



It's essential that we learn to listen to each other through our life experiences. To listen through life experiences means that I honor the context, history, and circumstances of your life as important to our relationship. I don't 'make rash judgements based on surface appearances but seek to understand how your experiences have shaped you and continue to shape you - to see how these experiences have helped to create your view of the world. I'm not quick to tell you how to live, but I am quick to listen to your story and learn from that story.

Dave Fleming, The Seeker's Way: Cultivating the Longings of a Spiritual Life

Be patient toward all that is unsolved in your heart and to try to love the questions themselves, like locked rooms and like books that are written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer.

Rainer Maria Rilke, Letters to a Young Poet

Think of a small group - of spiritual seekers - you met with (or meet with now). How did/has that group enriched the spirituality of the members? What is it about the group that enriches your spirituality? What does the group do that helps you live a more transformed life?

What Does it Mean to be a Seeker?



The Phases of The Seeker's Way

The path of the seeker includes three interrelated phases. These phases are not necessarily linear or sequential. They can be but often are integrated and interwoven.

Lose Your Way: This phase invites us to leave and/or lose what is familiar in order to venture out into new possibilities of transformation and transcendence

Find Your Guides: This phase invites us to find voices from the past and the present that challenge, support, and nurture us on the path

Forge Your Path: This phase invites us to make our own way rather than walk the path of another. The seeker's way values community, but also realizes it is a deeply personal journey

Used with permission from Dave Fleming, Ph.D.

As a spiritual seeker, you are like a sailor, always wanting to go to a new place within yourself.

Sadhguru

Ponder

The above framework gives a simple but wholistic way to understand the seeker's path. Can you see each of these phases at work in your own life?

Exploring Life and Spirituality in a Small Seeker's Group

This week we're considering the power of a small group of spiritual seekers. When we explore spirituality and life with others, we open ourselves to a dynamic that is not available to us if we only seek on our own.

What is a Seeker's Group?

A seeker's group gathers to explore the wisdom found in various spiritual traditions, philosophies, and science. They explore to learn and grow as human beings and deepen their spiritual connection.

What Qualities make for an Effective Seeker's Group?

- *Openness to search:* The more certitude one brings to the group, the less value the group has for its members. Seeking requires openness to that which is novel.
- *Willingness to question:* We bring curiosity to learn and explore knowing others will see life differently.
- *Commitment to listen and share:* Sharing my life with growing vulnerability; giving others the same gift.
- *Patience to let the experience change us over time:* Allowing the change in me to occur over time as the group matures and deepens its search.
- *Honesty to determine when it's time to move on:* All things are impermanent; Groups don't last forever. When a group, or certain individuals in a group, feel it's time for a change, embrace it.
- *Compelling content that is relevant to the spiritual search of the group*

Reflect/Discuss the qualities above. Which of the qualities seem particularly relevant for you and your group?

Ponder The Words

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Going Deeper - Soul Friends

The Fetzer Institute created a series of interviews about spirituality, community, and relationships. The interviews are one to four minute snippets. You can listen to them as a reflective meditation or as content for a group discussion. Click on the image below to access the youtube videos.

Spirituality and Community



TOPIC: Religion and Spirituality | Spiritual Formation | Wellness and Healthcare

TYPE: Video

What spiritual presence or practice do you bring to the communities you belong to and why? Fetzer gathered people from various traditions to talk about how they nurture the spiritual dimension while in community.

[View the entire collection.](#)