

# What does being Spiritual mean?

AI Overview

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"Being spiritual" means having a sense of connection to something larger than oneself, often described as a higher power, the universe, or a divine force, which can involve a search for meaning in life, experiencing feelings of interconnectedness, and living with a sense of purpose beyond just the physical world; it can manifest through practices like prayer, meditation, or deep connection with nature, and is not necessarily tied to a specific religion. [↗](#)

Key points about being spiritual:

## Connection to something greater:

The core idea is recognizing a force or presence beyond oneself, which can be interpreted differently depending on individual beliefs. [↗](#)

## Meaning and purpose:

Spirituality often involves seeking deeper meaning and purpose in life, going beyond everyday concerns. [↗](#)

## Inner reflection:

It can include practices like meditation, prayer, or introspection to connect with one's inner self and higher consciousness. [↗](#)

## Compassion and empathy:

Many spiritual practices emphasize compassion, empathy, and positive relationships with others. [↗](#)

## Not limited to religion:

While spirituality can be intertwined with organized religion, it can also be practiced without adhering to a specific faith. [↗](#)

What is spirituality? A personal exploration

Spirituality involves the recognition of a feeling or sense or belief that there is something greater than myself, something.

[www.rcpsych.ac.uk](#)

What Does It Mean to 'Be Spiritual' | by Bob Phillips | ILLUMINATION

Jul 31, 2024 — Being spiritual often involves recognizing that there's something larger at play in the universe. Some people

[Medium](#)

What Is Spirituality? | Taking Charge of Your Wellbeing

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Reddit · r/religion

50+ comments · 4 years ago

## What exactly does it mean to be "spiritual"? : r/religion

**Being spiritual is kind of like thinking outside of the box.** It is not a physical feeling or object but more of a person's love and faith in God ...

56 answers · Top answer: Really broad, but I would say it's having an interest in the purpose of life and...

**What do people mean** when they say they are ... 14 answers May 17, 2023

how **would** you personally define **spirituality**? wh... 24 answers Nov 8, 2023

What is **spirituality**? (In your own words) - Reddit 51 answers Jan 23, 2023

What is **spirituality**? - Reddit 102 answers Apr 29, 2019

More results from [www.reddit.com](#)

## People also ask :

What does it mean that a person is spiritual?



A spiritual person is simply a person who recognizes that there's something more in their experience than what can be readily identified. Such a person understands that at any given moment, happiness, joy, or peace is available to them. Mar 30, 2017



LinkedIn

<https://www.linkedin.com/pulse/what-spiritual-person...>

## What Is a Spiritual Person? | Lou Kavar

What are examples of being spiritual?



Prayer, meditation, walking in nature and absorbing its beauty, loving and being kind to other humans and animals, caring for children, gardening, making art, playing music, singing, dancing, sitting and staring out at the ocean or the stars. Mar 30, 2020



Quora

<https://www.quora.com/What-are-some-examples-of-sp...>

## What are some examples of spirituality in practice? - Quora

What does it mean that we are spiritual? ^

What people usually mean when they say that they're spiritual is that they believe in and/or act upon more in life than just the body and the intellect/mind . Often, being spiritual accompanies being religious, but not always. One can be a spiritual person without being a religious person. Aug 29, 2023



Quora

<https://www.quora.com/What-do-people-usually-mean-...>

## What do people usually mean when they say that they're spiritual? - Quora

Does a spiritual person believe in God? ^

AI Overview

No, not necessarily; while many spiritual people do believe in God or a higher power , "spiritual" can also refer to a connection to something larger than oneself without adhering to a specific deity or religious system, meaning someone could be considered spiritual without believing in God as traditionally defined. ↗

Key points to remember:

**"Spiritual but not religious":**

This phrase describes people who feel a connection to something larger than themselves without following a structured religion or believing in a specific God as depicted in most religions. ↗

**Individual interpretation:**

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How do I know if I'm spiritual? ^

A major sign of a spiritual person is that they are always happy and kind to others . They don't like to degrade or criticise people. Instead, they always offer motivating and kind words, in hopes to make the world a better place. If you also believe in the same values,

in Cumberland, Md. Maggie Shannon for The New York Times

# One nation, under God



By Lauren Jackson

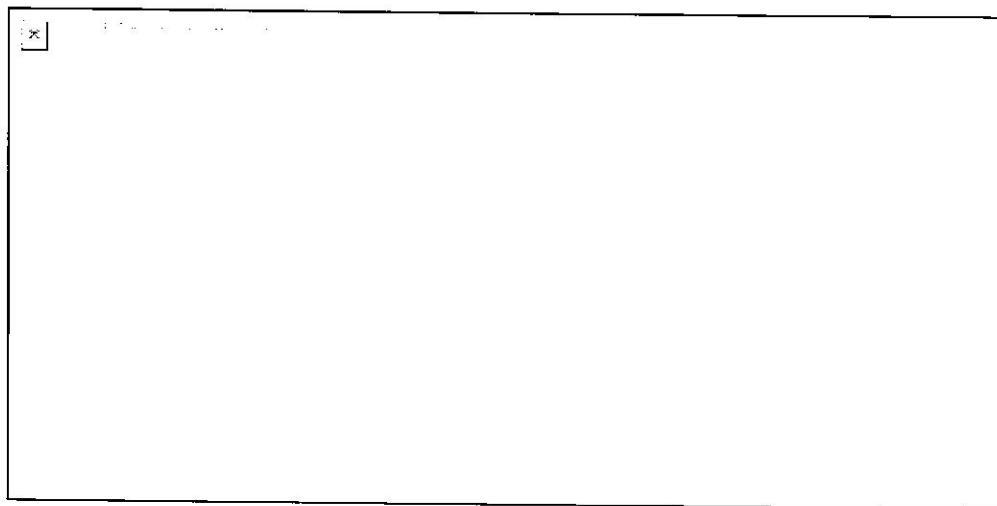
I'm working on a project about belief.

As religion in America declined, experts administered last rites.

Churches were approaching “their twilight hour” as attendance fell, The Brookings Institution wrote in 2011. In his 2023 book, “Losing Our Religion,” the evangelical preacher Russell Moore asked: “Can American Christianity survive?”

The answer appears to be yes. People have stopped leaving churches en masse, according to a new study released this morning by Pew Research. America’s secularization is on pause for now, likely because of the pandemic and the country’s stubborn spirituality. Most Americans — 92 percent of adults — say

they hold one or more spiritual beliefs that Pew asked about:



Source: Pew Research Center | By The New York Times

“Spirituality is not declining. And in fact, it’s high; it’s stable,” said Penny Edgell, a sociologist at the University of Minnesota.

The United States is an outlier compared with most other Western countries, which are far less religious. America’s persistent religious and spiritual curiosity is visible in its centers of power. In Washington, President Trump and JD Vance talk a lot about God in their quest to remake America. In Silicon Valley, tech billionaires — long obsessed with religion-adjacent projects like artificial intelligence, transhumanism and immortality — are [turning back](#) to Christianity. In Hollywood, films and shows about faith, such as “Conclave,” the latest season of “The White Lotus” and “The Secret Lives of Mormon Wives,” have dominated streaming charts.

Below, I’ll explain why religion still has such a strong hold in America.

## **What is happening?**

Over the last 25 years, tens of millions of people left American religion. It was a major shift that affected how people voted, when they married and where they lived. Christianity took the hardest hit: Around 15 percent of American adults who once went to church stopped going. While some people switched to new faiths, many left religion altogether.

Experts called this phenomenon the “rise of the nones,” a group that includes

atheists, agnostics and people who said in surveys that they identified with “nothing in particular.” The nones grew to include about 30 percent of the country.

But the rise of the nones has stopped, Pew found. People are no longer leaving churches en masse, and other major religions are growing, largely because of immigration.

Source: Pew Research Center | By The New York Times

The report’s authors are careful to say that the nones could resume growing, especially as younger people, who are less religious than older people, age. (~~Read more about the report~~ from my colleague Ruth Graham.)

## **Why is this happening?**

Experts point to a few possible explanations.

First is the pandemic. Pew found that people turned to faith for support during those years, as the number of people going to religious services — either in person or virtually — remained consistent at about 40 percent. About

a quarter of Americans even told Pew that the pandemic had strengthened their faith. “Religion was in their psychological tool kit for dealing with the hard times,” said Alan Cooperman, an author of the report.

The second explanation is that secularization has a limit in the United States.

Americans pray more often, are more likely to attend weekly religious services and value faith in their lives more than adults in other wealthy democracies like Canada, Australia and most European countries, Pew found in a separate study. Americans — both religious and not — also report high levels of spirituality: Eighty-three percent say they believe in God or a universal spirit, Pew found.

Ryan Burge, a political scientist, argues that most people who disagree with their religion on political or social issues — on Trumpism, abortion or gay marriage, for instance — have already left or switched faiths. “What’s left is like the bedrock of American religion, which is exceptionally large,” he said. The report reveals how many people remain committed to their religious traditions even after those defections.

## What does this mean?

We’re in a moment of resurgent religious conservatism. The Supreme Court has anointed prayer in public schools. [Elon Musk](#) said he believes in the teachings of Jesus. [Religious conservatives praise supreme](#) on Instagram. The right says it all amounts to a “[white chad](#).”


Still, those examples are anecdotal. And as the swing from George Floyd protests to sudden D.E.I. takedowns shows, vibes in America can shift quickly.

This data doesn’t rely on vibes. Instead, it offers measurable insights on the trends shaping American politics and culture. The ranks of the godless *have* stopped growing for now. But, when it comes to spiritual longing for the possible, the transcendent — Americans are surprisingly in agreement.





**Related:** We want to hear more about people’s experiences with religion or spirituality. Have you discovered, deepened, questioned or lost faith? I’m


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percentage religious vs spiritual in america - Google Search




According to the Pew Research Center, 48% of U.S. adults identify as both religious and spiritual, while 22% identify as spiritual but not religious. 

#### Explanation

- **Religious and spiritual:** 48% of U.S. adults identify as both religious and spiritual 
- **Spiritual but not religious:** 22% of U.S. adults identify as spiritual but not religious 
- **Religious but not spiritual:** 10% of U.S. adults identify as religious but not spiritual 
- **Neither spiritual nor religious:** 21% of U.S. adults identify as neither spiritual nor religious 

These percentages are based on how people answer questions about their spirituality and religiosity. For example, people might be asked if they consider themselves spiritual or religious, and how important spirituality and religion are in their lives. 

#### Trends

- The percentage of Americans who identify as religious has declined over time 
- The percentage of Americans who identify as neither spiritual nor religious has increased over time 
- The percentage of Americans who identify as spiritual but not religious has increased over time 

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7 in 10 U.S. adults consider themselves spiritual : NPR  
Dec 7, 2023

 NPR

5. Who are 'spiritual but not religious' Americans?

Dec 7, 2023 — This chapter focuses on three groups of U.S. adults, based on their answers to the following four questions

 Pew Research Center

What Does Being Spiritual Mean? | The Pew Charitable Trusts

May 29, 2024 — 6, the nationally representative online survey found that 48% of U.S. adults identify as religious and spiritual

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