

## Quotes About Spirituality and Writing

“Consciousness sleeps in minerals, dreams in plants, wakes up in animals, and becomes self-aware in humans.”

**Rumi, thirteenth-century poet**

“We are not human beings having a spiritual experience; we are spiritual beings having a human experience.”

**Pierre Teilhard de Chardin, French philosopher and paleontologist**

“Early stage religion focuses on identifying sacred places, sacred time, and seemingly sacred actions that then leave the overwhelming majority of life unsacred...The whole universe and all events are sacred, serving as doorways to the divine for those who know how to see. In other words, everything that happens is potentially sacred if we allow it to be...For those who have learned how to see fully, everything—absolutely everything—is ‘spiritual.’”

**Father Richard Rohr, Franciscan monk, author**

“To write about one’s life is to live it twice, and the second living is both spiritual and historical, for a memoir reaches deep within the personality as it seeks its narrative form.”

**Patricia Hampl, author**

“I used to think that writing had substituted for religion in my life, but I’ve come to see that it has acted as a spiritual discipline, giving me the tools I needed to rediscover my religious heritage.”

**Kathleen Norris, author**

“As a writing man, or secretary I have always felt charged with the safekeeping of all unexpected items of worldly or unworldly enchantment, as though I might be held personally responsible if even a small one were to be lost.”

**E.B. White, author, journalist**

“Maybe then the problem of identifying the spiritual is simply a subtle one requiring a sharp eye and a talent for reading the resonance of events. To perceive the spiritual in a slice of life or a piece of art we may have to make a good story of it, because a story has the uncanny ability to raise the spirit out of the flesh like bread rising yeasty in a warm place.”

**Thomas Moore, author**

“You may be looking for a spiritual journey, but I can assure you that you are already on your spiritual journey...Every journey is a spiritual journey.”

**Elizabeth Gilbert, author, speaker**

“Most people are on some kind of a pilgrimage, whether or not they recognize it.”

**William Zinsser, journalist, author, professor**