

spirituality without gods

spirituality is connection
compassion
creativity
it's the courage to be truthful with oneself and with others
to see the pain in oneself and in others
and to honor that pain
whatever its cause
its intensity
its form
to sit with it
to witness it
to listen to it
without pushing it away
or running from it
until that pain has met its need.

spirituality is a vibrant awakening consciousness
a deep and present awareness of ourselves
of everyone and everything around us
it's knowing that our words and our actions matter
even when no one hears and no one sees
it's listening to the heart and the mind and the body
to moon stars sun and trees
to wind fire rain and earth
to animals and plants
to dreams and daydreams
to grief and anger and hunger and sex
to all of the feelings we've been told not to have
and all of the thoughts we've been taught not to think
in the right balance
in the right time.

spirituality demands critical thinking
it requires curiosity
a desire to know what's real
a willingness to strip off conditioned patterns of perception and habit and belief
layer by layer
regardless of personal cost
because otherwise
truth and truthfulness are lost.

spirituality is facing the mysteries of life and death
without hiding from questions that cannot be answered
and without the comfort of tall tales passed down through a million dark nights
it's knowing that we are not alone
because we're all here together
and it's all up to us
together.

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