

One principal problem with attempts to separate religion from spirituality is that the former is saddled with everything negative while the latter is exalted with everything positive.

It is important to note the fact that many of the negative things which people attribute to religions are features of some forms of some [religions](#) (usually Judaism, Christianity, and Islam), but not of other religions (like Taoism or Buddhism).

Religion is spiritual and spirituality can also be considered religious. One tends to be more personal and private while the other tends to incorporate public rituals and organized doctrines.

The lines between one and the other may often not be clear or distinct depending on the interpretation.

Consider these definitions:

- Religion is an institution established by man for various reasons. Exert control, instill morality, stroke egos, or whatever it does. Organized, structured religions all but remove god from the equation. You confess your sins to a clergy member, go to elaborate churches to worship, told what to pray and when to pray it. All those factors *remove you from god*.
- Spirituality is born in a person and develops in the person. It may be kick started by a religion, or it may be kick started by a revelation. Spirituality extends to all facets of a person's life. *Spirituality is chosen while religion is often times forced*. Being spiritual to me is more important and better than being religious.
- True spirituality is something that is found deep **within oneself**. It is your way of loving, accepting and relating to the world and people around you. It cannot be found in a church or by believing in a certain way.

Consider the following in favor of the spiritual path:

- There is not one religion, but hundreds
- There is only one type of spirituality
- Religion is for those who want to continue rituals and the formality

- Spirituality is for those who want to reach the Spiritual Ascent *without dogmas*
- Religion is for those who are asleep
- Spirituality is for those who are awake
- Religion is for those that require guidance from others
- Spirituality is for those that lend ears to their inner voice
- Religion has a dogmatic and unquestionable assembly of rules that need to be followed without question
- Spirituality invites you to reason it all, to question it all and to decide your actions and assume the consequences
- Religion threatens and terrifies
- Spirituality gives you inner peace
- Religion speaks of sin and of fault
- Spirituality encourages "living in the present" and not to feel remorse for which has already passed - Lift your spirit and learn from errors
- Religion represses humanity, and returns us to a false paradigm
- Spirituality transcends it all and makes you true to yourself
- Religion is instilled from childhood, like the soup you do not you want to take
- Spirituality is the food that you you seek, that satisfies you and is pleasant to the senses
- Religion is not *God*
- Spirituality is infinite consciousness and all that is - It is *God*

- Religion invents
- Spirituality discovers

- Religion does not investigate and does not question
- Spirituality questions everything

- Religion is based on humanity, an organization with rules
- Spirituality is DIVINE, WITHOUT rules

- Religion is cause for division
- Spirituality is cause for union

- Religion seeks you so that you create
- Spirituality causes you to seek

- Religion continues the teachings of a sacred book
- Spirituality seeks the sacredness in all the books

- Religion is fed fear
- Spirituality is fed confidence

- Religion lives you in your thoughts
- Spirituality lives in your conscience

- Religion is in charge of the "to do"
- Spirituality is in charge of the "to BE"

- Religion is a dialectic
- Spirituality is logic

- Religion feeds the ego

- Spirituality makes you transcend
- Religion makes you renounce yourself to the world
- Spirituality makes you live with *God*, not to renounce him
- Religion is adoration
- Spirituality is meditation
- Religion is to continue adapting to the psychology of a template
- Spirituality is individuality.
- Religion dreams of glory and paradise
- Spirituality makes you live it here and now
- Religion lives in the past and in the future
- Spirituality lives in the present, in the here and now
- Religion lives in the confinement of your memory
- Spirituality is LIBERTY in AWARENESS.
- Religion believes in the eternal life
- Spirituality makes you conscious of all that is
- Religion gives you promises for the after-life
- Spirituality gives you the light to find *God* in your inner self, in this life, in the present, in the here and the now...

These 7 differences between Religion and Spirituality will help you understand what Spirituality actually is.

Religion Makes You Bow – Spirituality Sets You Free

Religion tells you to follow an ideology and obey certain rules or you'll be punished otherwise. Spirituality lets you Follow Your Heart and What You Feel It's Right. It sets you

free to be what you truly are without bowing to anything that doesn't resonate as right with you nor to anyone because we are all one. It is all up to you to choose what you'll honor enough to make it divine

Religion Shows You Fear – Spirituality Shows You How to Be Brave

Religion tells you what to fear and tells you consequences. Spirituality makes you aware of the consequences but doesn't want you to focus on the fear. It shows you How to Stand Despite Being Afraid, how to move on doing what you feel it's right despite the consequences that may come. It shows you how to act on love and not on fear, it shows you how to control fear and use the best of it.

Religion Tells You The Truth – Spirituality Lets You Discover It

Religion tells you what to believe and what is right. Spirituality lets you discover it by yourself and understand it in your own unique way. It lets you Connect With Your Higher Self and see with your own mind what truth is because the truth as a whole is same for each one of us. It lets you believe in your own truth through your own perception of your heart.

Religion Separates from Other Religions – Spirituality Unites Them

Through our world there are many religions and they all preach that their story is the right story. Spirituality sees the truth in all of them and unites them because the truth is same for all of us despite our differences and uniqueness. It focuses on the quality of the divine message they share and not on the differences in details of the story they speak.

Religion Makes You Dependent – Spirituality Makes You Independent

If you attend religious events only then you are seen as a religious person and someone who is worthy of happiness. Spirituality shows you that you don't need or depend on anything to be happy. Happiness is always found deep in ourselves and only we are responsible for it. We are always where we need to be and not just while attending at some events or buildings. Divinity is in us and that is why we are always worthy.

Religion Applies Punishment – Spirituality Applies Karma

Religion says that if we don't obey certain rules there is punishment that awaits us which relies on our belief. Spirituality lets us understand that every action has its reaction and realize that the punishment of our actions will be the reaction coming from the actions we set in motion. It relies solely on the fundamental forces of The Universe and it doesn't need you to believe in that force to be true.

Religion Makes You Follow Other Journey – Spirituality Lets You Create Your Own

The foundation of one religion is the story it tells about a God or Gods, their journey to enlightenment and the truth they have discovered making you follow their steps.

Spirituality lets you Walk Your Own Journey to Enlightenment and discover the truth in your own way following what your heart tells it's right because the truth is always the same no matter how you get to it.

Every religion came by spirituality, by the journey through which one person became God.

The details of the story are not important they just help the character discover the truth.

The message that shares the truth is what is important, The Divine Code of The Human Heart that resonates harmoniously through each of us. That is why every religion has something true in it, the truth.