BELIEF on OWN

Episode 6: "The Practice"

For many people, committing to a spiritual life through study, practice and compassion reveals faith. First, Shi Yan Fei is a young Buddhist monk at the Shaolin Monastery in Dengfeng, China, who came to the monastery because of his passion for kung fu. While Shi Yan Fei has nearly mastered kung fu's physical movements, he has encountered difficulty mastering the spiritual element. Next, 65-year-old John Davie is hoping to reconnect with his Catholic faith as he embarks on the Way of Saint James, a 500-mile trek through the countryside of France and Spain. For a thousand years, Christian pilgrims have walked El Camino de Santiago, which culminates at the Cathedral of Santiago de Compostela in Galicia, Spain. Then, Mohamed El Haskouri, a teenage boy in Morocco, studies diligently to perfect his recitation of the 80,000 words of the Quran in an ancient art called tajweed. Finally, two teenage girls in Israel, 18-year-old Jewish cellist Hagit and 17-year-old Muslim flautist Mais, find common ground and friendship in their shared love of performing classical music with the Polyphony Orchestra.

Questions to consider:

- · What resonated with you most in this episode?
- What new insight did you gain from "The Practice"?
- · Which rituals and practices sustain and deepen your spiritual life?

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