

# **Spirituality**

## Spirituality

### 1. Spirituality as Discipline:

- stress on order, on bodily and mental control
- eg. yoga

### 2. Spirituality as Ecstasy:

- inner excitement, altered states of consciousness
- eg. Charismatic response

### 3. Spirituality as Mystical Experiences:

- stress inner experience of mystery of transcendence
- eg. Hindu asceticism

### 4. Spirituality of the Road:

- stress on moral life and discipleship obedience
- stress on community relationships
- stress on serving others

## Continuum

Individual and Inner <-----> Corporate and Outer

- ecstasy

- mysticism

- road

- discipline