

**SPIRITUALITY.** Our spiritual home is a region other than the physical world. Before birth and after death we are with the energy that was there before there was anything. **C**an we go there now, without dying? Yes, that region is also within us. What do we need to get there? Meditation. **T**hus the pursuit of spirituality is internal - by the individual; as opposed to religion - which is an external group activity.

*The concept of spirituality as an external entity, where it resides in nature, buildings, art works, music, books, etc. is rather alien to me. There is no doubt that one may experience rapture while taking in a picturesque landscape, inside a church, as one observes art, listens to music or reads a 'holy' book. But the experience is of one's own spirituality, as it is elicited by that 'sacred' object or activity.*

spir·i·tu·al·i·ty

1. contrasts with humans' material or worldly existence
2. fosters independence from the egoistic, selfish self (the ego)
3. connects with one's soul, one's seat of peace & happiness
4. relates to the notion of Truth, the one-ness of all humanity
5. embraces the concept of spirit, or a universal consciousness
6. elucidates ultimate reality, or the true nature of the world
7. alludes to the human quest for meaning and inner peace
8. provides a sense of a 'higher power' we draw strength from
9. recognises ethics as the highest of all human attributes
10. allows for a 'supreme complete entity' (A. Solzhenitsyn)
11. denotes aspects of our existence we otherwise can't explain
12. yet, spirituality is a mind-construct, on par with philosophy

*God, soul, spirit, self, dharma, tao, logos, spirituality etc. are expressions the mind employs in order to denote there is more than the material world. There is no physical proof of this energy and it is not accessible by scientific processes. Awareness of it is gained by bypassing the ordinary mind and accessing the subtle mind. The quest for it and its experience is in every human's scope of being.*

see also BELIEF, BUDDHISM, DUALITY  
ENLIGHTENMENT 3, EXISTENCE  
THEORY OF EVERYTHING  
FUNDAMENTAL ISSUE  
RELIGION 1, 3  
SATORI  
GOD 1

---

**STILLNESS.** In pursuit of enlightenment and inner peace, we are again and again challenged by our out-of-control mind. How then can stillness of the mind be achieved? Meditation. **B**ut since most of us are too busy for regular meditation, we can supplement it with other measures to tame the mind: One practice is to curb our desires ... *enough is enough !!!* **T**hen we lower expectations and bring gratitude into our lives. We embrace our circumstances ... we accept, detach and let go; and stillness - not anxiety - will settle in our heart and mind.

*after Stillness is the Key by Ryan Holiday*

*see also ALONE, ATARAXIA, BUSY, MEDITATION, STOICISM*

*To tame the mind is a big-order task. Meditation does not work instantly, but there are things we can do right now.*