

# Everyday Spirituality Retreat

La Garde, September 2016

Participant Responses to Questions:

## ***How do I define Everyday Spirituality for me - in a word, a sentence or a paragraph?***

Everyday Spirituality is the expression of one's inner soul in connection with the divine, and trying to apply it to everyday life.

For me, "Everyday Spirituality" is the chance to bring my ideals in line with my factual handling.

Experiencing God's presence in all encounters in doing and allowing, in speaking and listening.

Everyday Spirituality for me is what I think, do and say in my efforts to best use my time and talents to fulfill my life's mission of helping myself and others heal through communication, in all of its forms.

Everyday Spirituality for me is the point or space, where the spiritual world touches and dances with the material world and healing takes place. This is our destination.

Everyday Spirituality should reflect the complete coherence between one's beliefs, values and actions in a spirit of service, aiming for complete selflessness.

Everyday Spirituality is for me the path to become who I really am.

## ***Why is it important for me to think about Everyday Spirituality?***

Life is too precious as to waste it in unconsciousness.

It is a matter of health, as basic as brushing your teeth. It is a return to the source, a way to "re-energize" and "reorient" our daily life.

It is important for me to think about Everyday Spirituality because I only have a limited time to fulfill my mission in this life and I do not want to waste it. Time like Life is so very precious in its potential for growth.

It allows us to live fully and make the most of our inner potential; it is a source of inner peace and happiness.

To fulfill God's purpose by refining my character and contributing to an ever-advancing education.

Everyday life is often too fast for accompanying my handling with contemplation; so I need space and exchange to concentrate on it.

To experience oneness and fulfillment rather than fragmentation and alienation from myself.

It is the cause of all being.

## ***What is it that I want to achieve by living a life full of Everyday Spirituality?***

To reflect spirituality in my relationships, my activities and my writing.

It is necessary to find in each moment my place in the interdependent creatures of the world.

I want to achieve to be in a more healthful contact with myself, my next and the world under the question: what is really good for us?

To be open and connected to my inner self, to be open and connected to the world - on my terms, and to be guided, in all my thinking and actions, by compassion for and harmony with nature and life.

Living the full reality; being connected with oneself and everything around us; and benefitting from this source of energy and happiness.

I want the synchronicity of mind, body and soul of me, of nature and of everybody to take place.

“Être plus” – To be closer to my wife, family, friends, colleagues and God.

To be a better person, overcome my demons and fears.

I want a rich experience of greater understanding for myself and for others. I would like to feel that because of my life the world has experienced a little more joy and love than it would have without me.

## ***Everyday Spirituality: How do I want to go about this? What are the attitudes and actions to which I want to give priority?***

- Daily prayer, study and service in a humble attitude of learning
- Gratitude
  
- Expression of joy and being a happy person
- Time in silence to “taste” god
- Contacts with others every day
  
- Meditation
- Awareness in actions
  
- Non-violent communication
  
- In the love and life with singing and music
  
- Inspirations by the holy teachers
  
- Dancing
  
- Letting come, letting go

- Dancing in and with divine light
- Overcoming and moving forward
- Giving and sharing our inner energy
- Moments of calm, reflection and recognition
- Channelling love and light
- Care for one's own body and soul
- Energy and commitment
- To love and accept myself
- to love and accept others
- to be of help where I can
- to include the excluded
- to share what I have
- to think globally and act locally
- to know that I am good enough
- Slow down
- Hearing instead of speaking
- More asking than answering
- Expecting the surprise
- Trying to discover the spirituality of simple songs, give them space in daily life and listen to the melodies of my neighbour-creatures
- Develop the fullness of my senses, within and beyond my rationality
- See with my heart
- Make space for awe, beauty and the sacred
- Silence, prayers and meditation
- Being in nature
- Gratitude