



Spiritual Practice

Spiritual practice is revolutionary. It allows us to step outside our personal identity, culture, and religion to experience more directly the great mystery, the great music of life.²²⁹

The intentions of the spiritual practice component of *Quest* are:

- To acquaint participants with selected traditional practices and encourage participants to explore these practices.
- To encourage each participant to select a tradition and practice it on an on-going basis.
- To help develop and deepen individual spiritual practice with the support and guidance of spiritual practice groups.
- To develop and deepen community within the *Quest* group and within FUS by participation in spiritual practice groups.

Among the various world religions, one finds commonalities in the practices used to still and focus the mind, open the heart, and awaken and channel the energy of the body. The following are four important characteristics of spiritual or reflective practice:

- It helps sustain a connection to the presence of the sacred that is within us and beyond us.²³⁰
- “It grounds us in the present moment, bringing us into awareness of what is happening right now.”²³¹
- It establishes a regularity and rhythm to our spiritual path.

229. Jack Kornfield, *A Path With Heart: A Guide Through the Perils and Promises of Spiritual Life* (New York: Bantam, 1993).

230. Karen Gustafson, Minister, First Unitarian Society, Madison, WI.

231. Claudia Horwitz, *The Spiritual Activist: Practices to Transform Your Life, Your Work, and Your World* (New York: Penguin, 2002).

