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"Better Together"

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"Better Together"



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2011-2012 REST Club Vice President

“Better Together”

“Better together.” It was on the walls, the T-shirts, pins, and even on Facebook. This slogan encompassed the heart of the movement that had begun to catch fire around the U.S. and the world. As I sat in the White House and listened to the speaker from the Interfaith Youth Core emphasize how we are complements of one another, I wondered how this slogan would play out in my life at home and at college.

As I look months back in time, it seems as if I were in the audience only yesterday. “Better together” still echoes in my mind, and as the semester [Spring 2011] winds down, it is this vast idea that I want to put the focus on when it comes to spirituality and health. From the books we have read, the discussions we have engaged in, and the independent research some of us have done, connecting back to this idea is not a chance of luck, it is imminent. We have found – through case studies – how the ancient hospitals, such as Asclepius’, offered more than solitude for the sick, how family or a support system can aid the process of recovery, and how the social aspect of religion can be used as a stress reliever for those engaged in the hustle and bustle of daily life. Even when we have written our journals and essays, acts that are supposed to be “personal,” we find that a sense of togetherness, even influence by others, pervades our

writings, our very being. Our group setting and group discussions promoted this idea even further and, by no surprise, allowed us to see improvements within ourselves.

Spirituality, though individual in some sense, is a highly communal act. I say this from the perspective of one who has seen his own and others' levels of spirituality rise and fall like the tides of the ocean. When the whole community gathers for night prayers in Ramadan, for instance, religious zeal is prevalent in the hearts of all in attendance. Spirituality, at least the feeling of it, in these moments is at an all time high. Similarly, a classroom setting – composed of students who are in search of a spiritual dimension for themselves, or at least open to one, - allows for the spiritual growth of many. When this environment disappears, it is likely that the spirituality that was just beginning to bud in many will be covered up once again. Although some progress may be lost, it is important to note that the time spent during our college years working with others has really hit home a few points for me; we *will* learn from one another, if given the chance. We will support and connect with one another due to our humanity and will improve one another. We are, in fact, “better together.”

