

Epilogue

To be spiritual is to strive to know the true nature of everything, to observe the Truth, to live an ethical life without false values, to do one's duty and to be free of ego, judgement, anger and fear.

This cannot be achieved through religions, their 'holy' books or mystical rituals, which (while they may be of some assistance) at best are diversions - at worst unhelpful, destructive delusions.

The realisation of self or God is personal, it comes from within and stems from freeing one's mind - through contemplation and meditation (incidentally, a free mind is anathema to religion).

Once we subdue ego, get real about our world, learn to accept and detach, give others what we want for ourselves - we're free. Ultimately that is a sure path to happiness and inner peace.

Inner peace shall foster outer peace.