fat:

- a. Jealousy
- b. Boastfulness
- c. Arrogance
- d. Rudeness
- e. Self-centeredness
- f. Resentment
- g. Irritability

C-8.

Let us Pray:

Come close, Lord, and hear our prayer.
 Come together with us as we seek to exercise our faith and increase our spiritual fitness.
 Look upon us who are negligent and lift our hearts.
 Look upon us who exercise our faith and increase our commitment.
 Forgive our sins and fill us with your healing power and grace.
 Envelope us, Lord, in your peace and love and make us temples in your creation.
 AMEN.

Note. Other sources of inspiration may be used depending upon one's belief system.

Appendix D Resources

D-1.

Buscaglia, Leo, *Living, Loving and Learning*. New York: Fawcett, 1983.

D-2.

Buscaglia, Leo, *Loving Each Other*. New York: Fawcett, 1986.

D-3.

Carmody, John, *Holistic Spirituality*. Ramsey, NJ: Paulist Press, 1984.

D-4.

Curran, Dolores, *Traits of a Healthy Family*. Minneapolis: Winston Press, 1983.

D-5.

Edwards, Betty, *Drawing On the Right Side of the Brain*. Los Angeles: Tarcher, 1981.

D-6.

Fowler, James W., *Stages of Faith*. San Francisco: Harper & Row, 1981.

D-7.

James, Muriel and Jongward, Dorothy, *Born To Win*. New York: New American Library, 1978.

D-8.

James, Muriel and Jongeward, Dorothy and Savary, Louis, *The Heart Of Friendship*. San Francisco: Harper and Row, 1978.

D-9.

Kubler-Ross, Elizabeth, *On Death and Dying*. New York: Ballantine.

D-10.

Kuhn, Margaret E., *Maggie Kuhn On Aging*. Philadelphia: Westminster, 1977.

D-11.

Kushner, Harold S., *When Bad Things Happen To Good People*. New York: Avon, 1983. Larson, Bruce, *There's A Lot More To Health Than Not Being Sick*. Austin, TX: Word Books, 1984.

D-12.

Lynch, William F., *Images Of Hope*:

D-13.

Imagination As Healer Of The Hopeless. South Bend, IN: University of Notre Dame Press, 1974.

D-14.

McDonald, Worden, *An Old Guy Who Feels Good*. Austin, TX: Thorp Springs, 1978.

D-15.

Moberg, David O., *Spiritual Well-Being: Sociological Perspectives*. Washington: University Press of America, 1979.

D-16.

National Wellness Institute, *Campus Wellness Notebook*. Stevens Point, WI: University of Wisconsin-Stevens Point Foundation, 1985.

D-17.

Newman, Mildred and Berkowitz, Bernard, *How To Be Your Own Best Friend*. New York: Ballantine, 1984.

D-18.

Nouwen, Henri, *Reaching Out*. New York: Walker & Co., 1985

D-19.

Nouwen, Henri, *Reaching Out: The Three Movements Of The Spiritual Life*. New York: Doubleday, 1986.

D-20.

Peck, M. Scott, *The Road Less Traveled*. New York: Walker & Co., 1985.

D-21.

Pelletier, Kenneth R., *Mind As Healer, Mind As Slayer*. New York: Dell, 1977.

D-22.

Pelletier, Kenneth R., *Holistic Medicine*. New York: Dell, 1977.

D-23.

Pilch, John J., *Wellness Spirituality*. New York: Crossroad, 1985.

D-24.

Pilch, John J., *Wellness: Your Invitation To Full Life*. Minneapolis: Winston Press, 1981.

D-25.

Progoff, Ira, *At A Journal Workshop*. New York: Dialogue House, 1977.

D-26.

Progoff, Ira, *The Practice Of Process Meditation*. New York: Dialogue House, 1980.

D-27.

U.S., Department of the Army. *Field Manual (FM) 100-1, The Army*. Washington: U.S. Government Printing Office (GPO), revised June 1986.

D-28.

U.S., Department of the Army. *FM 22-102, Soldier Team Development*. Washington: U.S. GPO, to be published.

D-29.

U.S., Department of the Army. Pamphlet (DA Pam) 165-14, Moral Leadership Prevention Of Suicide And The Moral Aspects Of Safety. Washington: U.S. GPO, 1 February 1985.

D-30.

U.S., Department of the Army. DA Pam 165-15, Moral Leadership/Values: Responsibility and Loyalty. Washington: U.S. GPO, December 1986.

D-31.

Tubesing, Donald A. and Tubesing, Nancy L., The Caring Question: You First or Me First—Choosing A Healthy Balance. Minneapolis: Augsburg Publishing House, 1983.

D-32.

Tubesing, Nancy L. and Tubesing, Donald A., Structured Exercises in Wellness Promotion, Volumes I, II and III. Duluth, MN: Whole Person Press.

D-33.

Stockdale, Jim, A Vietnam Experience: Ten Years Of Reflections. Stanford, CA: Stanford University, Hoover Institution Press, 1984.

D-34.

Stockdale, Jim and Stockdale, Sybil, In Love And War. New York: Bantam, 1985.

D-35.

U.S. Department of the Army. DA Pam 600-68, Values: The Bedrock Of Our Profession (White Paper 1986). Washington: U. S. GPO, June 1986.

D-36.

U.S., Department of the Army. DA Pam 600-71, Values: A Handbook For Soldiers. Washington: U. S. GPO, December 1986.

D-37.

U.S., Department of the Army. Training Circular (TC) 22-9-1, Leader Development Program: Military Professionalism (Platoon/Squad Instruction); TC 22-9-2, (Company/Battery Instruction); TC 22-9-3, (Battalion Instruction). Washington: U. S. GPO, May 1986.

D-38.

Veninga, Robert, A Gift Of Hope: How We Survive Our Tragedies. Boston: Little, Brown, and Co., undated.

UNCLASSIFIED

PIN 062971-000

USAPA

ELECTRONIC PUBLISHING SYSTEM

OneCol FORMATTER .WIN32 Version 158

PIN: 062971-000

DATE: 09- 7-01

TIME: 14:11:23

PAGES SET: 22

DATA FILE: C:\wincomp\p600-63-12.fil

DOCUMENT: DA PAM 600-63-12

DOC STATUS: NEW PUBLICATION