

Mirabai Starr - Interspirituality

“To walk an interspiritual path is to travel through the wilderness with open hands and a courageous spirit. It is to navigate with the heart and a book of prayers from every faith tradition that ever uttered a sacred phrase in any language. To travel an interspiritual path is to drop to our knees in the presence of Love wherever we encounter it, and to disarm our hearts the minute we have the impulse to otherize a faith we do not understand. To take an interspiritual journey is to circle ever inward, to a place of holy silence and vibrant stillness, and then to surge back outward with the contemplative fruits we have gathered to feed a hungry world. An interspiritual life invites us to take our rightful place at the table of the Divine in many Holy Houses, and asks that we kneel at the altars of multiple traditions and drink from the goblet we are offered, and allow it to transform us. Interspirituality is about saying YES to the sacred in every form and no form, about moving beyond intellectual orientation to active engagement with various religions, about seeking and finding the Love that unifies all paths and affirms our essential interconnectedness.”