

Spirituality and Self-Knowledge

In a nutshell, spirituality relates to your own personal experience and relationship with the divine. People tend to confuse spirituality with religion, because the two often come together. Religions are sets of practices and beliefs that have been created based on the epiphanies and teachings of prophets, saints, or sages. Most religions are intended to lead you into the light of spirituality, either by focusing on an outer form of divinity, or on the spiritual presence within yourself, or both. (See Chapter 2.)

Self-knowledge is one of the main keys to spirituality. First you explore who you think you are, and from there, you can move into a deeper spiritual view of who you *really* are. When you have a strong foundation of spiritual self-respect, you aren't as easily brought down by the judgments and errors of yourself and others. With spiritual self-respect, you become your own best friend. You find ways to increase your spiritual understanding and uplift every aspect of your life. Through your upliftment, you also naturally help to uplift the world around you. The divine flame shines in your very own soul – shouldn't you at least know it is there? (See Chapter 3)

Self knowledge also helps you to ask big-picture questions, such as: “Why am I here on this earth and in my body?” and “What am I supposed to do while I'm here?”

According to many spiritual sages, the most important thing to do while you're here is to expand into a spiritual awareness that guides your actions and thoughts to be powerful and positive. But how does one learn to do this? Where can you go to find out about spiritual principles and practices? Where can you meet others who will support and share your spiritual journeys together?

Since the original *Spirituality For Dummies* was published, many people have asked me to recommend a spiritual path or group for them to follow. However, in spiritual journeys, there is no “one size fits all” group or path to recommend to everyone. In Chapter 5, I give you suggestions and warnings about what to look for in outer spiritual guidance such as groups, teachers, and writings.

Consider

Ultimately, you have to do some research to find and recognize what works for you, because each person's spiritual path is unique and personal. You can take many roads to the divine, and you can certainly get there from wherever you are right now (although you may have to make a few u-turns!).