

SPIRITUALITY, RELIGION AND HAPPINESS

SPIRITUALITY

As the 'animating and life-giving force' (O.E.D.) for individuals – reaching out to others and the wider environment

A self-referential approach?

FORESIGHT RESEARCH – STAYING SANE

- Connect - relationships
- Be active
- Learn
- Be curious
- Give

'GOD' 'THE CREATOR'

All life is created for a purpose and is connected and precious

Personal faith

WHAT MAKES PEOPLE HAPPY? (Richard Layard, *Happiness*, 2006)

Religious faith
(religare- 'binding obligation' O.E.D)

Framework or straightjacket?!

Challenge: Spirituality without solidarity

- Bridging Social Capital
- Bonding Social Capital

- Family relationships
- Income
- Work
- Community and friends
- Personal freedom
- Health
- Personal values and Philosophies of Life

Challenge: Religious observance without spiritual renewal

ARISTOTLE: Human beings are meant to live the flourishing life, by playing a full part in society