**[What Is Spirituality?](http://www.womensradio.com/account/articles/3370.html" \o "What Is Spirituality?)**  
Your Most Personal, Intimate and Private Relationship with YourSelf

**What Is Spirituality?**

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| ***By Kathy Kirk, Contributing Editor of Bringing More Life into the World***  [Share](http://www.addthis.com/bookmark.php?v=250&username=womensradio) |
| http://www.womensradio.com/uploads/users/images/go5fkfceo0014ke.jpgThe word spirituality is used broadly and widely. However, fundamentally it describes an individual's relationship with the nonphysical realm; a personal reaching for God, by any name by any path.  Spirituality is not religion.  **Religion** Religion is the human, social structure whereby people gather around common beliefs. Religion is experienced in the physical realm with things of the physical: churches, crosses, prayer rugs, rosaries, icons, statues, stained glass, words, songs and books. It is a public and collective activity of the material world expressing peoples collective reaching for God, by any name.  **Spirituality** Spirituality is experienced within a person's beingness including his mind and body, but also includes her nonphysical Self. This is a personal and intimate communion of the human-mind consciousness with the individual's God, or nonphysical consciousness.  Jesus said, "In my Father's House are many mansions."He was describing the many levels of spiritual consciousness traveled in a spiritual journey. This usually begin with the physical and mental experience of an organized and collective worship such as a religion. From there, as the individual's personal desire to know, understand and experience God on his own grows, the spiritual journey truly begins. This is growing into spiritual maturity; but there are many levels of spiritual maturity.  **The Spiritual Path** http://www.womensradio.com/uploads/users/images/mkyfbe395ln6l6p8.jpgSome of the common modern entry points into spirituality include, but are not limited to:   * astrology * crystals * psychic readings/tarot * aura readings * communicating with non physical beings * the Law of Attraction * reading spiritual materials from many paths   These types of activities represent the individual still using another person as their connection, still not having fully accepted the power withing him/herself. Yet, it is a reaching to understand how the Universe works and an exploration into Spirit and Energy elegance and Truths. These are largely mental activities, but can have mystical qualities and personal experiences attached to them, depending upon the individual's receptivity to Source Energy and personal Intentions. Whatever the entry, however, it leads to more as the person is willing.  The next level of spiritual experiences may involve things such as:   * receiving information or communication from nonphysical; i.e. channeling, automatic writing * seeing auras or nonphysical beings * hearing nonphysical beings   This level reflects the individual's increasing receptivity and allowing of the human mind to step aside and be a vehicle for nonphysical. The level of information from nonphysical, will again depend upon the individual with respect to intention and message. In all these, the Law of Attraction is exactly matching the level of vibrational quality.  http://www.womensradio.com/uploads/users/images/c3c8k6z960lwe2g4.jpgBeyond this is what is now referred to as the Mystical Experience. This is the direct communication with Source, Itself within the individual privately and personally. This is closing the gap between the human-mind and the individual's Godmind until only Godmind exists expressed through the human mind and body. In this place there is no more separation, but Oneness is intimately experienced. It is experiential, and usually there are no words that can describe such an event. Approaches to the Realization of Oneness are:   * Setting your intention to know God personally and intimately * Allowing time daily to sit in a receptive mode to receive It by such practices as Yoga or Meditation, listening for the Still Small Voice.   Along the way there is learning to put into practice the spiritual Truths that one learns or remembers, letting go of old human-mind conditionings such as beliefs in fear or lack, and growing one's consciousness in Godmind, Trust, and Deliberate Focus.  The progress is incremental and evolutionary, not usually revolutionary. As we achieve a level of consciousness, our thoughts change and therefore our behaviors change. As our thoughts change, the Law of Attraction is matching them, always illustrating to us vividly where we are on any given topic by what we are currently experiencing in our human, phsical lives.  At first mamy come to the spiritual path to "get". We want better health or more money or a new lover. However the spiritual Truths soon cause us to realize that we are reclaiming ourSelf, powerful and replete; and in the realization of Oneness is not only the peace that surpasses human understanding, but also everything we every desired and way more.  http://www.womensradio.com/uploads/users/images/58y63h125p90wkdk.jpgEveryone's path is unique and none or all of these milestones may be present. It is not a race; it is not a competition; and everyone is connected to Source every minute of every day. The degree to which we feel this and express it is entirely up to us via free will. Connection is moment to moment, not an absolute.  Spirituality is the reconnection with Self and the powerful mastery of self right here on Earth in the 21st Century.  Imagine It: being wide awake in your Earthly life! It's what you intended before you got here. Remember? |