

SPIRITUALITY DEFINED

There are many definitions of what Spirituality is. Wikipedia uses 34 pages on it's site to describe the various ideas.

I resonate with the following quote from the Wikipedia:

“Modern notions of spirituality developed throughout the 19th and 20th centuries, mixing Christian ideas with [Western esoteric](#) traditions and elements of Asian, especially Indian, religions. Spirituality became increasingly disconnected from traditional religious organizations and institutions. It is sometimes associated today with philosophical, social, or political movements such as [liberalism](#), [feminist theology](#), and [green politics](#).
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My definition of spirituality.

- 1. Anything not part of the physical world.**

Like Telekinesis, Telepathy, Remote Viewing, Witchcraft, etc.

2. Seeking the truth is the most important goal.

**(a) The Theosophical Societies Motto:
“The Highest Religion is Truth”.**

3. A life long journey to discover:

(a) Why am I here?

(b) What is my purpose?

(c) What are my core values?

(d) It needs to be done in stages.

i. I can use globalism as an example.

(e) Very sincere people will come up with different beliefs.

4. Needs to come from the inside, not the outside.

5. Being Authentic. Doing what I feel is right regardless of society thinks.

- 6. Understanding Karma.**
 - (a) Provide Service to Others.**
 - (b) Being grateful**
 - (c) Being Compassionate [Non-Judgmental]. Everyone's spiritual journey is different.**
 - (d) Be OK with people having different beliefs.**
 - i. Beliefs are not facts.*
- 7. Understanding that I am connected with all beings. This includes animals, plants, the earth, the solar system, the universe.**
- 8. Willingness to question and change.**
- 9. Willingness to do the work.**
- 10. Doesn't have to be associated with an organized religion.**

Seeking the truth is the most important goal to develop spiritually. One does not have to identify with an organized religion to have this goal. A person who identifies with an organized religion because that is what society expects of him, but doesn't have the goal to seek the truth is not developing spiritually.

I see a similarity between Spirituality and our medical system.

We have many options when it comes to medicine. There is Homeopathy, Naturopathic Medicine, Acupuncture, TCM, Ayurveda, Herbs, Chiropractic, Western Medicine, etc. All these forms of medicine have helped people. It is up to you, as a sovereign individual, to do your own research and decide what is best for you. You may use more than one type of medicine depending on whatever health problems you have.

We also have many options when it comes to spirituality. There is Christianity, Judaism, Buddhism, Hinduism, Islam, etc . All these forms of spirituality have helped people. It is up to you, as a sovereign individual, to do your own research and decide what is best for you. You can adopt practices from more than one type of spiritual practice.

I personally got a lot from the Vedic tradition. I learned about Karma and Reincarnation.

IF YOU ARE INTERESTED IN HAVING MORE DISCUSSION ON SPIRITUALITY, THE THEOSOPHICAL SOCIETY HAS A ROUND TABLE DISCUSSION GROUP. FOR MORE INFORMATION GO TO:

[https://medicalchoice.net/Solari/SpiritualWar/Z0- SpiritualRoundTableDiscussion.pdf](https://medicalchoice.net/Solari/SpiritualWar/Z0-SpiritualRoundTableDiscussion.pdf)