What do we mean by spirituality? A new perspective Part 1:
http://www.the-unscripted-self.com/spirituality.html
25/4/16

- See spirituality in nature worship
- Channelled into a sense of connection between earth and inhabitants
- Consciousness of oneness that defines spirituality
- Values change with each generation
- Spirituality gives flexibility where religion gives dogma
- In order to be spiritual one must be firmly rooted in the physical
- Misconception too long associated with spirituality that it is something outside us, up in the clouds
- Only place to find spiritual is yourself
- Cannot find spirit anywhere until you first find it in yourself
- Consciousness is awareness in ourselves, of ourselves and of all that is around us
- Evolution is seeing things as happening step by step – really linear thinking
- Expansion of consciousness can sometimes appear as if movement is just one way

Spiritual Growth: The Challenge of Modern Times:
26/4/16

- “To grow spiritually in a world that is defined by power, money, and influence is an almost Herculean task.”
- Modern conveniences, electronic equipment, gadgets, and the as well as entertainment through television, magazines, and the internet have incredibly predisposed many of us to confine our attention mostly to our own physical needs and wants
- Result – concept of self worth and self meaning have become muddled and confused
- To grow spiritually is to look inward – reflection
- To grow spiritually is to develop your potential – mastery of self
- To grow spiritually is to search for meaning
- To grow spiritually is to recognise interconnections – tends to make you feel humbler and respectful of everything
- Growth is a process

Only Spirituality Can Solve the Problems of the World:
http://www.huffingtonpost.com/deepak-chopra/only-spirituality-can-sol_b_474221.html
26/4/16

- Our present times are particularly dangerous because ancient habits combined with modern capacities and technologies of destruction are a devastating combination that can destroy life on our planet
- More scientific understanding of the transcendent level of our existence and look at basic tenets of all religions – find that spiritual experience is fundamental to all and similar in all
- Deeper experiential understanding and knowledge of our own spirit – anything that will heal planet
- Deeper understanding and with an interfaith dialogue that looks at our commonalities rather than our differences, we have the opportunity to solve the problems of the world, address its inequities and heal ourselves
- To be healed is to have the return of the memory of who we really are. When we return to our sacred source, the world will be holy, and it will be healed.