

spirituality.ml

## Description

The meaning of **spirituality** has developed and expanded over time, and various connotations can be found alongside each other.[\[1\]](#)[\[2\]](#)[\[3\]](#)<sup>1</sup>

Traditionally, spirituality referred to a [religious](#) process of re-formation which "aims to recover the original shape of man",<sup>2</sup> oriented at "the image of God"[\[4\]](#)[\[5\]](#) as exemplified by the founders and sacred texts of the religions of the world. The term was used within early Christianity to refer to a life oriented toward the [Holy Spirit](#)[\[6\]](#) and broadened during late medieval times to include mental aspects of life.

In modern times the term both spread to other religious traditions[\[7\]](#) and broadened to refer to a wider range of experience, including a range of esoteric traditions and religious traditions. Modern usages tend to refer to a subjective experience of a sacred dimension[\[8\]](#) and the "deepest values and meanings by which people live",[\[9\]](#)[\[10\]](#) often in a context separate from organized religious institutions, [\[11\]](#) such as a belief in a [supernatural](#) (beyond the known and observable) realm,[\[12\]](#) [personal growth](#), [\[13\]](#) a quest for an ultimate or sacred [meaning](#),[\[14\]](#) [religious experience](#),[\[15\]](#) or an encounter with one's own "inner dimension".[\[16\]](#)

## Category

1. External Domains

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