

Quotes and resources from Dorothy; spiritual journey

"Your story is what you have, what you will always have. It is something to own". Michelle Obama in her book Becoming.

"Owning our own story is the bravest thing we'll ever do." Brene' Brown, writer and professor

quote by Llewellyn Vaughan-Lee: "Our heart knows what our mind has forgotten...the sacred that is within all that exists, and through a depth of feeling we can once again experience this connection, this belonging."

Eileen Flanagan, a Quaker writer and activist, in her book The Wisdom to Know the Difference: When to Make a Change and When to Let Go, uses the phrase "spiritual awakening" to mean restoring one's forgotten spiritual sense.

"And all of these great brains have said, there is no way that what's happened is just chance. So what that intelligence behind the universe is - what it is, who it is; probably what it is - I haven't the faintest idea. But I'm absolutely sure that there is something. And seeking for that something is part of being human."

Jane Goodall; On Being podcast August 2000

On Being Podcast with Krista Tippett

<https://onbeing.org/series/podcast/>

unitive extrovertive: In this experience the person, "continues to perceive the same world of trees and hills and tables and chairs as the rest of us - but sees them transfigured in such a manner that Unity shines through them." (no citation)

Advice from Friends General Conference Cloud; "Ground your spiritual life in your own experience of the Divine, refraining from professing what you do not possess."

Rabbi Rachel Timoner: "I pray to God every morning not because I know who or what God is, but because I feel god's presence in the world. Unfortunately, so much harm has been done in God's name that the word has become off putting and even offensive to many people. What I mean is that I feel a presence that is not only in the material world. I know in my being that there is something there, and that something is beyond everything, but also within everything, and that it is profoundly loving and true. "

So I leave you with this query: "How's your spirit?"