

Spirituality

'There's no such thing as an atheist in a fox hole'. Amusing expression - and one weighty with truth. Equally true is that there's rarely such thing as an atheist during a major medical emergency or other life trauma. Faith and prayer find their way into our lives when we need them. For some, this is their first and only visitation with spirituality. For others, the quest for truth or 'enlightenment' is part of their daily lives. Doubting is as much a part of that journey as the moments when we are SURE there is a higher power, SURE that we are on a path of righteousness. (Perhaps moments of questioning are even more transcendent.)

Why discuss this? Because if our goal is to become the finest possible version of ourselves, this will involve an integration of mind, body, and spirit. Lots and lots of people talk about the body. Fewer speak of the mind and its far-reaching impact on that body. And even fewer consider how the nurturing of our soul can contribute to this whole picture.

Spirituality is a personal quest. Look outside yourself for answers, and you've become derailed. Instead, find that quiet place within that will, if you listen without defense and in perfect stillness, speak to you of who you are, where you've been, and where you need to go.

Spirituality is infused in those sparkling life moments where you are absolutely untethered, joyously content with who you are, and one with your surroundings.

I've found these moments bodysurfing a wave in the ocean... laughing with childlike abandon... and praying on Yom Kippur, knowing all over the world heads are bowing with me, temples resonating with the ancient prayers and lament of the shofar, and the gates of heaven are opening. Together we pray that our names be inscribed in the book of life. Why? So that we have the opportunity to have more moments. Moments to ride the crest of the wave, one with ourselves, our people, our world, and our higher power.

May you ride that wave often and with unrestrained joy as your days unfold!