

Reading:

In the focus groups and interviews, people of all spiritual and religious self-identifications shared examples of experiences they described as spiritual.

Some shared singular moments from many years ago that uniquely moved them, while others offered examples of daily encounters with the divine, with others, or with the natural world. People described these experiences as “deeply moving,” or as “something I couldn’t explain.” They shared examples that “lifted me out of myself,” that “made me feel a sense of wonder,” or “made me feel a sense of belonging.” Themes included senses of awe, belonging, clarity, connection, discomfort, love, peace, mystery, presence, scale, self, significance, and transformation.

Spiritual experiences like the ones that follow have been shown to fuel people’s faith, propel them to act in the world in loving ways, and influence how people give of themselves to others.

- The Fetzer Institute

“When it comes to cultural change we excessively fixate on the critical mass and underestimate the catalytic quality of the improbable few. The ‘critical yeast’ — these small, unlikely, combinations of persistent people and partnerships committed to a new quality of relationship — dwell before and behind every instance of social change that truly shifts what is possible and transformative across generations.”

-John Paul Lederach