



ALTERNATIVE SPIRITUALITY IN TIMES OF PANDEMIC

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❖ Location: **Liptov (Tatra Mountains).**



❖ 10 informants: 5 men + 5 women



❖ Spiritual

vs.

Religious:

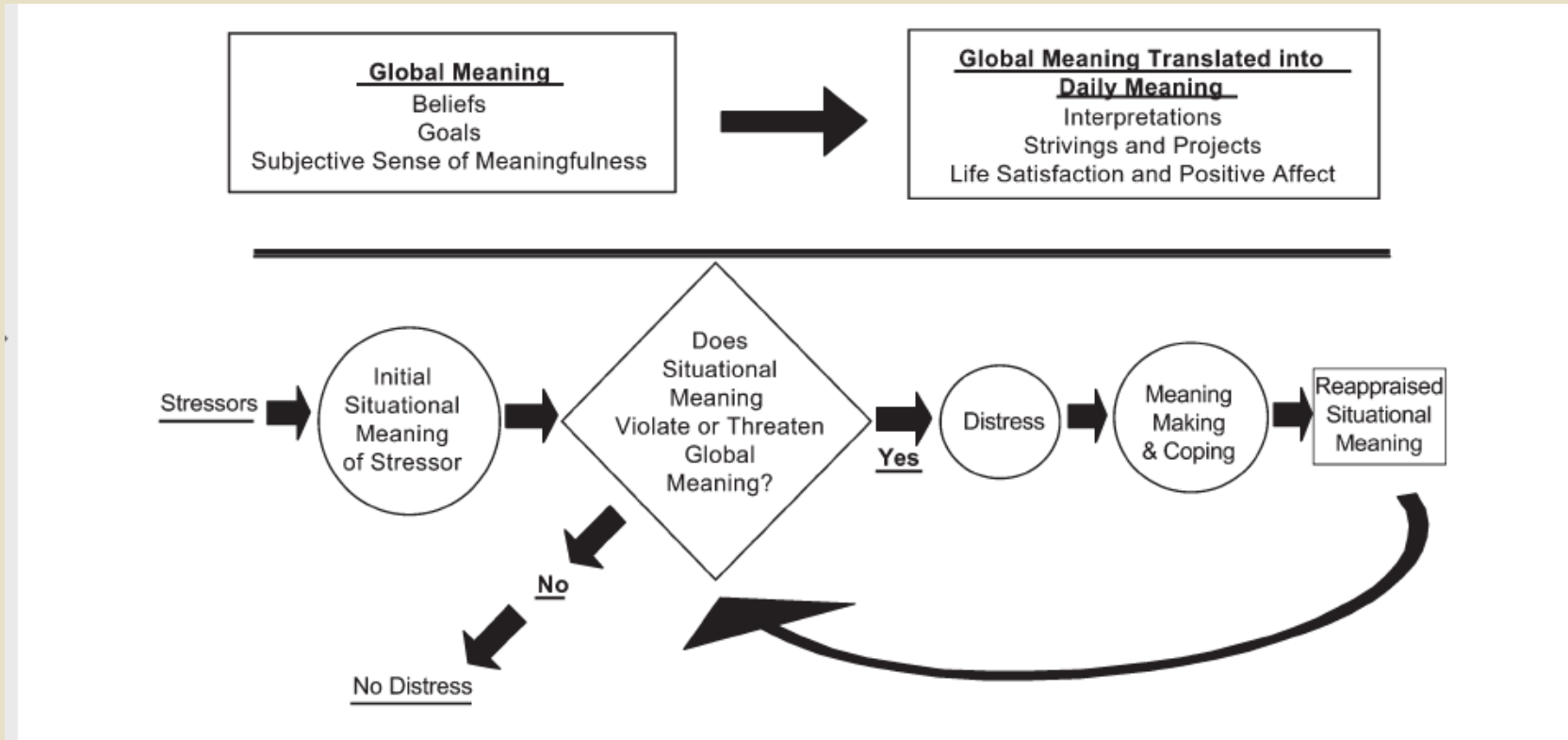


- More about →
- feelings of heart
 - "connections" (God, . .)
 - experiences
 - **freedom**



- More about →
- faith
 - doctrines
 - **dogmas**
 - (or f.e.) social control

❖ Meaning-making:



(Meaning system model - Paloutzian & Park, 2005)

❖ Worldviews:

- **holistic beliefs** & worldviews

- Ann Taves (2018):

- alternative spirituality - important is **context of informants' philosophies**

- specific worldviews and ways of thinking, - what led them to spiritual beliefs and spirituality, which is connected with the **search for new meanings** in their lives? >>> most common reasons = serious **challenging situations:**

A.) **health** problems and illnesses,

B) **divorces** with their ex-partners, etc...



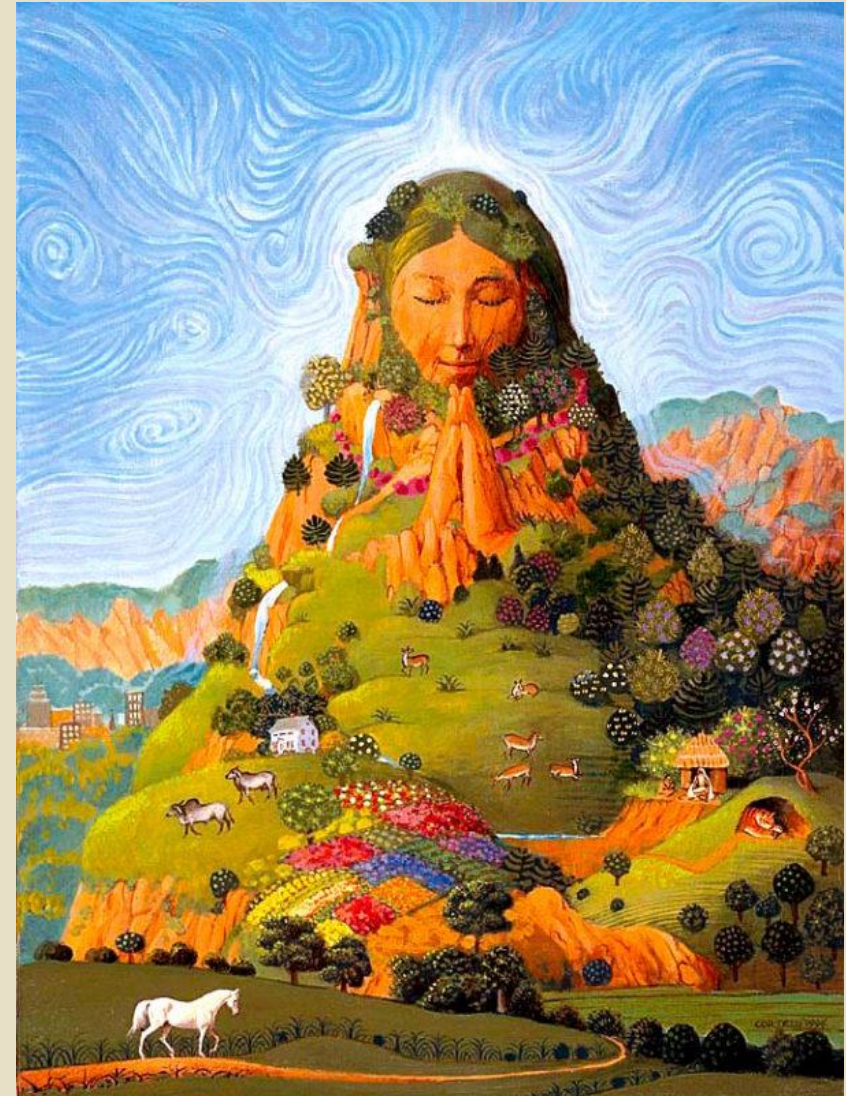
❖ Health:

- CAM - **Complementary & alternative medicine**
- **Ayurveda** - Ayurvedic Medicine
- Prevention
- **Immunity**
- **Spiritual cause** and meaning of health problems
- Rest
- Nature



❖ Environment:

- „Gaia hypothesis“ (David Tacey, 2004)
- **Mother Earth**
- **Ecospirituality** - ecological is spiritual
- Vegetarian/ vegan – women informants
- Zero waste / Separating waste
- collecting garbage from the ground - especially in forests
- preference of second-hand shops





„mountain porter“ with food etc.

(originally in SK: horský nosič)



One of cottages situated in Tatra Mountains

Thank you for your attention !

❖ Sources and links:

- Liptov video: <https://www.youtube.com/watch?v=CgtR74FUZYU>
- Liptov-Západné Tatry video: <https://www.mooneyestudio.sk/>
- Západné Tatry video: <https://www.youtube.com/watch?v=t87IODECNtY>
- Teepe images: <https://wallpaperaccess.com/full/139619.jpg>
- Mountain porters & cottage images: <https://www.topky.sk/cl/10/2207979/Zivot-tatranskych-horskych-nosicov--Ako-vlastne-vyzera-a-kolko-kil-nosia-na-chrbte-> ; https://www.travelguide.sk/svk/ubytovanie/zbojnicka-chata_52567_0_1.html
- Spirituality vs. religion images: <https://aforismi.meglio.it/frasi-spiritualita.html> ; <https://www.learnreligions.com/how-many-religions-are-there-in-the-world-5114658>
- Worldviews: <https://youmatter.world/en/perception-worldview-sustainability-climate/>
- Ayurvedic medicine: <https://theayurvedaexperience.com/blogs/tae/ayurvedic-medicine-what-it-is-types-of-treatments>
- Mother Earth: <https://www.everythingsoulfulshop.com/products/pachamama-mother-earth-infused-with-green-moss-agate>