

## Touchstones Theme: Spirituality

“Spirit” comes from the Latin word “to breathe.” What we breathe is air, which is certainly matter, however thin. Despite usage to the contrary, there is no necessary implication in the word “spiritual” that we are talking of anything other than matter . . . ,



or anything outside the realm of science. . . . Science is not only compatible with spirituality; it is a profound source of spirituality. When we recognize our place in an immensity of light years and in the passage of ages, when we grasp the intricacy, beauty, and subtlety of life, then that soaring feeling, that sense of elation and humility combined, is surely spiritual. . . . The notion that science and spirituality are somehow mutually exclusive does a disservice to both. *Carl Sagan*



The birdsong is different here, full of unfamiliar cadences and unfamiliar melodies. . . . This fills me with wonder. . . . Our lives are filled with moments like these — ordinary moments when the hidden beauty of life breaks into our everyday awareness like an unbidden shaft of light. . . . Too often we are blind to these moments. We are busy with our daily obligations and too occupied with our comings and goings to surround our hearts with the quiet that is necessary to hear life’s softer songs. . . . We must take the time to stop and listen, knowing that the voice of the spirit speaks more often in a whisper than a shout. For spirituality is far more than religious practice. It is a cast of mind, a leaning of the heart, a willingness to see the shadow of the divine mystery in all people and all things. It is . . . seeing the reflection of the divine in the face of every person we meet on the street. *Kent Nerburn*

## Join us in exploring Spirituality

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