



## Quest Intentions

The fruit of transcending our small self is the awakening of reverence, a newfound spirit of compassion and holy interdependence.<sup>6</sup>

*Q*uest participants, *Q*uest leadership, and the UU faith community or communities supporting *Q*uest share in the commitment to these intentions.

### Honor Our Spiritual Selves

- Cultivate a greater ability to be consistently more aware, accepting, compassionate, forgiving, and peaceful with oneself and others by committing to and engaging in individual spiritual practice and other shared experiences.
- Seek and accept support in the commitment to a spiritual journey through a positive and nurturing relationship with a mentor, on-going participation in an integration group, and in spiritual practice groups and engaging in other experiences as they present themselves.
- Acknowledge ambiguity and discomfort when they arise and seek support to engage in a process of discernment.

### Awaken Wisdom and Inherent Knowledge

- Engage with presented content and readings.
- Discover new learning with curiosity and wonder.

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6. Jack Kornfield, "Beyond Mental Health; Buddhist Psychology for the West," *Inquiring Mind*, Volume 24, Number 1, Fall 2007.

