

# Ways to express spirituality

There are many different ways of expressing spirituality and each person has their own approach. It can be helpful to have some tips on ways to approach spirituality and think about what might work for you.

People express and experience spirituality in different ways and for different reasons. You might prefer to express spirituality through religion (e.g. Buddhism, Islam, Christianity, Judaism). Or, you might choose to express and search for spirituality in other ways (e.g. humanism, environmentalism or social action).

Whatever you choose, you're asking yourself and the world around you questions about the meaning of life, or seeking connectedness with the world in which we live.

## Ways of expressing spirituality

A good starting point might be to spend some time considering what's important to you, your place in relation to your friends, family and your world. Some ways you might consider doing this include:

- › *Creating the change you want to see in yourself or your world.*
- › *Developing a sense of who your 'authentic' or 'true' self is and the values you want to live by.*
- › *Taking time and space to think about what's important to you. You may do this by walking your dog or sitting in a quiet spot that you find beautiful.*
- › *Gardening, going for a bushwalk, sitting in a park or going to the beach might help you connect with the environment and the world around you.*
- › *Meditating and/or yoga at home or in a class.*
- › *Reading books about alternative ways of finding spirituality in your life.*

## Tips for practicing spirituality

Here are more tips about how you can find what's most suitable for you:

**Make decisions based on what feels right for you.** With something as personal as spirituality, you want it to be meaningful and not just fashionable or seen as 'something to do'. Respecting other people's beliefs and practices is important however, it is also important for you not to feel like you have to follow someone else's beliefs if they are not something that you believe in.

**Talk to others.** Spirituality can be complex or confusing when you begin to think about it. When you have questions, you might feel overwhelmed or confronted – don't be afraid to talk to others. People to ask might be a trusted family member or friend, teacher, religious leader or someone that you feel comfortable with.

### This might help if...

- › *You want to know more about expressing spirituality*
- › *You'd like to become more spiritual*
- › *You want to know how others express spirituality*

### Take action...

- › *Try meditation, check out if there's a class on near you*
- › *Practice self awareness and knowing what's important to you*
- › *Read books about alternative ways to incorporate spirituality in your life*

Listening to the experiences of others and being able to make them meaningful for your needs might help you to understand what spirituality means for you.

**Keep going!** It may not seem 'cool' to express your sense of spirituality. Some people might tell you to forget it, and that it's a waste of time. But if you really believe there is something worthwhile in exploring your spirituality – then go for it! If you haven't found what you're looking for, keep searching! Spirituality is a lifelong journey!