

Not so great things about being spiritual today

Obviously, I want to convince you that today is a great time to be spiritual, and indeed, it is. However, it wouldn't be fair if I didn't also point out some of the unique challenges facing a spiritual seeker today:

- Ever-present media machines blasting negative, violent, and manipulative energies into today's society, exposing even young children to a lot of unspiritual images.
- A pervasion of toxins, pesticides, junk foods, pollutants, and invisible radio, television, and telephone signals that can compromise your physical health and clarity of thought.
- A more scattered society, with less sense of family, community, and commitment to one another. (On the other hand, this trend toward social separation can also give more opportunity to spend time with yourself, which can be *helpful* to spiritual growth.)
- Cement cities that take people away from the colors, shapes, textures, and smells of nature that are so essential for nurturing the soul.
- The infiltration of commercialism and corporate greed into every aspect of worldly life, with companies spending millions of dollars to convince you that you won't be happy unless you acquire their product.