

# The Celtic Way

## No 2 - Celtic Spirituality: An Embrace of Nature, Penitence, and Spiritual Growth

**Introduction:** Spirituality could be described as providing foundational beliefs about the nature of existence, the universe, and a person's place within it. The Rev Canon David Adam 'The vision of the Celts was sacramental rather than mystical'

[www.northumbriacommunity.org/articles/celtic-spirituality-a-beginners-guide/](http://www.northumbriacommunity.org/articles/celtic-spirituality-a-beginners-guide/)

### Nature as a Revelation of God

- Celtic spirituality views all aspects of creation as evidence of the presence of God. ('That which we have seen from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and touched with our hands..' 1John 1)
- The interconnected web of existence
- Nature as a living entity with great spirit and significance

### The integration of druidic beliefs into Celtic Christianity:

- Celtic rituals often included offerings to the earth, water, and trees,
- Humans are caretakers of the natural world.
- Christian missionaries, integrated these druidic beliefs with Christian teachings, e.g Christmas, Samhain:

<https://historycooperative.org/druids/>

<https://assets.cambridge.org/97805213/63952/sample/9780521363952ws.pdf>

[https://celtic.mythologyworldwide.com/celtic-creation-myths-the-interconnectedness-of-all-beings/ \)](https://celtic.mythologyworldwide.com/celtic-creation-myths-the-interconnectedness-of-all-beings/)

### Legacy of Celtic Christianity in Modern Spirituality

- A holistic view of faith and the environment
- New Monasticism and eco-theology, draw inspiration from Celtic, e.g the Iona Community <https://newreligiousmovements.org/n/new-monasticism/>

### Contemplative prayer and solitude

- Nature-Infused Practices: Prayers and meditations were conducted outdoors,
- Blessings and Prayers for Daily Activities: e.g. The "Lorica" or "Breastplate" prayer
- Jesus often referred to nature to teach important spiritual truths: Matthew 6:26-29:
- Sacred Places/Solitude:
- Contemplative prayer is deeply rooted in the Gospels: Mark 1:35: Luke 5:16: Luke 2:19:
- The World Centre For Christian Meditation <https://wccm.org/meditate/what-is-meditation/>

### Personal Penitence in Celtic Tradition:

- Penitentials; to support spiritual growth and transformation.
- A structured approach to confession and penance
- The 'Penitential of Finnian'

**Ignatian spirituality: the Examen**, a daily reflection on one's actions and intentions.  
<https://www.ignatianspirituality.com/ignatian-prayer/the-examen/>

1. **Become aware of God's presence.**
2. **Review the day with gratitude.**
3. **Pay attention to your emotions.**
4. **Choose one feature of the day and pray from it.**
5. **Look toward tomorrow.**

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