

Definitions of Spirituality

There are more than 5 million entries when we google for "spirituality definition".

We can no more do without spirituality than we can do without food, shelter, or clothing.

Ernest Holmes

You are surrounded by spirituality everyday. The definition of spirituality is that which relates to or affects the human spirit or soul as opposed to material or physical things. Spirituality touches that part of you that is not dependant on material things or physical comforts.

Dollard (1983) stated that spirituality is "concerned with our ability, through our attitudes and actions, to relate to others, to ourselves, and to God, as we understand Him".

The feelings, thoughts, experiences, and behaviours that arise from a search for the sacred".

The National Institute of Healthcare Research in the United States

being a positive and creative human being in all areas of our life

Booth, 1987

Taking care of our deepest relationships with the whole world around us

the search for meaning in life events and a yearning for connectedness to the universe

Coles 1990

Spirituality is about the relationship between ourselves and something larger. That something can be the good of the community or the people who are served by your agency or school or with energies greater than ourselves. Spirituality means being in the right relationship with all that is. It is a stance of harmlessness toward all living beings and an understanding of their mutual interdependence.

Kaiser 2000

Learning is the beginning of wealth. Learning is the beginning of health. Learning is the beginning of spirituality. Searching and learning is where the miracle process all begins.

Jim Rohn

The sense making activity that both children and adults necessarily carry out as a result of the life experiences they encounter

Clive Erricker

Spirituality ranges from sensing of divine presence to the recognition of a heightened quality in an event or encounter and a response of awe and wonder.

David Dixon

Spirituality exists wherever we struggle with the issues of how our lives fit into the greater scheme of things

Wikipedia

Children's spirituality is God's way of being with children and children's way of being with God.

Rebecca Nye

Spirituality then is:

that which animates a person's life of faith
that which moves a person's faith to greater depths and perfection
Spirituality ... arises from a creative and dynamic synthesis of faith and life,
forged in the crucible of the desire to live out the Christian faith authentically,
responsibly, effectively, and fully
Alister McGrath,

Spirituality is delighting in all things,
being absorbed in the present moment
not too attached to self and
eager to explore boundaries of 'beyond' and 'other'
searching for meaning
discovering purpose
open to more.
Rebecca Nye

Spirituality is like a bird; if you hold it too tightly, it chokes; if you hold it too loosely, it flies away.
Fundamental to spirituality is the absence of force. *Rabbi Hugo Gryn*

Living fully with nothing excluded from our hearts *Gerald May*

The search for God in response to God's search for us *Jo Anne Taylor*

Spirituality is about waking up. It is not about piety or devotion, religion or worship. It is about waking up. Most people are asleep. *Anthony DeMello S.J.*

Don't ask yourself what the world needs, ask yourself what makes you come alive and do that, because what the world needs is people who have come alive. *Howard Thurman*

Spirituality is growing in an intimate relationship with God through persons, places, events and things. *Adrian Van Kaam*

Spirituality is a journey of faith on which we are all wounded pilgrims. It is our unique response to God as He reveals himself from moment to moment in the changing textures of life; this response calls into play all aspects of our being.

Spirituality is that daily attempt to give meaning and purpose to the mystery of life. Spirituality is a way of relating at the deepest possible level to myself, to others and ultimately to God.

...do not confuse spirituality with thinking about God while one is peeling potatoes... spirituality is just to peel the potatoes. *Alan Watts*