



What is Shalom Quest?

Filmscript



Every day, the dance of the tides generates unseen, awesome energy.

Push and pull. Ebb and flow. Wind empowering water. Creating waves. Each wave unique.
Each wave shaping its way towards the shore.

Out, just beyond the breaking waves, surfers wait – each poised to ride their own wave.
They read the currents, the crest and the curve. The sound of the ocean is their call to
freedom. For many, it is actually spiritual ...

Hi, I'm Noel Moules, and I'd like to invite you on a spiritual quest.

An adventure to find your own unique life path. A journey that's true for you, that's about
your own meaning-making and relationships, dreams and desires. It's about how you and I
make sense of this experience we all share, called 'life'.

Spirituality is my life-long passion, and I'd love to share its adventure with you. I call it,
Shalom Quest.

Life today can be hard and confusing. Crises of climate, conflict and culture wars can make us
feel anxious and powerless.

People who once asked, "How should I live?" now ask, "Why should I live?"

In response to this global bewilderment, many have started exploring 'spirituality'.

It begins with you and with me as individuals, digging into deep things, like:

"What does it mean to be alive?"

"How do we explain relationships?"

"Why does any of this even matter?"

Spirituality runs deeper than any single philosophy or religion. It's about who we really are,
how we move through this life, how we show up in the world. It touches every human need.
It cuts to the core of what we believe, and how we behave.

That's why my passion is to explore spirituality by supporting and enabling safe, brave
Shalom Quest spaces, where everyone is welcome, with stimulating conversations to help
each person find their own unique life path.

“ When I say spirituality what immediately comes to mind?”

“It’s an awareness of something other than, and it’s hard to encapsulate what that means and what that is”

“It’s my place. For my, beyond the conscious”

Shalom Quest is rooted in the ancient concept of shalom. It’s radical vision of peace is a totally inclusive, secure, empowering guide.

Shalom is a Hebrew word thousands of years old. Twinned with the Arabic salaam, and close in essence to shanti, the Sanskrit word from India. All three words mean ‘peace’.

Shalom is known as a greeting, a welcome, and a blessing.

In that spirit, Shalom Quest provides creative resources built around three blocs:

“What is Spirituality?”

“What is Community?”

“What is Wellbeing?”

Each bloc has five prompts. Here’s a glimpse into bloc one, “What is Spirituality?”

I define spirituality as ‘the flow of the experience of meaning and relationship’.

‘Spirituality’ comes from the Latin ‘spiritus’, meaning ‘breath’ or ‘wind’.

Spirituality is a way to explore the ‘energy’ and ‘essence’ of being alive...

People often avoid ‘spirituality’ because they think it requires acknowledging a deity.

It doesn’t.

It doesn’t exclude it either - if that’s the view you choose to hold.

Maybe we are humans in search of a spiritual understanding ...

... or maybe it’s something else?

Would you call yourself spiritual? If so, why?

If not, what issues does it raise for you?

Life flows, but does the flow have a way, a path?

Does it actually have any meaning?

And, if there is meaning, does it flow from a god, the human imagination, or is it just a quirk of evolution?

You know, it’s astonishing how every global culture understands values like love, justice, peace, truth ...

How can this be? Is it just chance? A divine gift? Evolution? Human experience? Or a common longing?

These 'universal lifegiving values' enrich all our lives and give them meaning.

They're at the heart of every expression of spirituality.

Here's a provocative thought for this segment:

"Where on a continuum about life being meaningless or meaningful would you stand, and why?"

Now, irrespective of any belief or non-belief in god, shalom tells us that reality is a vast holistic network, where relationship is at the heart of everything.

In my experience, shalom supports our spiritual quest for meaning in a way that no other concept even gets close to.

Every global culture seems to have some version of the 'golden rule',

"Treat others as you would like them to treat you".

Meaning comes alive within relationships.

Shalom is relationship; embodying wholeness, harmony, wellbeing, integrity – and everything good.

So, "What kind of person do I really want to be?" For myself, for others, for Earth.

What I believe about 'meaning', shapes my personal behaviour and interactions.

Spirituality is relationship expressed in actions.

Imagine if we could each become a 'values-craftsperson': learning the skills of wisdom, empowered by compassion, taking initiative and responsibility for our actions.

The astonishing power of values means we can live always expecting something significant to happen.

Spirituality meeting culture is when religions, faiths, and beliefs often emerge.

They offer many different paths, fresh insights, helpful patterns of life, plus inspiring individuals.

Distinctive worldviews offer different understandings about the divine.

For millions, science and reason remove any need for god - a cosmic 'imaginary friend', a psychological crutch, a way to explain what we don't yet know or understand.

They assert a good meaningful life can be lived without any religion.

For others, a 'purposeful planet', with 'living landscapes' within an 'animate Earth', as part of a 'relational cosmos' is just so complete it also questions any need for god.

For multitudes, however, life's sense of mystery, plus personal experience, suggests a deity just rings true.

Shalom's unique focus on the holistic network of universal life-giving values means it can support every personal path, a unifying link between every religion, philosophy, faith, doubt, belief, and unbelief.

So perhaps the challenge is to wrestle with how we might use diversity of beliefs and ideas as a strength with which to build our common future together?

My passion is for you to find your reality, on your own personal path.

True and lifegiving, where you can walk with integrity, freedom, and joy, touching the lives of others around you for good.

The seed of shalom is already planted in your heart, nurture it by cultivating lifegiving responses.

The star of shalom is already in your sky, follow it by making wise choices in each relationship.

The sphere of shalom-harmony surrounds you, embrace it by giving everything positive recognition.

Spirituality is not a map.

It's a call to live spontaneously by values every moment in all relationships.

Finding your own spiritual path can be lonely. Thinking differently from those around you. Struggling with hard questions alone. This is where the Shalom Quest conversations - in safe, brave spaces – can enable you to be yourself, and find your own path.

What do you think the next step on your spiritual path will be ...?

Spirituality creates ways, like the wind creates waves.

That's why our Shalom Quest logo is an ocean wave, which symbolizes this journey, echoing the surfer's spiritual experience of wave riding.

Wind empowering water. Each wave completely unique, just like you. Offering a flowing pathway through currents and tides towards a shore.

Your own personal natural path, shaped by living in harmony with the very same forces that created the cosmos.

The sound of the surf calling you to freedom.

The power of the rip-curl energizing you to make meaning, to impact the world of relationships with shalom: wherever your path may flow.

Your wave of life becoming your way of life.

This is shalom, and this is your quest.