


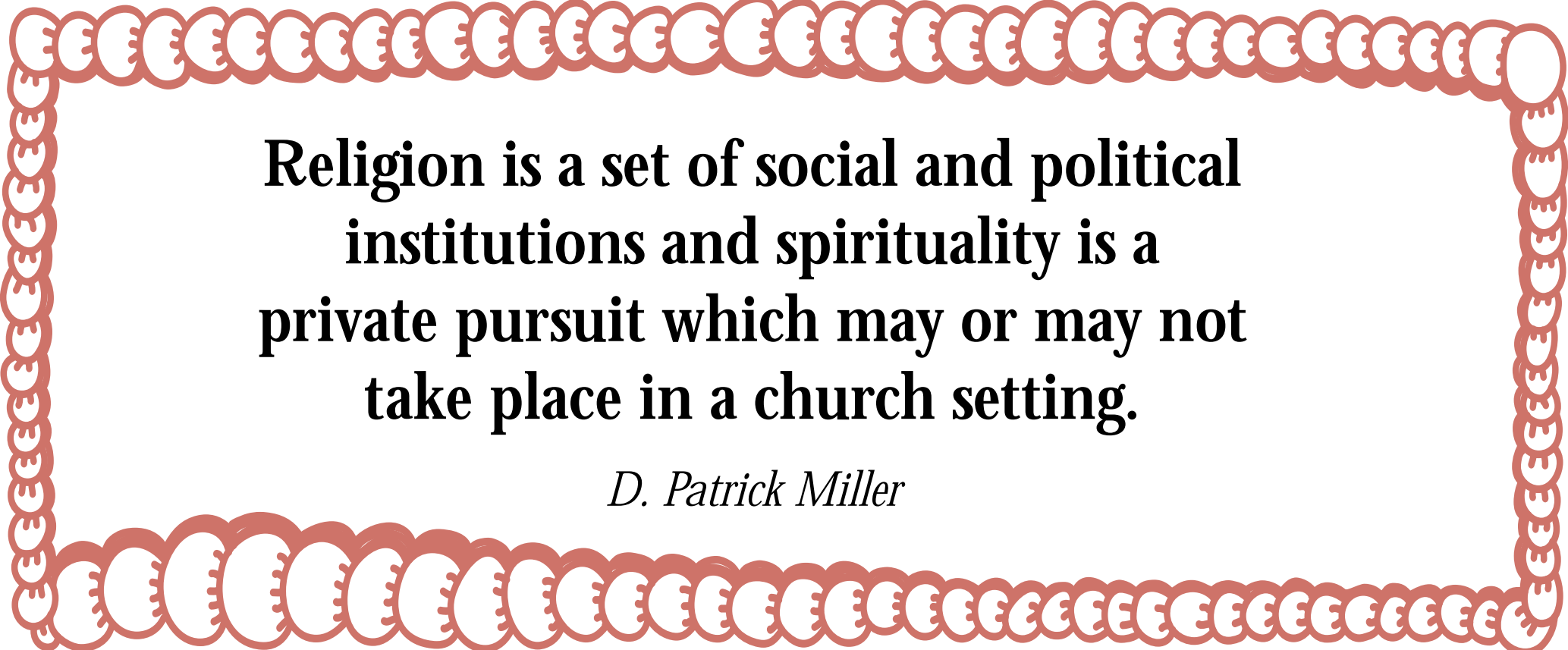
**The spiritual quest begins,
for most people,
as a search for meaning.**

Marilyn Ferguson



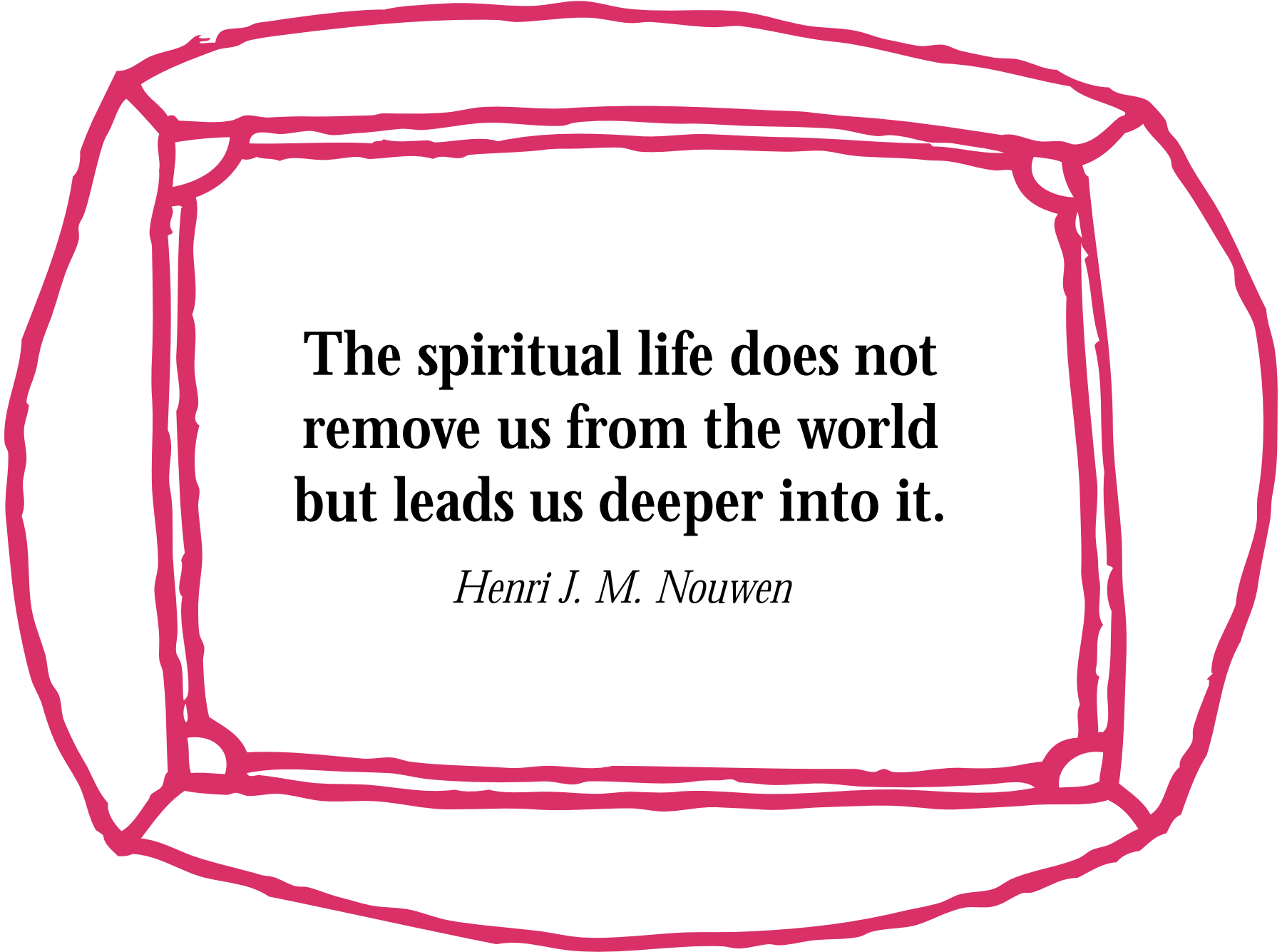
**Spirit is the
real and eternal;
matter is the
unreal and temporal.**

Mary Baker Eddy



**Religion is a set of social and political
institutions and spirituality is a
private pursuit which may or may not
take place in a church setting.**

D. Patrick Miller



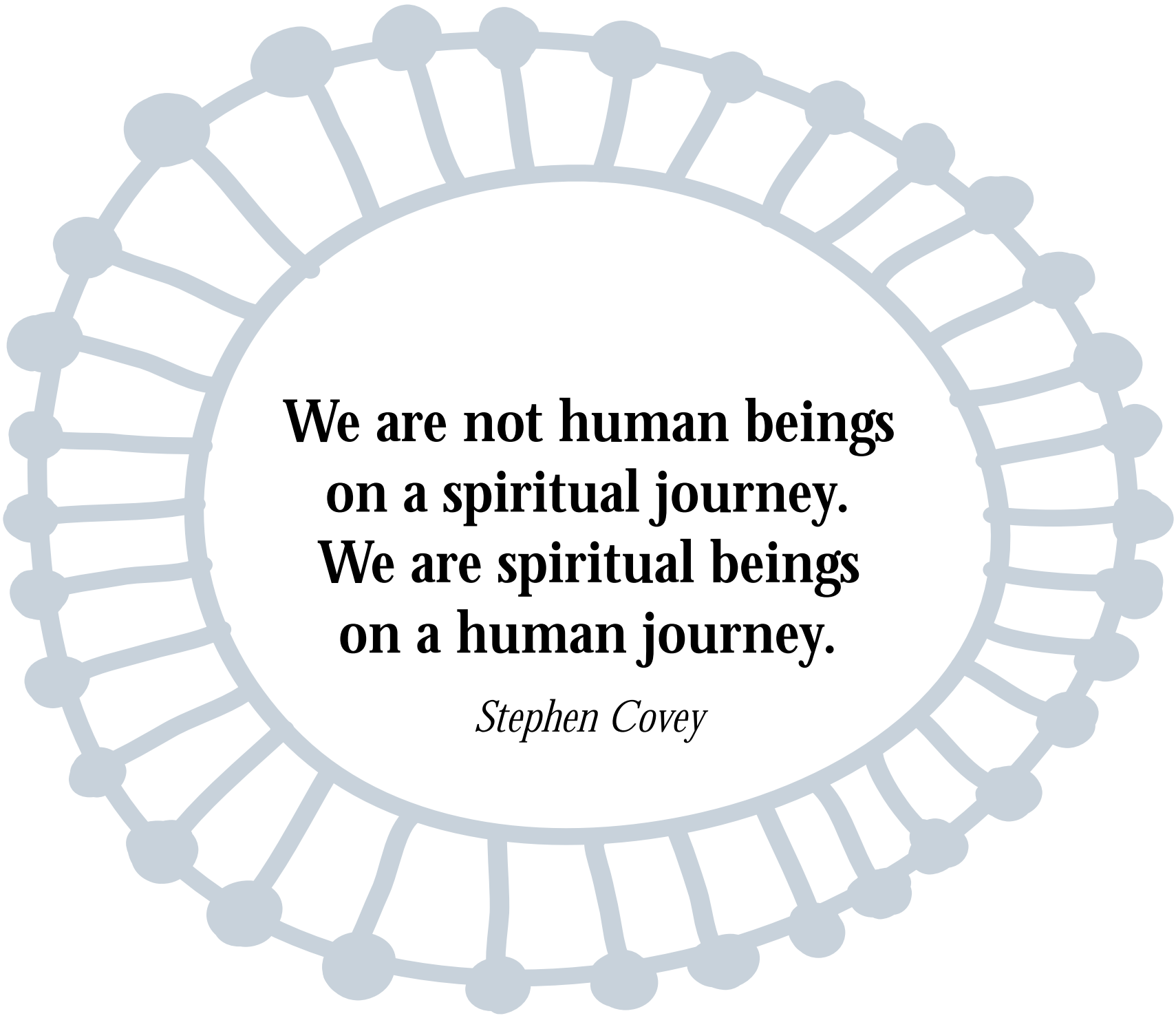
**The spiritual life does not
remove us from the world
but leads us deeper into it.**

Henri J. M. Nouwen



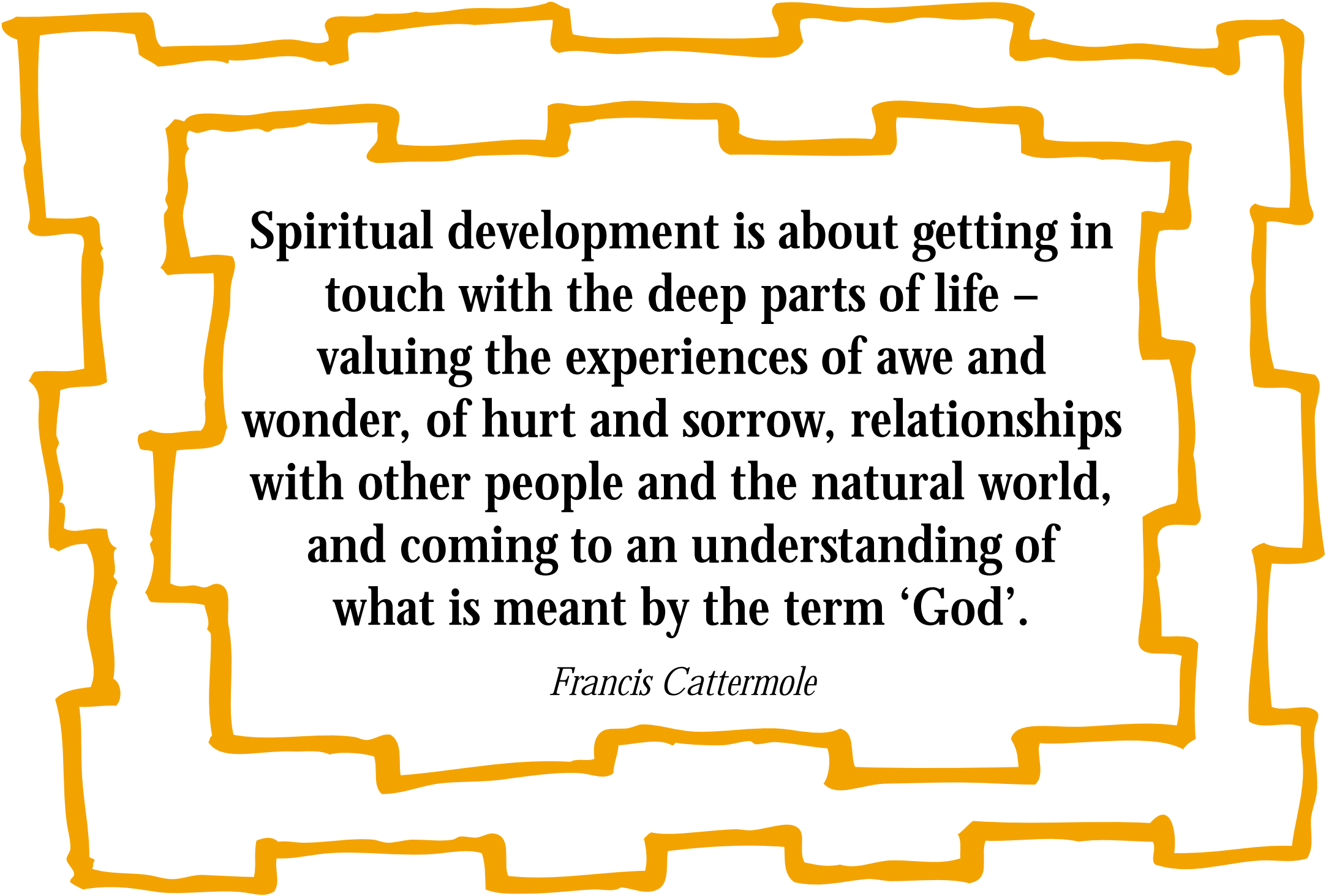
**The deepest expression
of spirituality is love.**

Robert L. Simpson



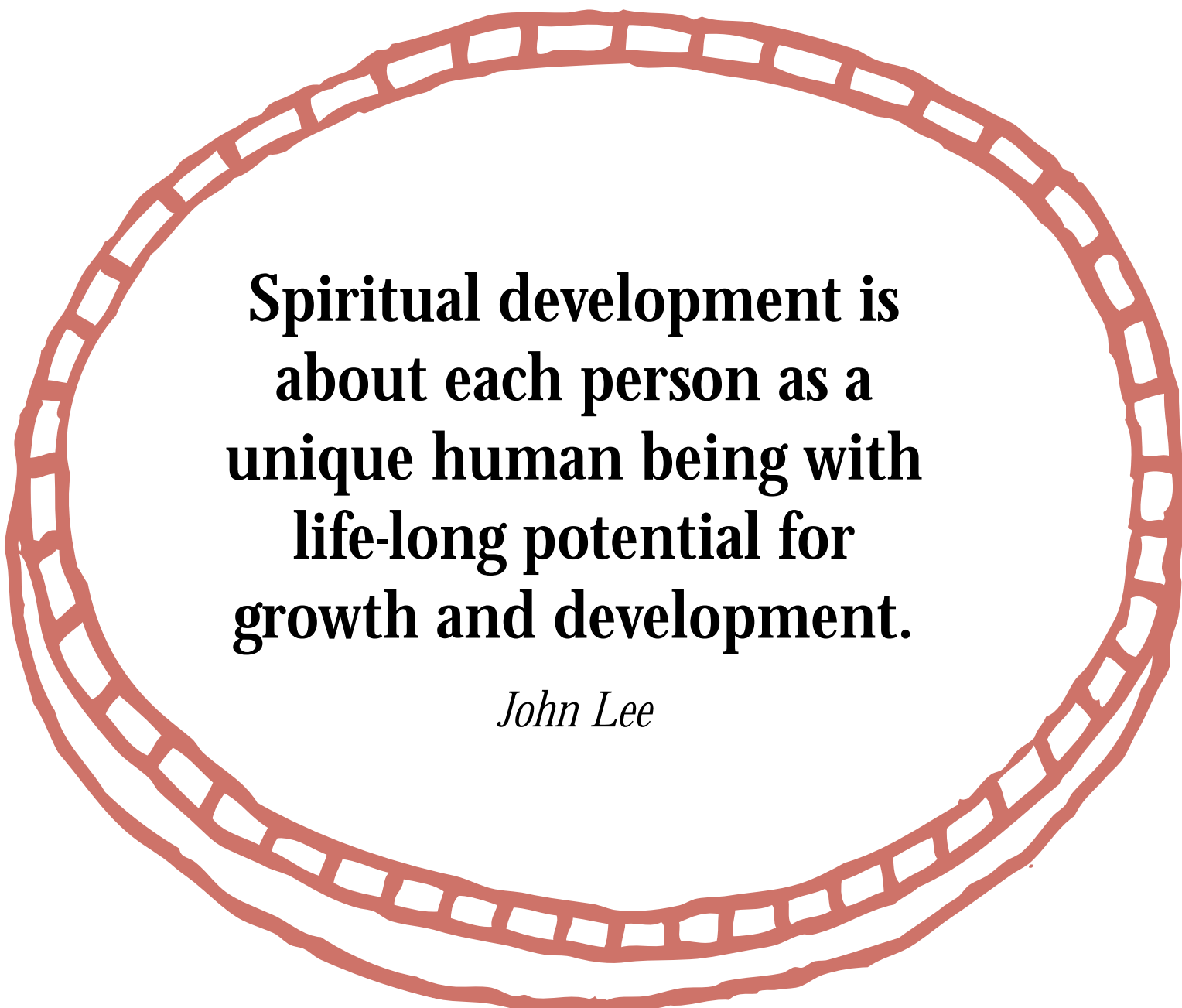
**We are not human beings
on a spiritual journey.
We are spiritual beings
on a human journey.**

Stephen Covey



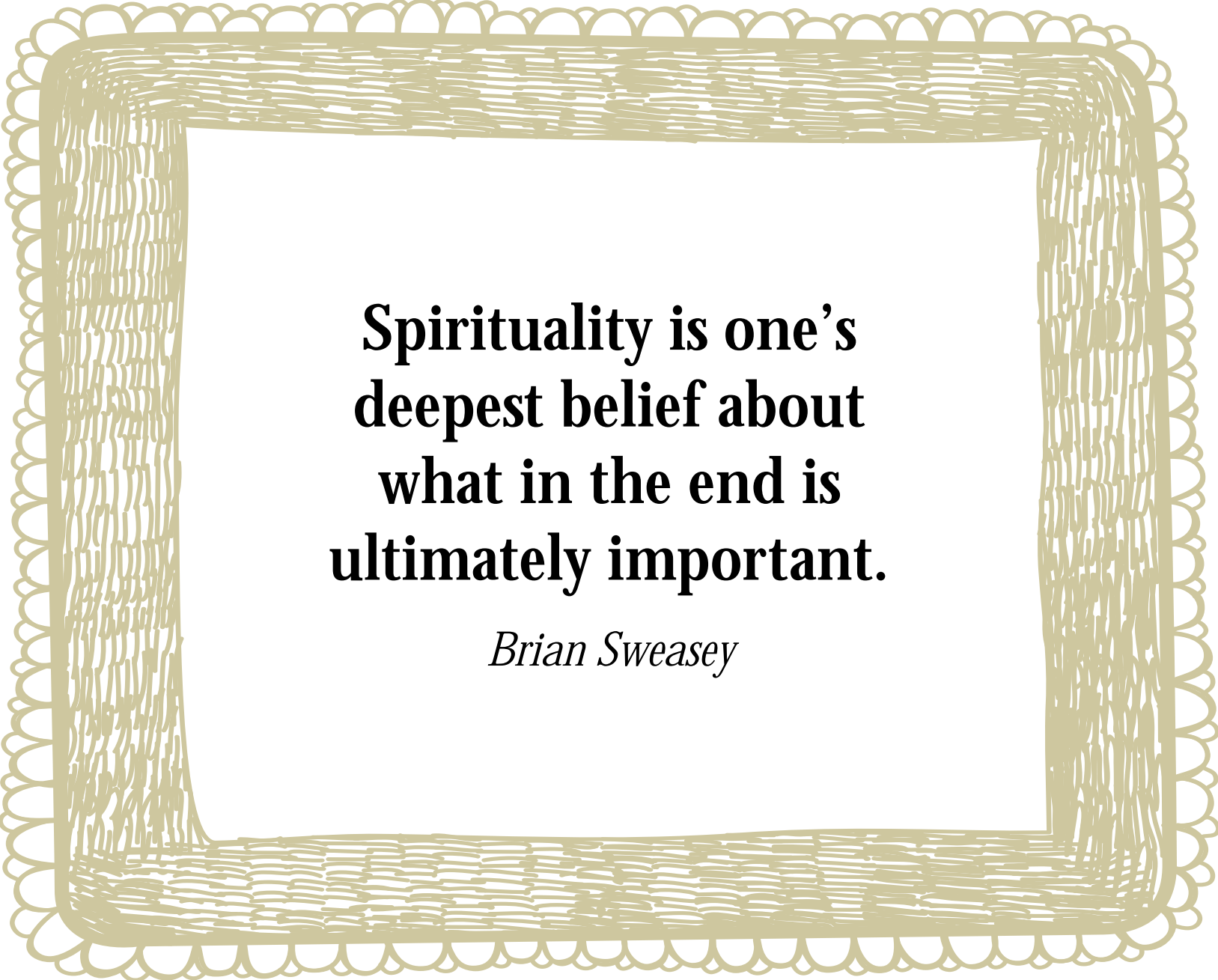
Spiritual development is about getting in touch with the deep parts of life – valuing the experiences of awe and wonder, of hurt and sorrow, relationships with other people and the natural world, and coming to an understanding of what is meant by the term ‘God’.

Francis Cattermole



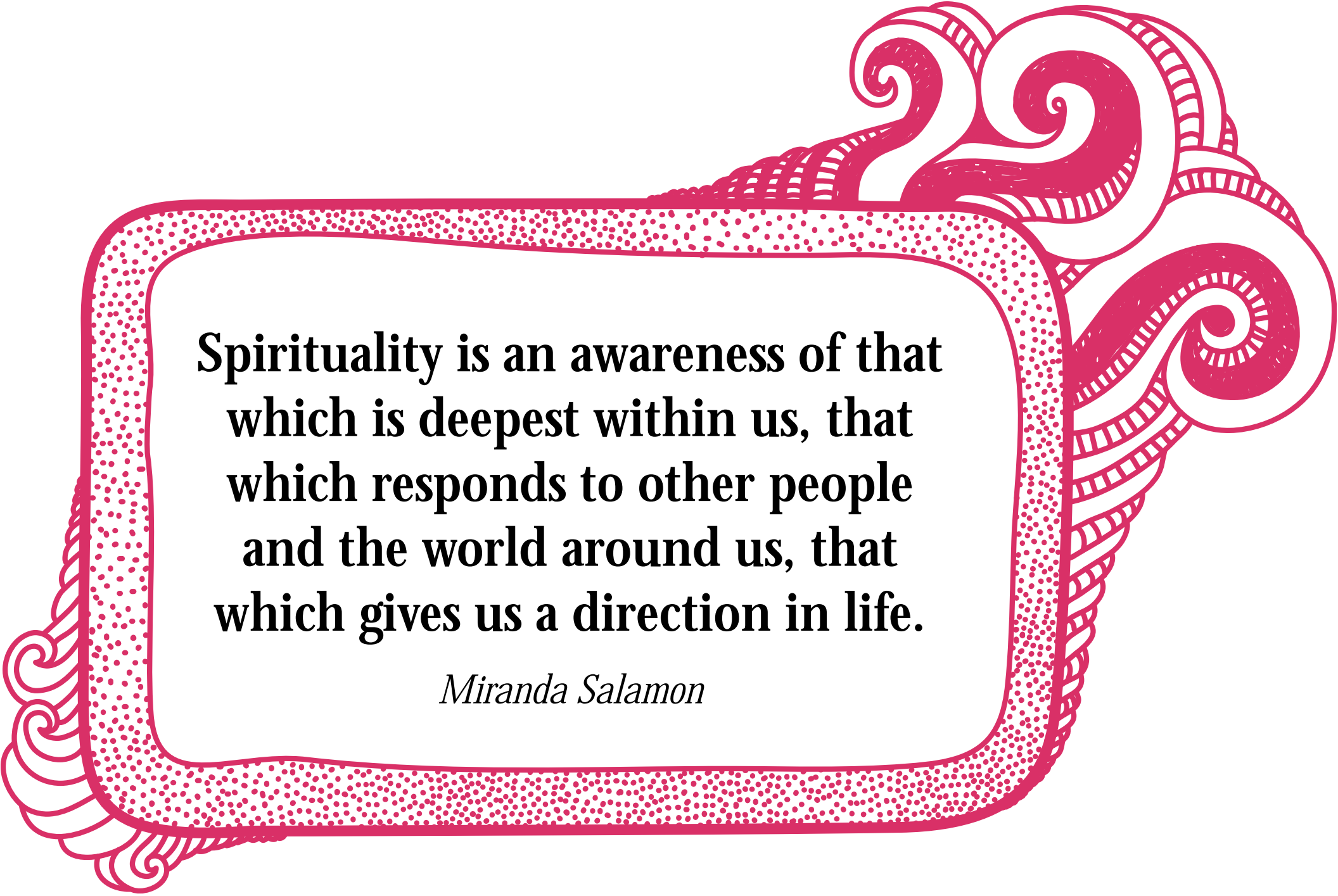
**Spiritual development is
about each person as a
unique human being with
life-long potential for
growth and development.**

John Lee



**Spirituality is one's
deepest belief about
what in the end is
ultimately important.**

Brian Sweasey



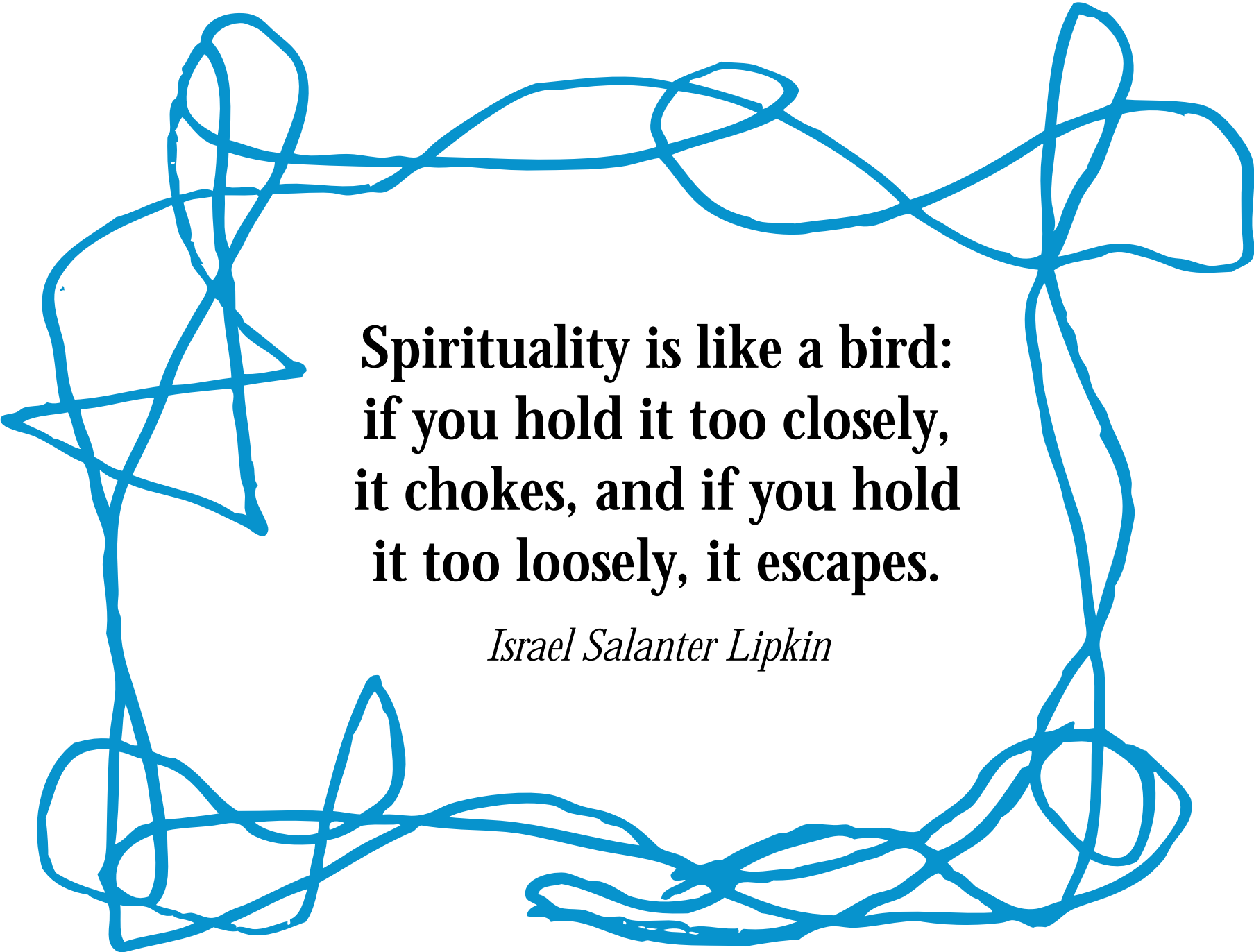
**Spirituality is an awareness of that
which is deepest within us, that
which responds to other people
and the world around us, that
which gives us a direction in life.**

Miranda Salamon



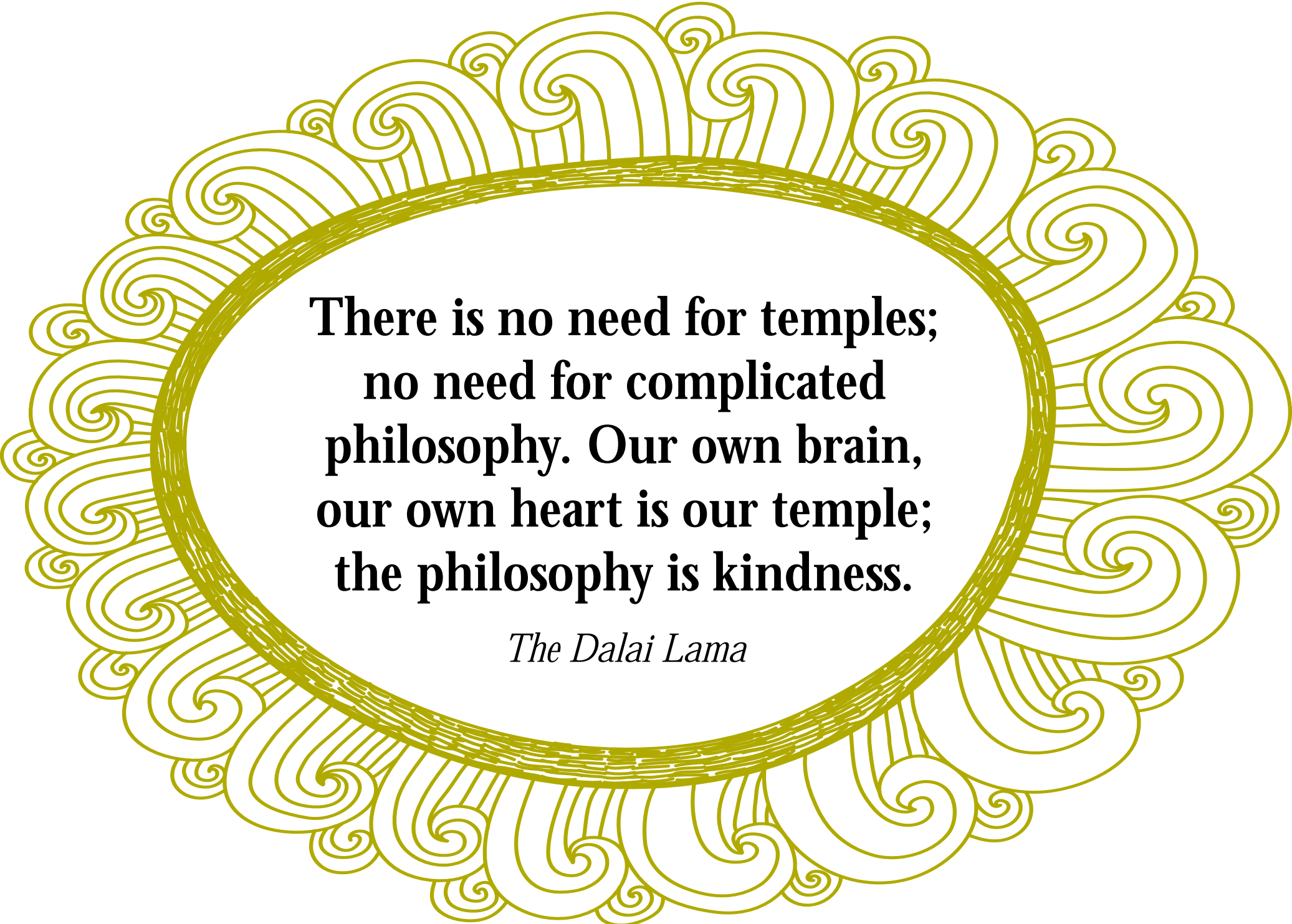
**God helps them
that help themselves.**

Benjamin Franklin



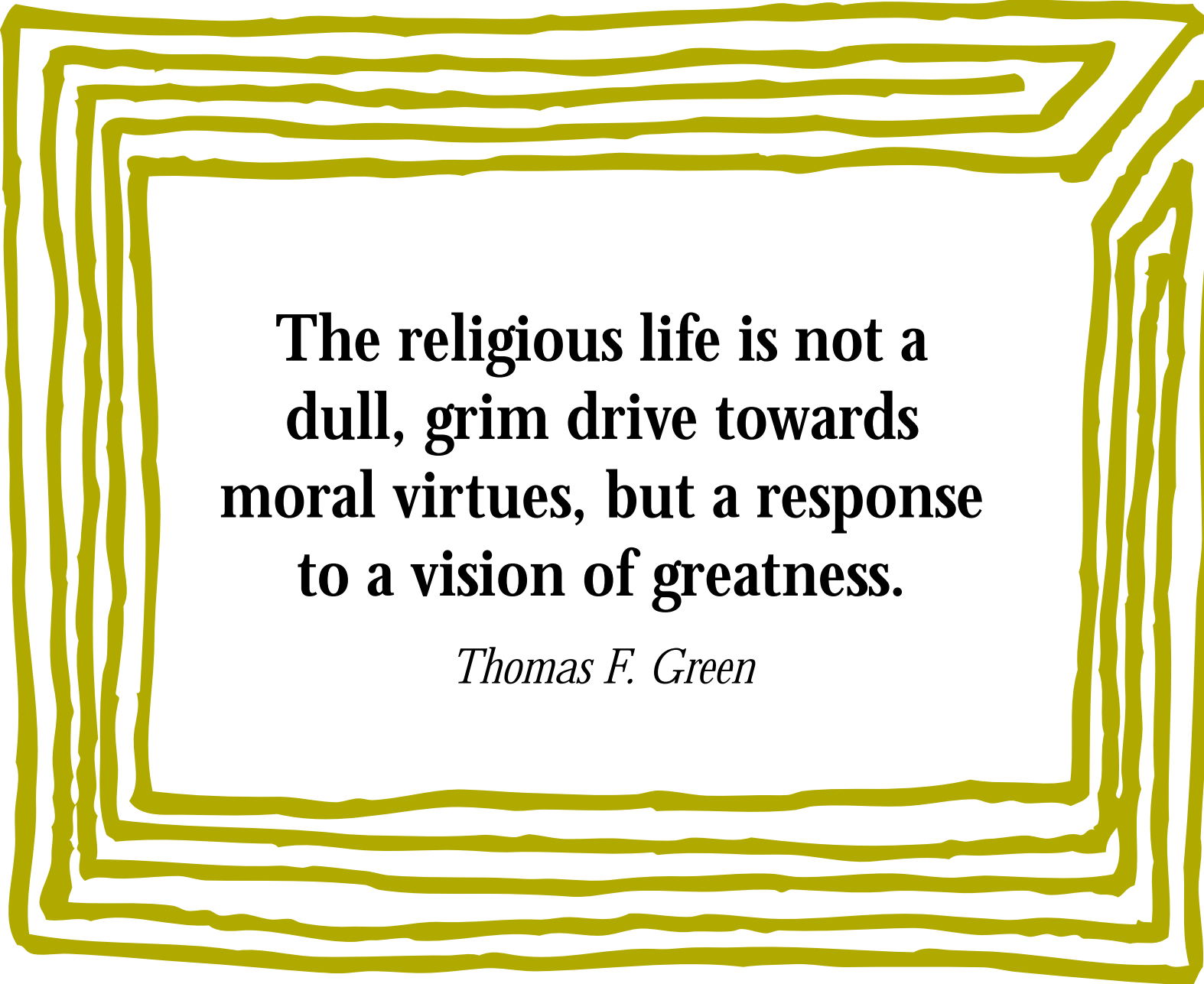
**Spirituality is like a bird:
if you hold it too closely,
it chokes, and if you hold
it too loosely, it escapes.**

Israel Salanter Lipkin



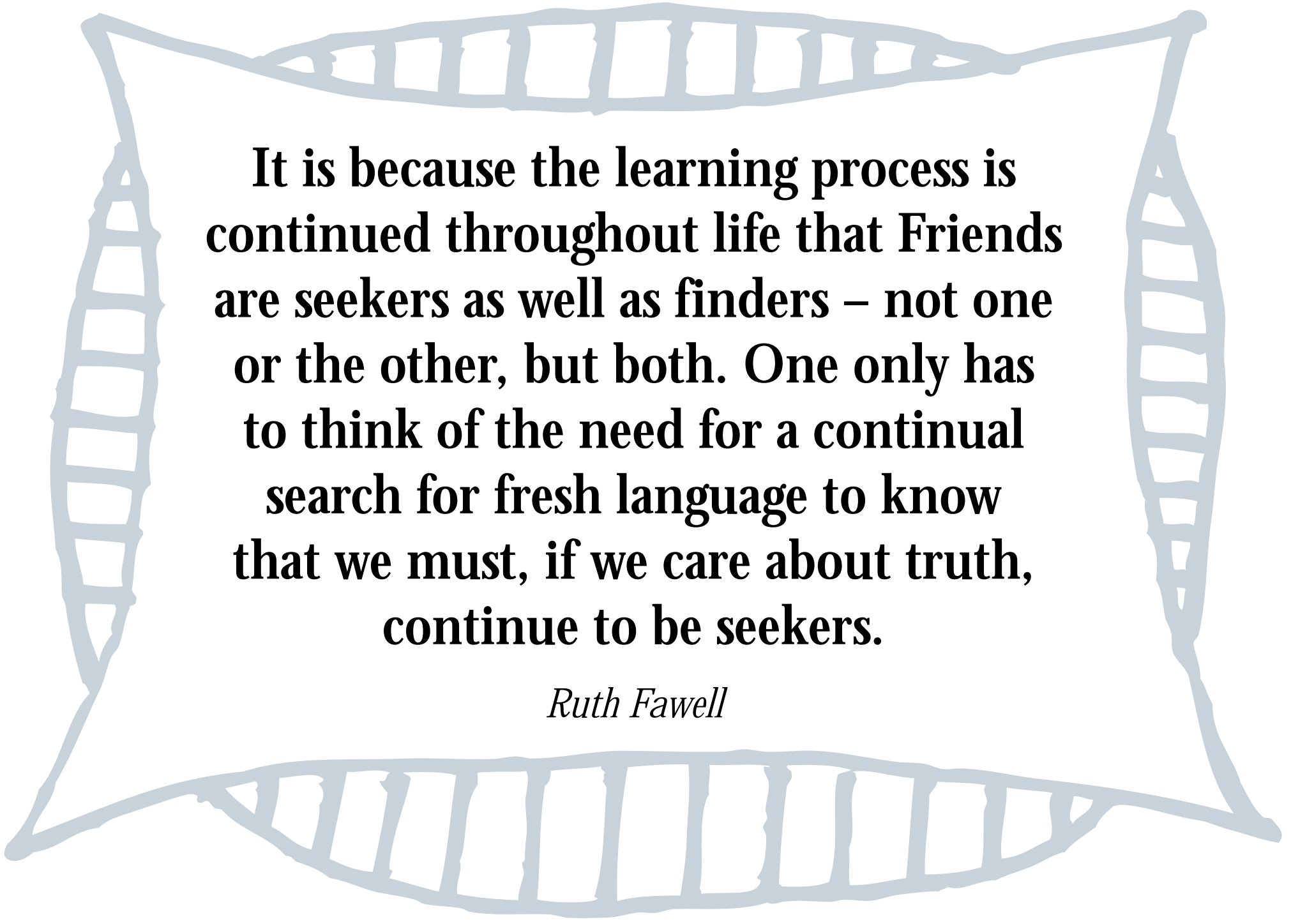
**There is no need for temples;
no need for complicated
philosophy. Our own brain,
our own heart is our temple;
the philosophy is kindness.**

The Dalai Lama



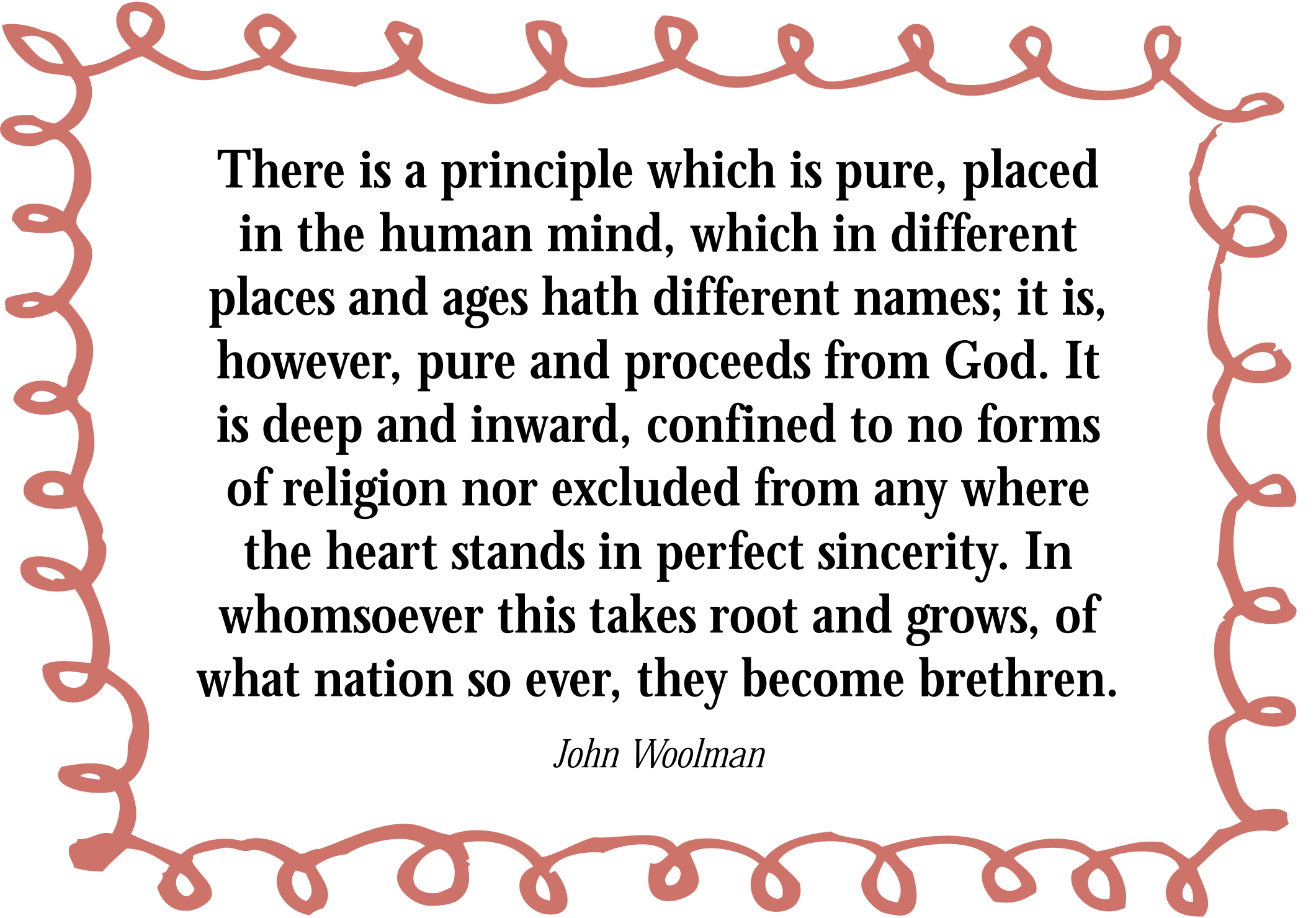
**The religious life is not a
dull, grim drive towards
moral virtues, but a response
to a vision of greatness.**

Thomas F. Green



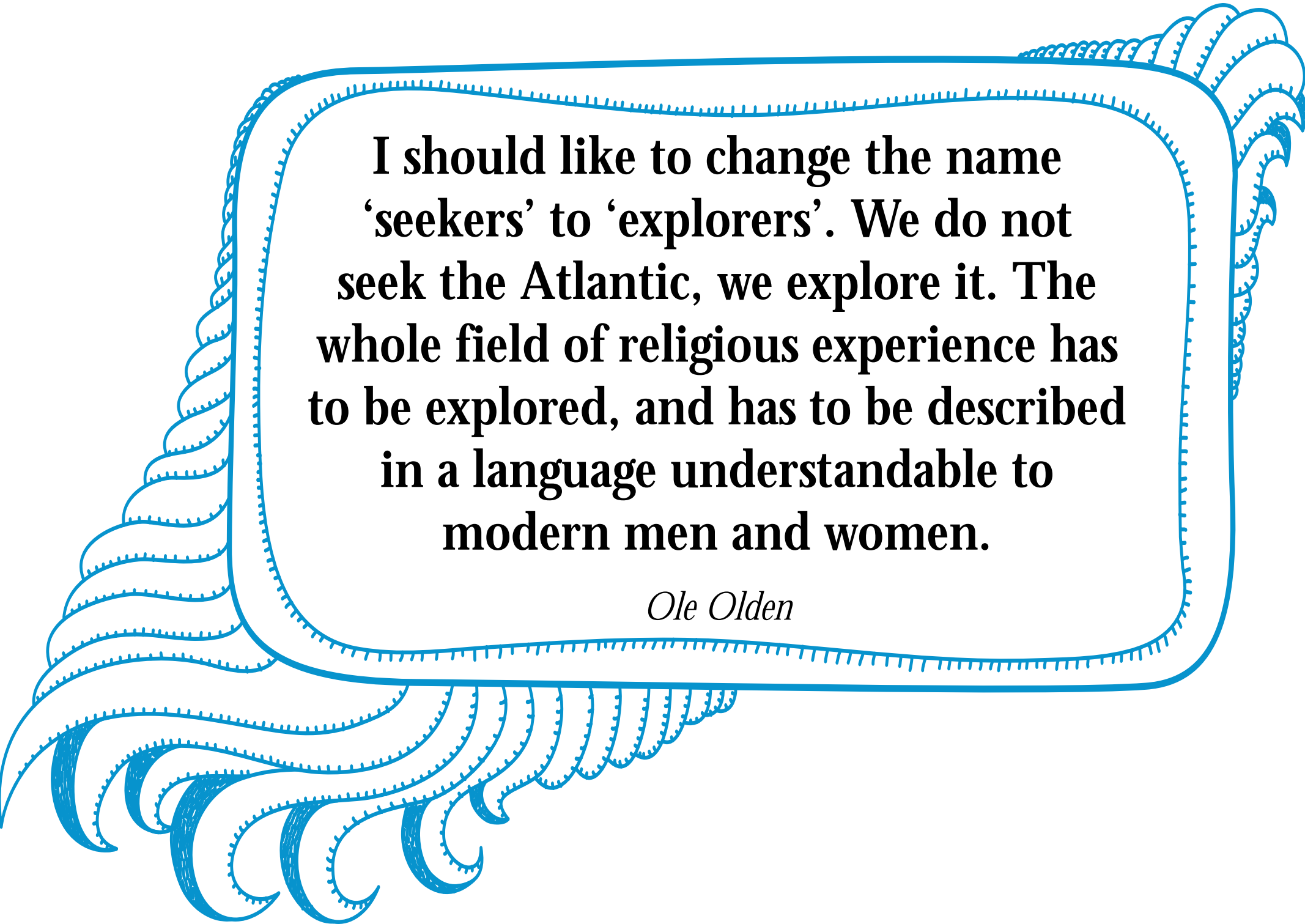
It is because the learning process is continued throughout life that Friends are seekers as well as finders – not one or the other, but both. One only has to think of the need for a continual search for fresh language to know that we must, if we care about truth, continue to be seekers.

Ruth Fawell



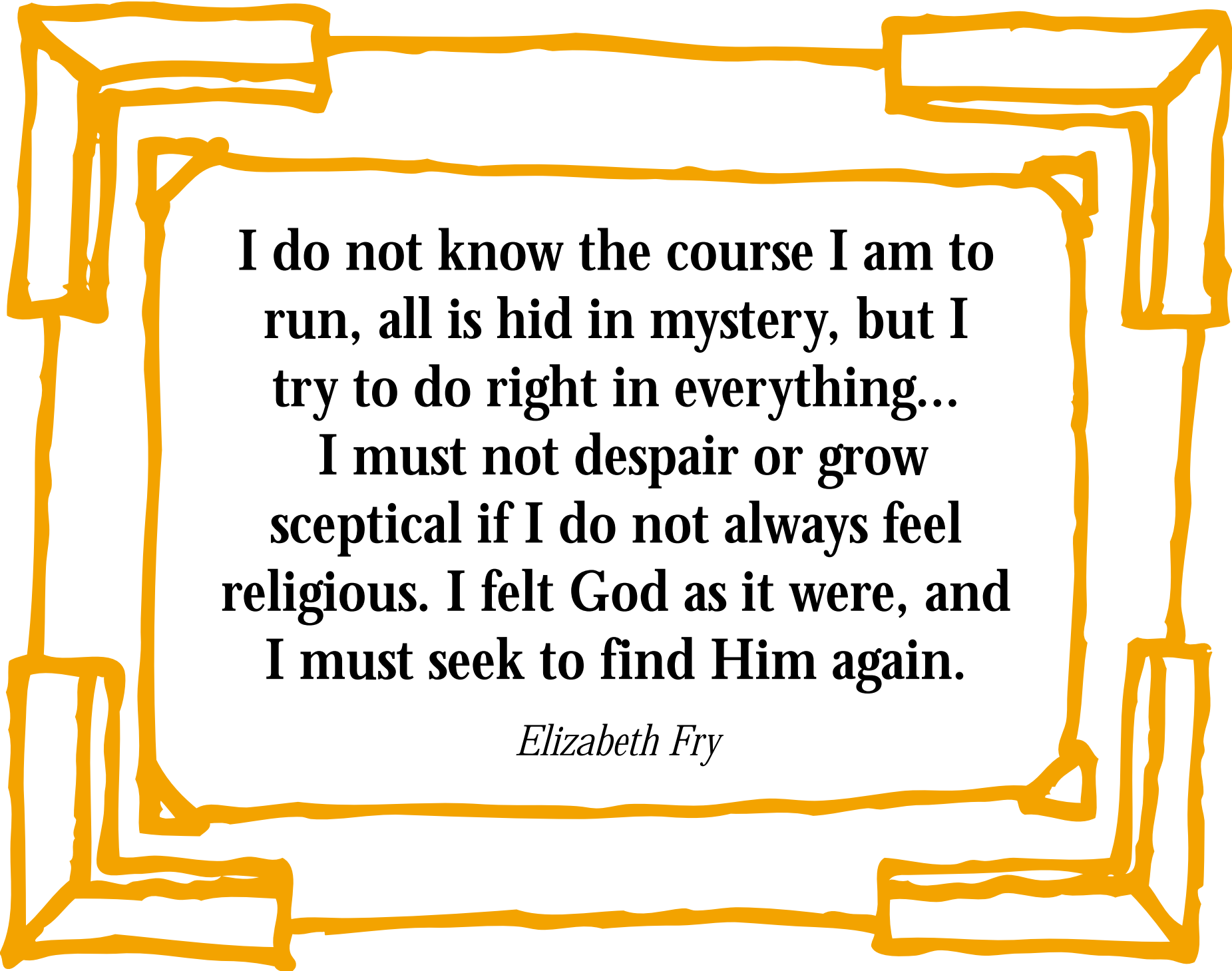
**There is a principle which is pure, placed
in the human mind, which in different
places and ages hath different names; it is,
however, pure and proceeds from God. It
is deep and inward, confined to no forms
of religion nor excluded from any where
the heart stands in perfect sincerity. In
whomsoever this takes root and grows, of
what nation so ever, they become brethren.**

John Woolman



**I should like to change the name
'seekers' to 'explorers'. We do not
seek the Atlantic, we explore it. The
whole field of religious experience has
to be explored, and has to be described
in a language understandable to
modern men and women.**


Ole Olden



**I do not know the course I am to
run, all is hid in mystery, but I
try to do right in everything...**

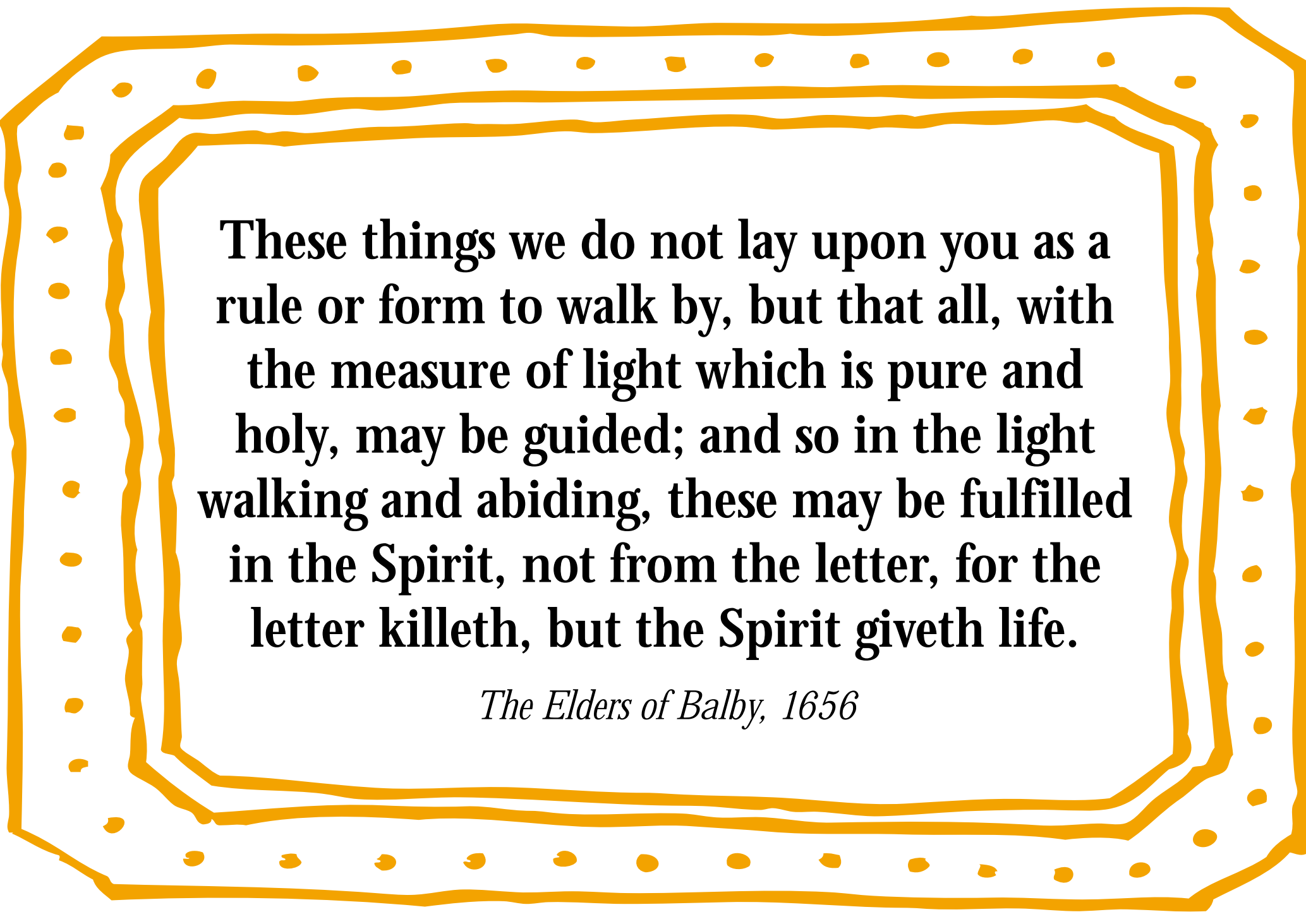
**I must not despair or grow
sceptical if I do not always feel
religious. I felt God as it were, and
I must seek to find Him again.**

Elizabeth Fry



**This little light of mine,
I'm gonna let it shine!
This little light of mine,
I'm gonna let it shine!**

African American Spiritual



These things we do not lay upon you as a rule or form to walk by, but that all, with the measure of light which is pure and holy, may be guided; and so in the light walking and abiding, these may be fulfilled in the Spirit, not from the letter, for the letter killeth, but the Spirit giveth life.

The Elders of Balby, 1656