



**For Immediate Release**

July 22, 2009

**Contact: Frederic Brussat**

[Brussat@SpiritualityandPractice.com](mailto:Brussat@SpiritualityandPractice.com)

909-447-8800

**SPIRITUALITYandPRACTICE.com Reveals  
25 Reasons Why Twitter Is Spiritual**

Can writing 140 character notes, called tweets, through the social media platform Twitter – be a spiritual practice? Frederic Brussat, co-founder of [Spirituality & Practice](http://SpiritualityandPractice.com), a multifaith website that provides resources for spiritual journeys, says it is for him.

Brussat is a book reviewer, film recommender, practitioner of everyday spirituality, United Church of Christ minister, Mevlevi Sufi, and co-author with his wife Mary Ann of the national bestseller *Spiritual Literacy*. In April 2009 he set up an account at [Twitter.com/FredericBrussat](https://twitter.com/FredericBrussat) and began to read and write tweets. He had heard that this free social media platform was only a silly place for sharing trivialities. But he soon discovered that Twitter draws out many positive and life-affirming qualities in people. On Fridays, for example, they offer support and encouragement to those whose Tweets they have appreciated.

In four months, Frederic has sent out some 1,200 tweets and attracted nearly 2,200 Followers. His daily notes include a special mix of resources he has specially prepared for Twitter:

- Wise Women, a selection of pithy quotations
- Wisdom Quotes from Buddhist, Zen, Hindu, Taoist, Jewish, Christian, Sufi, and Native American sources
- Flash Prayers, ways to start the day or send love to suffering people
- Links to book, film, DVD, audio, and TV reviews at Spirituality & Practice
- Naming the Days, suggestions for special holidays and birthdays
- Inner Work Prompts, spurs for meditation or ethical contemplation
- Personal observations on feelings and events as they unfold

From this experience and the response to it, he has discovered [25 Reasons Why Twitter Is Spiritual](#). For example, Twitter helps us:

- pay attention to what we are doing
- connect with others around the world
- share joys
- be playful
- practice hospitality to strangers
- acknowledge spiritual teachers
- be grateful
- tap into our enthusiasm
- promote the sacred arts of listening and wonder

"Twitter gives people a chance to speak out on what matters to them," says Brussat. "The tweets themselves may be mercifully brief, but they can include links to longer statements. As such they are expressions of our spirituality. Spirituality is a way of being in the world. Twitter expands our spiritual practice as we engage in an ongoing process of caring and sharing."

# # #