Spiritual Wellness is a personal matter involving values and beliefs that provide a purpose in our lives. While different individuals may have different views of what spiritualism is, it is generally considered to be the search for meaning and purpose in human existence, leading one to strive for a state of harmony with oneself and others while working to balance inner needs with the rest of the world. Being open to different cultures, religions, and spiritual philosophies. (Learn more at the Wellness Center)

This week’s challenge is not so much a challenge as a reflection and learning exercise. There are so many interesting elements and facets to the world’s religions and spiritual groups that you could spend hours learning about all of them so take a look and choose some which ones you find the most striking.

1. Read this short article by Dr. Bruce Davis, “Silence: Where Religion Ends and Our Personal Sanctuary Begins”.

2. Take the SPIRITUALITY INTELLIGENCE - OR SQ - TEST!

3. **CHALLENGE:** Visit the “World-Religions-Professor” website and look through some of the information available on different world religions and share some interesting facts/tidbits/etc that you find. You are also welcome to share other information you find on other websites as long as you check to make sure the source is credible first.

4. Post as many facts/tidbits/etc as you’d like. Remember to tag us so we can count your entries!

   **Facebook:** Vanderbilt Recreation and Wellness Center

   **Twitter:** @VandyRec

   **This week’s prize:** A free 30 minute massage of your choice from Vanderbilt Massage Therapy