

## LECTURE

# AWE/GRATITUDE AS A SECULAR ASPECT OF PERCEPTIVE SPIRITUALITY AND ITS RELEVANCE TO BEHAVE 'DIFFERENTLY' IN THE WORLD

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While interest in institutionalized religiosity decrease, it is striking that feelings of wondering awe and subsequent gratitude as a more secular and individual form of perceived rather than cognitive spirituality is perceived also by a-religious persons. This perceptive form of spirituality can be understood as mindfulness towards the present moment for which one can be sensitized. Depending on the group of persons, it is associated with the perception of the sacred in life, having meaning in life, wellbeing and compassion. This ability for wondering awe does not require a specific religious orientation or ideology and could represent a socially and individually relevant resource, especially in secular societies.



## ABOUT THE SPEAKER:

**Dr. Arndt Büssing** is professor for quality of life, spirituality and coping at the University of Witten/Herdecke and has been associated as a research professor at IUNCTUS - Competence Center for Christian Spirituality at the Philosophical - Theological University of Münster. His research interests focus on the importance of spirituality as a resource and the support of spiritual needs in people in stressful situations. He is co-editor of the German Journal for Oncology, on the editorial board of the journal "Spiritual Care" and editor-in-chief of the journal "Religions".

