

The PFJF Movement is intended to be a Spiritual Movement, not a religious movement but one that is compatible with any religion or philosophy or none

Spirituality is the personal search for meaning, purpose, and connection with something greater than oneself. That “something” may be:

- God or a Higher Power
- Nature or the universe
- Humanity or community
- Inner self or consciousness

Unlike religion, spirituality can be **individual** and **non-institutional**.

Core Components of Spirituality

1. Meaning & Purpose

- Seeking why life matters
- Feeling that life has direction

2. Connection

- To a Higher Power
- To other people
- To nature
- To one’s inner self

3. Transcendence

- Experiences that go beyond ordinary awareness
- Feeling part of something larger than oneself

4. Values & Ethics

- Compassion
- Honesty
- Forgiveness
- Service to others

5. Inner Peace

- Sense of calm
- Acceptance
- Emotional balance

6. Practice & Expression

- Prayer
- Meditation
- Mindfulness
- Rituals
- Service or volunteering

Spirituality is the human experience of seeking connection, meaning, and peace beyond the material world.