



Public Spirituality: A Personal Workbook

Lisa Heron

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Do you ever feel as though your spiritual identity gets lost in America's religious diversity? Would you like a spiritual life that is based on common spiritual themes found in all religions? Would you like a spiritual life that expresses the uniqueness of your own spiritual practices and identity? This workbook introduces public spirituality as a way of talking about religious and spiritual life that is accessible to anyone, no matter what religious point of view is held. The workbook guides you into an exploration of your spirituality using seven areas of spiritual life that provide a basic spiritual foundation. Understanding how you express your spirituality in these seven areas, you will be able to identify your spiritual needs and develop concrete and specific ways to express your spiritual identity. This workbook, *Public Spirituality: A Personal Workbook*, offers a shared language of spirituality to which everyone can bring their own experiences, own spiritual and religious practices, own beliefs and insights. Finally, here in *Public Spirituality: A Personal Workbook* is a spirituality that honors your own unique spiritual identity and provides a common reference point to the spirituality of others.

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