

Article 151: Religion vs. Spirituality

More responses to our questioning the difference between religion and spirituality. "Religion is what you believe and have faith in ...while spirituality is how you live".

In light of this response, we should discuss a little about "faith", ...did you know that in the Old Testament of the Bible, faith referred to GOD'S trustworthiness ...that HE was reliable, ...while, in the New Testament, faith was changed to mean YOUR righteousness and fidelity to God? Then Paul changed the meaning of faith to include believing what is heard, ...which is why those who have heard and accepted the "good news" were called "believers". Paul insisted that faith was active not static ...and involved striving and progressing. He believed faith was an energy within believers which worked through love, ...of course, Paul never indicated what love is ...or how someone could, in every situation, act faithfully or lovingly. Obviously, there are beliefs and actions which in one situation are faithful and loving, yet, at another time, under different conditions, do not express faith or love. We'll leave that discussion for another time ...and return to Paul. It seems, according to Paul, that God measures to each person, the faith he desires, yet faith is expected from everyone, ...though one can be deficient in faith ...and believe in vain.

From all of this, it seems that faith was certainly active and ever-changing ...and not very reliable, which is probably why faith came to mean "a belief that does not rest on logical proof or material evidence", which seems to mean that faith only applies to what is illogical or what has no showing of truth, ...so now we must ask, "is your spirituality founded on proof and truth?"

Those who have rejected religion and adopted "spiritual" beliefs ...and a spiritual way-of-life, frequently declare their lack of trust and faith in religion, yet, it seems, that their new beliefs and ways are just as baseless ...and are founded on faith. Is your spirituality really real? How do you know? Of course, those who believe in religion or spirituality usually justify their beliefs by stating their experiences ...which "prove" the truth of their beliefs and faith; ...but you know that as they believe they experience ...which confirms and strengthens their beliefs and intensifies their experiences. Nothing in this circle of beliefs and experiences reveals the "truth" of one religion or spirituality ...in any form. Could it be that you alone are to choose, faithfully believe and follow, and experience "as you desire"? Your self and life give life and form to your beliefs ...while others do the same to their beliefs, ...so all discussions of what is "true" seem futile ...but, maybe not! Just musing ...because this question has sparked a great deal of interest.

What do you think of this next response? "Could it be that spirituality is the ESSENCE of your nature? ...your divineness? ...your chosen

purposefulness? ...and in living your purposefully desired true-essence you are spiritual? At the same time, spirituality is the true-essence and nature of all other life ...without any opposition, ...which, in oneness, is freely supported in expressing individually. Spirituality is the oneness of your living-desires, ...the true-essence of yourself which selects your living choice and guides you to religiously self-evident your livingtruth. This livingtruth, which is your spirituality, being always and in all ways true, is unknowable, uncomparable, unlimitable, undefinable, unconfined, ...and universally true and free.

“Religion is the emergent consequence of your livingspirit and livingchoices ...and is seen as images of your lived patterns ...or self-evident pathways. Religion is HOW you are living ...and have lived. Religion is the FORM of your livingessence ...and is in no way opposed to your spirit, nature, or essence...”

We will interrupt the response here to point out the vital importance of the word “livingessence”, for, as we’ve said before, essence has no meaning or significance except as it is expressed, ...therefore, without expression, essence has no life. Essence must be lived! Now consider this relative to spirituality. If spirituality is the essence of you, spirituality has no life without being lived, ...therefore, the essence of you depends upon your living, and your meaning depends upon the self and life you are living. In other words, you are not a spirit trapped in physical clothes in a limited universe, ...in fact, your unlimited physical self and life give life, dimension, and meaning to spirit; ...for that which is “all things” is no thing ...and is thus limited, ...while that which seems limited (physical self and life) is truly free, meaningful, and unlimited.

Back to the response we interrupted. “Religion particularizes the universality of spirit ...and spirit infills your uniqueness and essence into all that you give life.” Your spirit, your uniqueness, rushes into everything you create or do! ...which is especially true of your intimate relationships; ...you infill your partner ...and her or she is as you are. In the same way, your spirit infills your religion ...and transforms that to be, for you, as you are. Rejecting religion is, in a way, a rejection of self. Live as you truly desire ...and stop living your rejections.

“Spirituality is your ESSENCE expressing, embodying, imaging the universal trueness [infinite-picturing] of your divinity and true nature. Religion is the embodied form of your spirituality, ...the emergent consequences of your living.”

Do you remember, *as you believe you experience* ...and this continuous circle of ever-stronger beliefs and intense experiences? Spirit, and your spirit in particular, seems to work in reverse ...from the particular to essence, for, as you express ...your spirit is, which confirms and

strengthens your expressions and spirit and experiences, which further intensifies your expressions and spirit and experiences. An unformed, seemingly unbounded spirit is severely limited and limiting. Are you confined by an unlimited spirit?

*In what ways are you limiting
your life and expressions?
...and, in that, limiting your spirit?*