

## **Hard to Discuss Spirituality.**

- 1. I have been very reluctant to talk about spirituality because it tends to cause a lot of friction. But since this is such an important topic, it needs to be addressed.**
- 2. So why is there all this friction?**

**This is my own experience.**

**I was raised a Catholic. I went to a Catholic Grammar school, and was taught by nuns.**

**As a child, I practiced my religion faithfully, I went to mass just about every day, I was proud of being an altar boy, and wanted to be a priest when I grew up.**

**As I got older, I started to question what I was taught. I took a different spiritual path and no longer practiced Catholicism. This greatly upset my family and caused a lot of friction. Spirituality became a topic you just don't talk about.**

**My goal for this group is to make it a safe place for people of different beliefs to have a meaningful discussion.**

**My spiritual awakening began when I learned Transcendental Meditation.**

- 1. Meditation is a way to get in touch with one's spiritual side.**
- 2. We are all connected via the “Unified Field”.**
- 3. Karma.**
  - (a) It works from a psychological point of view. If you are generous, kind, and loving you will get that in return. If you are judgment, selfish, etc. you will get that in return.**
  - (b) Love your neighbor as yourself.**
- 4. Reincarnation.**
  - (a) Studies have been done. People undergo Hypnosis and recall past lives [Past Life Regression].**
    - i. Events recalled are verified by**

**recorded history.**

**ii. Lie Detector tests show the individuals believe they are telling the truth.**

**5. Dharma.**

**(a) Encompasses personal, social, and universal responsibilities, guiding individuals toward living a meaningful and purposeful life.**

**I am a member of the Theosophical Society.**

- 1. A comparative study of all Spiritual Traditions.**
- 2. The highest religion is truth.**

**There is also the shaming that occurs if someone does not follow a particular religion.**