



Langford Budville C of E Primary School

What is Spirituality?



Delighting in all things
Being absorbed in the present moment
Not too attached to 'self'
Eager to explore boundaries of 'beyond' and 'other';
Searching for meaning
Discovering purpose
Open to more...



Spirituality is like a bird; if you hold it too tightly it chokes; if you hold it too loosely it flies away. Fundamental to spirituality is the absence of force.

Rabbi Hugo Gryn

