

Spirituality and Religion – A Big Picture Overview 2025

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Spirituality is a universal phenomenon revealing the unification of all of reality in a state of oneness/shared identity/mutual existence.

The spiritual experience of unification is at the core of all religions.

Religion is a social institution that encapsulates spirituality in dogma – an elaborate belief and ritual system – and most often smothers it while sanctifying the social position of power for a privileged few.

The dogma of many religions celebrates spiritual masters – prophets, gurus, saviors, saints, etc. – and claims that these masters and their deeds and teachings are inspired by a separate, divine source of awareness and being – God or gods. Spirituality and access to the unification experience do not require any of this. Everyone is a potential “master;” it just depends on the quality, depth, and direction of his, her, their pursuit of spiritual enlightenment.

Support for the spiritual unification perspective on reality comes from the parallel discovery in science that the immaterial energy phenomenon in various forms:

- 1) Is everywhere, all the time, and dominates in the make up of reality,
- 2) Is totally integrated at all scales as a universal web of waves and fields,
- 3) Connects all of reality into one phenomenon; separation being an illusion,
- 4) Is primary in the origin, development, and maintenance of all material reality.

The shared identity of spiritual unification provides moral support for social WE values, helping to counter self-centered ME oriented values at all social scales.

The path to spiritual competence encourages development of human intuitive capabilities [synthesis, insight, creativity] helping to render human awareness from the intellectual process [analysis, reason, logic] more complete and holistic.

Participation in expressive culture – the traditional arts – is a major avenue to the spiritual, not to be confused with simple entertainment which exploits the secular sensational – sex and violence, prominent from the material perspective.

The current dominant cultural perspective of secular materialism is strongly ME oriented lacking input from the WE spiritual perspective to support social ethics. Our modern complex culture suffers from its rejecting spirituality along with religion, thereby throwing the valuable baby out with the undesirable bathwater.