

## “I’m so spiritual.” Oh, really?

### **A look into spirituality, true and false**

A lot of people nowadays are dumping religion for “spirituality,” believing you don’t have to be religious to be spiritual. Anybody, they say, can be spiritual and can experience spiritual things.

A Dad, for instance, can be so deeply moved by his newborn baby it becomes a “spiritual” experience for him. Music, too, creates emotions so intense that even atheists say they’ve been “moved spiritually.” And all kinds of non-religious people claim they’re having mystical experiences through meditation or by tuning into the Earth’s vibrations.

Religious folk say it’s all a false spirituality, however, because in their opinion if you’re not doing the proper religious stuff in a proper religious place with a proper religious chap in charge, you’re no more spiritual than a horse.

On the other hand, non-religious folk reply, all that religious stuff hasn’t exactly made religious people very spiritual either, has it? They have a point; religious people are some of the most bloodthirsty maniacs on the planet, and many are elitist, condemning, self-righteous prats. Religion, therefore, doesn’t automatically make you spiritual; it can actually make you extremely unpleasant.

So, what does make a person spiritual? Or, if one is seeking a truly spiritual experience, what defines it as spiritual?

Does “spiritual” simply mean experiencing something extraordinary, for instance, like the intense feelings one gets looking at a famous painting? Or is it experiencing something out-of-the-ordinary, like hearing yourself gabbling away in a language you’ve never heard before? But do “intense and extraordinary” automatically mean something is spiritual, or that it comes from a spirit source?

I ask because intense and extraordinary experiences can be created without a spirit source. Anyone who’s taken mind-altering drugs can tell you that. He experiences visions, voices and out-of-body sensations as real as any claimed by mystics or religious folk, but in reality it’s just drugs messing up the chemicals in his brain.

Watch a hypnotist in action, too. Without any spirit help at all, he can hypnotize a person into a trance and make him do all kinds of weird things, like gabble

incoherently, take on a different personality, or imagine himself in a different world all together.

If, then, the source of what people claim is spiritual could simply be the product of our own emotions, or nothing more than our minds playing tricks on us, or just a chemical imbalance in our brain, what proof is there that what we're experiencing really is "spiritual?" One can assume something is spiritual because it feels as though it is, or because some self-proclaimed "spiritual leader" says it is, but what kind of proof is that? The Bible, however, talks of a Spirit source that includes a clearly defined list of what that Spirit can do for us (in **Galatians 5:22**).

There's no guesswork with God's Spirit. The details of what it will do are clearly spelled out, and are open to anyone who wishes to prove them for himself - any day, in real-time, in his own life. And he doesn't have to do anything religious, either. There's no religious ritual one has to perform, no temple one has to attend or religion one has to join. There's no need for transcendental meditation or tuning into the Earth's vibrations, either. Anybody can receive what the Holy Spirit provides for nothing more than simply recognizing this is what Jesus died on the Cross for, to make such a Spirit available to us.

And what that Spirit does for us also happens to be exactly what we need on this planet. It provides us with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control - all listed for us in the verse above. And that's the kind of spirituality I'd dearly love to have, rather than all that fluffy nonsense about getting in touch with the Earth goddess, or tapping into the divine within, because I notice I haven't got much divine within me when someone cuts me off in traffic, and the Earth goddess isn't exactly doing much to change people either, is she?

I need help from a source beyond myself that's real, powerful and instant. It's good to know, then, that when "[the Spirit is the source of our life \(verse 25\)](#)" the down-to-earth, practical help that I (and the planet) so desperately need is ready and waiting.