

SPIRITUALITY

Meaning: Spirituality is the quality of seeking a deeper connection to oneself and the universe, often involving personal growth and inner peace.

1. Many people find comfort and strength in spirituality during challenging times.
2. The retreat offered a serene environment for exploring personal spirituality and growth.
3. She believes that spirituality transcends religious boundaries and connects us all.
4. Through meditation and mindfulness, he deepened his understanding of his own spirituality.
5. The book delves into the relationship between art and spirituality across different cultures.

Source: sentences.whatistheurl.com

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