



Spirituality with Clothes On: Examining What Makes Us Who We Are

Gareth Brandt

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There is no such thing as a naked spirituality. Our spirituality is always shaped by the clothes of our experience. The quest of Spirituality with Clothes On is to acknowledge that we do wear clothes; and, by examining them, we begin to understand ourselves and accept others who are wearing different outfits. We are what we wear: we cannot separate ourselves from our gender, personality, developmental stage, family, historical background, culture, or the difficult experiences of our lives. We need to acknowledge all these things, reflect on them--and sometimes even embrace them--in order to truly become ourselves.



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