

What Does Spirituality Mean To You?

The Lived Experience of Spirituality



Connection to a Higher Power

- Belief System
- Embodied Connection
- Positive Emotions



Sees Bigger Picture/Ability to Put Life in Context

- Meaning
- Purpose
- Ability to Cope with Struggle



Path To True Self

- Invests in Personal Growth
- Lives Authentically



Outcome: Path to Self-Actualisation

- Self-Actualising Individuals
- All aspects of Psychological Wellbeing evident



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'You have this connection to out there... but in here (points at chest)'

'The place that we find that knowledge isn't by going to church necessarily, but that might help...you find it inside'



The first theme was connection to and belief in a higher power. Of significance, this connection was an embodied one; a presence or life source residing within them. This embodied relationship was the most prevalent theme; it appeared central to the experience and outcome of a spiritual life and a driver of the additional themes evident: meaning, purpose, and authenticity.



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*'I'm more in the territory of destiny...
you are here for a reason'*

*'The majority of my awakenings have come
from my greatest pain and suffering.
I think our pain and suffering becomes
the portal for our evolved consciousness'*



Each of the participants felt there was a clear sense of meaning, coherence, and purpose to their life. They all discussed being here for a reason and understanding their life story well. Within that sense of coherence was also a deep understanding that life contains struggle and, by accepting the inevitable struggle, greater meaning and purpose could be found.



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'I am getting closer to the truth of who I am ..or who I could be'

'Its.. just connecting with who you really are and what really informs who you are..

I'm grateful for that, and not trying to be who you think you ought to be or

that the market economy wants you to be'



By connecting more deeply with the higher power or life source residing within, participants appeared to be able to connect more deeply with the most authentic part of themselves. All believed their spirituality was a vehicle which allowed them to become more authentic. They saw authenticity as an ongoing process, were active participants in their personal growth and felt responsible for continuously learning and becoming better versions of themselves



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'It's a bit like the cricket yesterday, you could be watching.. on Sky or Channel 4 or listening to it on 5 live...

Reiki is just a means of accessing the life force we all share'



- One of the surprising outcomes of the research was, despite different practices and approaches from the participants, there appeared to be universality to the *experience* of spirituality.
- All 6 elements of Psychological well-being (self-acceptance, personal growth, purpose in life, positive relations with others, environmental mastery, and autonomy) were evident in interviews and the participants displayed many of the attributes of self-actualising individuals.

