

Chapter 2

Defining Spirituality

Topics in this Chapter:

- * Exploring the meaning of spirituality
- * Understanding how spirituality relates to religion
- * Contemplating that amazing, remarkable, wondrous God
- * Preparing yourself for the great benefits of spirituality

Spirituality goes deep into the heart of every matter and extends far beyond the physical world of matter. Spirituality connects you with a profoundly powerful and divine force that's present in this universe and in yourself. Whether you're looking for happiness, inner peace, or supreme enlightenment, spiritual knowledge can propel you to achieve your personal goals and provide an effective a plan for living.

- No financial or societal stature helps you find as much fulfillment in life as spiritual wisdom.
- No amount of outer effort bears as much fruit as understanding and flowing with the spiritual laws of this universe.
- None of the powerful people you know can “connect” you like the power of knowing your own self.
- No friend can love and guide you as much as that truly best friend who exists behind all friends, behind all enemies, and in your very own soul.

In this chapter, I provide background information about spirituality and introduce spiritual ideas and theories that have the potential to immediately begin transforming your life for the better.