

What is spirituality and why is it important



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Spirituality is something that is often confused with religion, it's misunderstood, may seem unreal and sometimes be frightening for some. It's important to lay some context to get a better overall understanding. From a good foundation many possibilities to build can arise.

Spirituality is about getting to know thy self and in turn gain a better understanding on life itself. Life is a gradual process that spirituality is an important part of. In the beginning we get to know our self by looking and touching, we get familiar with the physical self; that is only one aspect of ourselves and of life. There can be many different ways of explaining this, but in order to simplify and to help put things into perspective I'm going to explain it as five main aspects. Each aspect can always be further elaborated and specified later on as a person progresses.

We have the physical aspect, the mental aspect, the emotional aspect, energetic aspect and the spiritual aspect. Each of these aspects are categorized from the physical and tangible to the less physical, less tangible and more subtle.

The physical aspect is easy to connect to, we see and touch it, we feel hunger thirst and feel relieved when we eat and drink, we feel pain when we stub our toe, etc. We are all aware of this aspect and can all easily relate to this. It can be further specified from physical anatomy, all the way to the cellular, atomic and sub atomic levels.

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Then the mental aspect we cannot see or touch, we are however conscious of our thoughts, we don't question this as we are all thinking and analysing at this very moment, therefore we do not question its validity even if we cannot see or touch them. It can be further elaborated through rationalisation, psychology and study of the brain, etc.

The emotional aspect, we again, cannot see or touch them, we are sometimes confused about and view them as a hindrance or often ignore because the physical and mental is more relatable and understandable. They are also the two aspects that are widely promoted in our modern society. Whatever we think about emotions, they are undoubtedly very real. When we are experiencing a strong emotion it is undeniable. What is the purpose of an emotion? Essentially an emotion is a way to be able to experience our thoughts. They may be conscious thoughts or subconscious or unconscious thoughts and thought patterns. We can further elaborate through psychology and understanding energy, etc.

The energy aspect we cannot see with the naked eye, or touch it, but we can feel it. The most tangible form of energy that we can experience is our emotions, when we experience an emotion we can feel it in our bodies. For example when we get angry we can feel the pressure rise in our head. There are also other types of energies that are more subtle that we can experience and have been studied, like the aura, magnetism, light, heat, vitality, chakra system and the list goes on.

Which leads us to the spiritual aspect, we cannot see or touch it, its origin is very abstract, mysterious, it is subtle and its most tangible component is noticeable, but barely describable. Ideas, dreams and intuition fall into this category. Have you ever stopped to wonder where do they come from? Or, if a person just feels good and is in a good mood we say that he/she is in good spirits. Why is the person in good spirits? It may be because when they opened their mail they found a check, or earlier they flirted with an attractive man or woman, these things can be rationalized away, but what about when a person is feeling really good after a Reiki session? A

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person could just say it's the Reiki, but what is Reiki? Not so easy to describe except that the person just feels good, it's very noticeable, but barely describable and often overlooked because of that. Now keep in mind that that is one of the most tangible parts of the spiritual aspect, the other parts of spirituality are even more subtle and indescribable, you have to turn to the esoteric to attempt to describe it, it is mysterious yet very real, you simply need to be open to it. Faith is a way of being open to the mysterious, which tends to be more associated with religious beliefs, but hope is not religious. What is hope really? Hope is when you're in a situation that is above your control and knowledge and you hope for a good outcome, therefore it is a way, either consciously or unconsciously, to be open to the mysterious aspects of life. The mystery is what keeps us moving forward, what was once a mystery becomes clearer with exploration until it becomes common knowledge and opens up to another level of mystery and so on and so forth.

The aspects are presented here in the order of progression that the average person will discover them and start to relate to them. In the beginning a person might not be aware of certain of these aspects, or they may be aware and not be able to properly describe them or understand them, they might seem mysterious or simply esoteric. However what is once very mysterious and esoteric, when an individual continues to seek to understand and know it, over time better understands it. Nowadays with all our technology and comfort and education some things are much more easily explained and understood than they might have been in a distant past. What was once considered mysterious and esoteric is now much more accessible. However there is one aspect that always remains mysterious even to the most spiritually advanced individuals, that is the spiritual aspect of our beings. I could go in much further detail about each aspect, however the point here is just that you become aware of these aspects and acknowledge that they are in fact very real, interconnected and an integral part of us and of life. They are the foundation to build on and be able to move forward from any situation that you are experiencing.

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The five aspects of our being. Without awareness and acknowledgement of the five aspects of our being we cannot function properly as we are not whole, our integrity is compromised. In the beginning the spiritual aspect goes unnoticed, but eventually somewhere along the line we become aware of it, this is what is commonly called an awakening. Awakening does not mean that after awakening when you go to bed at night and wake up the next morning you are a perfect being with super powers! No, there is a lot to learn! Awakening is more like the first day of school where you knew about school and once there everything just seems new and to be experienced. Spirituality is the deepest aspect of ourselves, it is very personal and only you can choose to go within and explore it. There can be various ways of awakening and once awakened various ways to help you to explore it. The oldest common way is through religion. It is important to note that in the beginning of all religions the foundation was undoubtedly spirituality.

With time as religions grew and the philosophies expanded, methods and rituals were created, protocols, politics instated among other contributing factors, spirituality became religions.

Religion is simply a way to spirituality, as long as you don't forget the true meaning of spirituality.

Spirituality is about observing what is, observing what is on the inside and being curious as to exploring it. Science has the exact same foundation, except for what is on the outside. You cannot clearly observe and understand the outside without being able to go a little on the inside and you cannot go more deeply on the inside if you haven't observed and interacted a little with the outside. The two are inseparable, like two sides of a same coin. Just as scientists investigate and explore they develop methods to test their theories and develop methods of application, so do spiritual seekers. In order to go to the deeper levels of spirituality it helps to have methods.

There are many ways to spirituality, and many ways of developing it, religion is one way, experiencing certain life events is another, observing nature and life events and wondering your role in all of it is another, personal development or self improvement classes are another. It doesn't really matter, it is simply a matter of personal choice. If you choose upon a way or

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method that does not allow you to be curious and question, let that be a red flag! It is what some call “blind faith” and can easily lead to fanatic behaviour. That is a denial of your rational or mental aspect of your being, you are then compromising your integrity. If you are being told what to think and what to feel, again, let that be a red flag. What to think is up to you, what to feel simply comes from inside you, denying your mental and emotional aspects will again compromise your integrity. Rather look for methods that let you be taught how to observe and suggestions where to look in order to support your growth in a healthy balanced way. Reiki is very good in this way. There should be no judgment towards others that choose a different mode of exploration, or that choose to try several ways in whatever combination.

When we understand the five foundational aspects of our being, even at its most elemental level, we gain a sense of reassurance, we accept all aspects of ourselves, it's very natural and normal. When we do not accept all aspects of our selves, whether out of ignorance or by choosing to sever ourselves from the parts we don't want to accept, we are compromising our own integrity, which is unnatural. It is impossible to function naturally when our integrity is compromised. We become out of balance, limited and wind up going around in circles. People that do not accept the foundational aspects of themselves are prone to fear based thoughts and actions, they also tend to be very insisting and controlling, when dealing with problems, their solutions tend to be very unilateral and they will often speak in absolutes. Whereas someone who is accepting of all aspects of their being and gives each aspect equal importance will be much more open and accepting of others and will often be able to find multiple solutions to one problem. That does not mean that they are perfect and never experience fear, it means they experience it for what it is, an emotion, and they are better equipped to deal with it, especially by being open to the mysterious aspect of life. Being open, having faith or hope does not mean a person is perfect and that everything automatically works out the way they have planned, it means that they are open to rationalizing inner guidance that is received from other sources than their five physical

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senses and have a certain trust in the process of life, and in worse case scenarios are able to objectively observe and learn from the situation in order to improve on the next time around without judgment. Respect and kindness become normal and become the common foundation of all interactions with others regardless of their differences.

As a Reiki master and Qi Gong teacher spirituality is as important as all other aspects. Both of these are holistic practices, holistic in the sense that they work on every aspect of the being. Reiki is a spiritual process of discovering energy and spirituality which then has an effect on the mind, emotions and the physical body. Qi Gong, through various physical procedures affects the body in a way that affects the mind that opens you to your emotions which eventually opens you spiritually. The goal is to become fully aware of each aspect and then to fully integrate them, therefore become whole. In order to become whole many transformations in every aspect of your being take place, therefore also in your life, it is an ongoing process with much to learn and also many benefits along the way.

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LOVE & LIGHT,

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