

REVIEWER: FCL 600 – FINAL PERIOD QUIZ 1

The Role of Spirituality in Human Life

Spirit is what animates the heart and transforms human nature. Hence, the spiritual life is a **"way of existing, of living each moment in the awareness that one's whole life is permeated with the presence of God."** (Keating, 1994).

Core Definitions:

- **Permeated:** Acknowledging that God is constantly present within and around us, "closer than breathing."
- **Repentance:** Changing the direction in which we are seeking happiness.
- **Pneuma:** Greek for "breath." It is the spirit necessary for life.

Gratefulness Meditation: A contemplative realization of Spirit.

- **Inhale:** Experience **"Fullness"** as we receive air to be alive.
- **Exhale:** Experience **"Release"** as we return air to give life to others (e.g., plants).

Laudato Si: On Care for our Common Home

An encyclical letter by Pope Francis meaning **"Praise Be to You."** Creation spirituality is expressed as **environmental spirituality**. The Earth is likened to a sister and a mother who sustains us.

The Four Pillars:

- I. Beauty:** Recognizing the goodness in life and nature.
- II. Challenges:** Embracing darkness, silence, and suffering to find God beyond words.
- III. Creativity:** Co-creating with the Divine to bring forth new life and alternative visions.
- IV. Transformation:** Becoming **"spiritual warriors"** through justice and compassion to heal the world.

Ethical Foundations:

Nurturing & Caring: Actively supporting and nourishing others.

Empathy and Compassion: Practicing kindness even when it is not returned.

