

**Bio**

Lok Hang Fung is a recent MPhil graduate from the Hong Kong Institute for the Humanities and Social Sciences, the University of Hong Kong. Her thesis project explores the simultaneous performance of gender and spirituality in the context of the Hong Kong Body-Mind-Spirit milieu.

David A. Palmer is Professor in the Hong Kong Institute for the Humanities and Social Sciences and the Department of Sociology of the University of Hong Kong. He is the author of several books and articles on the intersection of Chinese religion and new spiritual movements in the Chinese world.

**Title**

Gendering Spiritual Habitus: Body-Mind-Spirit Practitioners in Hong Kong

**Abstract**

New Age spirituality, widely known as Body-Mind-Spirit (□ □ □) in Sinophone areas, has been a burgeoning mode of spirituality in Hong Kong since the 1990s. Drawing upon ethnographic evidences collected from in-depth interviews with Body-Mind-Spirit practitioners and participates as well as participant observations at Body-Mind-Spirit activities in Hong Kong, this paper suggests the conceptualisation of “spiritual habitus” as a useful analytical lens which aids the understanding of religious or spiritual engagements, by defining spiritual habitus as an “embodied spiritual way of life” that reinforces itself through each lived experience and an “agglomeration of past spiritual experiences” that leads to or diverts from a certain form of religiosity. The paper argues that the tool of spiritual habitus is powerful in its intersectionality which takes into account the influences and interactions of factors of class and gender in affecting an individual’s religiosity based on Bourdieu’s habitus which is class-based and gendered; and its transcendentality beyond cultural and temporal boundaries. In the case of the Cantonese-speaking Hong Kong Body-Mind-Spirit milieu, the concept of spiritual habitus has provided insights into a number of pertinent issues, including why people participate; why more women participate than men; and how women and men perform spirituality differently. This paper will demonstrate how the concept has promising analytical ability and applicability through discussing the abovementioned questions concerning Body-Mind-Spirit practitioners and participants in Hong Kong.