

“Everyday Spirituality – Summary”

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It occurs to me that spirituality, in its broadest sense, may actually be one reality that incorporates everything in the universe that is not physical matter. The ethereal, intangible nature of our ideas, emotions and relationships with one another are no less real than air, water, rock and steel, and no less significant than the flesh, blood and bone that make us who we are. If so, then spirituality is an essential quality in life, as well as a practice in which we engage during every waking moment. During the past month we have considered different directions in which spirituality may take us as we explore that which is a part of us always, but which many of us may tend to discount, or ignore all together, much of the time. Below is a summary of various aspects of spirituality.



Reaching Out

Spirituality involves recognizing and honoring the connections between yourself and every part of the world, living and non-living, surrounding you. Whether you like it or not, or are even aware of it, you are influenced by everything your human senses take in. Sights, sounds, smells, tastes and touch all put you into relationship with your world; nature, other people, plants, animals, insects, the sky, sun and moon, stars and planets.

By recognizing and honoring your connected-ness with the world around you, you grow inwardly. Such growth promotes well-being, which promotes positive changes in your thinking, emotions, behavior and relationships. When all that happens you are more available physically and emotionally to make more of life, and bring more to life!



Reaching Up

Our uniquely human ability to contemplate meaning virtually compels us to ask higher order questions, such as “Why?” and “How?” Scientific exploration and scholarly research give us as much knowledge as we can attain on our own. Once we discover answers to questions that linger beyond what we can “know” they become the foundation stones on which we build our operational belief systems that guide so much of our thinking, emotions, all behavior and the quality of our relationships.

For that reason, even if none other exists, it is vitally important for each of us to spend some time in personal reflection, in order to discover - not so much who or what is “up there” – as much as what we think, and how we feel about, the whole idea in the first place.

Reaching In

Listening to your heart,
Finding out who you are,
Is not simple.
It takes time for the chatter to quiet down.
In the silence of “not doing” we begin
To know how we feel.
If we listen - and hear - what is being offered
Then anything in life
Can be our guide.
Listen.
(Author Unknown)

