

## Article 152: Religion vs. Spirituality –part 3

We expected a variety of responses to the question, “What is the difference between religion and spirituality, but we never anticipated the following response: “What is the purpose of your Articles on religion and spirituality? What’s the point? And where are you going with this?”

If, for you, spirituality is freedom and complete awareness, as some responses have suggested, and a physical lifeseif is limiting, then seeking to be free, in spirit, to be “all things”, limits you, ...and in seeking that spirituality, you are forsaking your freedom and unlimitedness in physical being and expression, for *what is either unexpressed or all things is nothing*, ...and living your spirituality brings you right back to individuality and physical expressions. The problem seems to be that you consider your physical self and life to be limited or limiting because you are not expressing other things, or in your mind you do not know how to express *other things*, ...you seem to be trapped by your uniqueness and what you do ...and seek freedom from limited expressions. Whenever you say aloud, think silently, feel within you, or declare in belief or action that *you do not know how to do something*, you are limiting your knowing, your self, ...and your spirituality.

Those who declare they are spiritual ...not religious, do not know themselves ...or what they believe, ...and those who believe their religion expresses their spirituality do not know spirituality ...or what they believe. Spirituality, like truth, can be lived but never known or captured, ...for all things are spiritual ...and in all ways spiritual, ...how could it possibly be otherwise?

Those who live by “duality’s rules” have enough to struggle with and worry about, but, believe it or not, you live your duality within a self-constructed duality of religion or spirituality vs. physical. And if you declare that you are certainly not caught-up in this conflict, don’t be too certain, for you are living in the duality of two worlds: an inner-(spiritual)-world which you feel and sense ...and an out-(physical)-world which you try to know and understand. Living a duality presents at least two possibilities for every decision, but living those two possibilities within an inner/outer duality or in a spiritual/physical duality presents twenty-four possibilities, ...are you beginning to sense the complexity you are creating for yourself?

Since you can only know and do things relative to yourself, and since you always choose to serve yourself, it’s time to give up your fear of commitment ...because a physical commitment might not be spiritual or right ...or not spiritually right for you ...and give up your fear of commitment ...because a spiritual commitment might not be appropriate or right for your physical self and life. Obviously, the only way to end this duality struggle within a duality environment and life is to commit to yourself.

## *Declare yourself!*

Well, ...what are you waiting for? Are you afraid even to commit to yourself? Are you concerned that such a declaration might, in the physical world, be considered *selfish*? ...and not in accord with *God's desires for you* in your spiritual world? Do you realize that in your duality world, the negative always controls? As consequence, you live less by what you desire and more by what *you do not want ...or want to avoid*? You don't believe that ...do you? All right, ...what is spirituality? What is that aspect of yourself that lives forever? What self and life are you willing to be and live forever? You can't say, ...can you? And because of that, you can't or won't commit to your self and life. For instance, you might declare that you want to be peaceful, joyful, enriched and happy, fulfilled, excited or content, or even loving ...but when questioned, since you cannot reveal what any of these "positive" aspects are ...or are for you, ...you will immediately say something such as, "Well, it's not this ...or that, and you will begin indicating what is not peaceful, joyful, enriching or happy, fulfilling, or exciting, or contenting, ...or even loving. If you don't believe us, try answering what any of these desirable things are for you today ...and what you are willing to be and live forever. Can't do it, ...can you? Not really! Which only reveals that you are living, and you are clear about, what you do not want ...or want to avoid, ...is that any way to live an enrichingly fulfilling self and life?

## *Commit! Declare yourself!*

Here is another challenge! Did you know that you cannot speak without using **examples**? ...and most of your examples are negative? Whenever you are in a conversation with another, or even with yourself, and you use examples to describe such things as love, happiness, spirituality, ...or even unlove, unhappiness, lack of spirituality, your conversation, even with yourself, quickly diverts to discussing or dissecting the example ...and the original conversation or awareness gets lost in the confusion. If you don't believe this, pay close attention to what you and others say in your next discussion.

"Okay!" you might say, "So what? What's that got to do with anything? And what's it got to do with spirituality?" Well, it seems to indicate that the essence of things such as spirituality, love, happiness or your trueself, can only be known by their individual expressions, which means that you and your life can only be known by your expressions. The problem is ...that your expressions or examples are of what essence things

are not, ...does it seem wise to continue in these ways? Why not declare the self and life you truly desire, as an example or expression, and live that? ...for the essence or truth of things can only be inferred from or known by their unlimited and unlimiting individual expressions. Stop diverting or confusing your self and life by dissecting and complaining about each expression. Instead, look through those self-expressions and see the spiritual being behind them ...and know yourself!

*Stop destroying your awareness  
with examples!*

...for your true self and spirituality in your life await your greater vision and understanding. Stop living and expressing what you do not want in the hope of gaining what you desire.

*Living as you truly desire is spirituality,  
...anything less is your religion!*