



## Counseling and Spirituality

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### A Definition of Spirituality

by

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1. Spirituality is the living force and energy of Life itself.
2. Religion is the outward rite and ceremony of faith in the reification of the unseen.
3. Spirituality is unitive in that it is the commonality that people of all creeds, cultures, and religions share in the love and brotherhood of one another.
4. Religion as outward manifestation is separatism in that it divides groups of people from one another in terms of creedalism, ceremony, culture, and rite.
5. Religion fosters love and brotherhood for those who agree with it; whereas, spirituality fosters love and brotherhood for all regardless of religion or creed.
6. In spirituality, God or Being is the unknown factor, the undefined and incomprehensible.
7. In religion, God is defined and known in terms of dogmatic reification.
8. In spirituality, the undefinable is left undefined as mystery.
9. In religion, the undefinable must be defined thereby destroying or limiting the mystery.
10. In spirituality, good works and contrition are manifested in terms of loving Life as manifested in the soul, the other and the whole of creation.
11. In religion, good works and contrition are manifested in terms of the struggle of the fear of God or gods reified who can engender divine consequences for displeasing the divine personage or divine directives.
12. Spirituality is depended upon one's presence with Being in the context of heart centered mindfulness, meditation, self-mortification, prayer, and union with the other in creation and cosmos.
13. Religion is depended upon one's belief in the reified divinity's power over him or her to bring about good or bad circumstances. The spiritual power of freedom and thinking is left out of the religious worldview in terms of daily living, prayer and meditation.
14. All in all, spirituality transcends cultures and religions bonding the spiritual one to the spiritual other and to the spiritual good of creation. This is what may be called the cosmic network.
15. Spirituality does not have to depend upon religious forms to produce virtue and holiness, which in reality is wholeness and healing psychologically, socially, ecologically, and physically.
16. Being as Life is manifested triadically in eternal Logos, Spirit, and Being as transcendent yet imminent and grounded in creation and cosmos. In world cultures and religions this is explained in diverse philosophical and theological approaches.