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The Importance of Spirituality

By Jeffrey R. Palmer Ph.D.

The Importance of Spirituality

We live in a world which can best be described as a dystopia. The nation states of the world have devolved to an extent that social mobility in many regions of the planet is non-existent. The disparity between the "haves" and "have nots" grows globally at a steady and insidious pace.

Veils of ignorance are fostered and encouraged by governments seeking control of the masses by means of instilled complacency. Pseudo-democratic regimes offer a higher standard of living only to those willing to sacrifice a self informed world view.

Such a world is always just one small step away from complete anarchy. At any given moment circumstances may be set into motion which spiral humanity uncontrollably towards complete chaos. Recent events involving the after effects of hurricane Katrina in the United States best illustrate the nature of the human psyche at this point in time.

Life for many of us defies all meaning. We struggle numbly from day to insubstantial day. Stressful experiences are mounted upon more even stressful experiences. We look sometimes at the lives that we endure and wonder if there must be a better way. True happiness seems always to be something relegated to others more fortunate than us, constantly out of reach or beyond our power to realize.

Governments offer little more than further tension to what we often perceive as lives on the brink of complete disintegration. Religious leaders and institutions mostly serve to further the confusion and anxiety which we feel about our lives.

Hope, more and more often, seems to be a fruitless endeavor, a waste of what little emotional energy we have left at the end of the day. We retreat back into the cold, grey numbness of our minds and try as much as possible to forget any of the apparent myths we have heard of this thing called joy.

It is my belief that the human race is suffering from a spiritual death. In fact most of the people on this planet are spiritually dead. Without a sense of spiritual self, the human experience is reduced in meaning to nothing more than that of carbon based life form.

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I share the view that the spiritual death of the population, if left unchecked, will result in catastrophe. Without a personal sense of spiritual worth there can be no spiritual responsibility. Lacking an individual system of spiritual responsibility leads mankind to a state of existence in which there is no accountability for negative actions, thoughts or energies.

This lack of spiritual self leaves a void in the existence of humanity, a void which soon becomes filled with the basal instincts of the human animal, instincts of violence and prejudice, territorialism and hatred.

This scenario leads inevitably to many of the events being played out in the headlines we read today. We see not just an increase in violent crimes, but an ever increasing level of brutality and disregard for human life. We see the trends toward war and domination. We begin to see a spiral of devastation

looming on the horizon. No institution, religion or government has the power to reverse these trends towards cataclysm. If the collective mind seeks chaos then chaos will rule.

Only the acknowledgement of our individual spirituality has the power to alter the momentum of our existence. Acknowledgement of our spiritual worth leads to accepting responsibility for our roles as agents of change.

There is hope. The growing interest in all matters of spirituality reflects an instinctive need to bring equilibrium to a world overburdened with negativity. Whether this interest is in Buddhism, Meditation, Reiki, Christianity or any other form of spiritual awareness, it matters only that the individual finds a unique sense of spiritual self.

Only when the number of spiritually enlightened individuals has grown to a sufficient number will the current global trends towards hostility cease. Only when the individual takes steps to understand the importance of the spiritual self can spiritual death be reversed.

There is a purpose for you to find your spiritual identity. All you must do is accept the need for it and it will be found. You will be drawn instinctively, as many others have been, to seek information and guidance. It is most important that you select only a spiritual path that fits you personally; you will know when you have found it. Do not be swayed by the beliefs of others. Develop your own beliefs. Above all, take personal responsibility for your spirituality and create positive change. Only then can the momentum of human energy be changed to become one that does not lead to disaster.

Dr. Jeffrey R. Palmer Ph.D. is the author of "Judo for the Soul – The Art of Psychic Self Defence", as well as numerous articles and papers relating to metaphysics and the study of paranormal phenomena. Further information about Dr. Palmer and his books can be found at

<http://the-psycho-detective.com/Judo-For-The-Soul.htm>

Native American Spirituality

By John Cali

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John Cali

A member of our Chief Joseph discussion group recently wrote me asking if Joseph would talk about Native American spirituality in one of our newsletters. Here's her letter:

"Hi John,

"I have no clue as to whether this would be an appropriate topic for a future newsletter, but I thought I would share this thought with you anyway.

"I have read a fair amount, but I know I am very ignorant with respect to Native American spirituality. So perhaps sometime Chief Joseph and you could share some of the unique aspects of Native American spirituality."

My response:

"Thanks for your posting, and for your suggestion about Native American spirituality. It's an excellent suggestion. Joseph and I don't usually make a distinction between spirituality, as a general concept, and spirituality as practiced by any particular group of people. Whether that group be Native American or any other people.

"But the Native Americans certainly did have spiritual values many humans today have lost sight of—respect for our Mother Earth, respect for animals, respect for one another, respect for the sovereignty of each individual.

"I don't know as there's anything unique about these Native American spiritual values. They're really human values. And it would behoove all of us to pay more attention to them, and to what's really important to all of us on this beautiful blessed planet of ours."

And Joseph's response:

Chief Joseph

What you might call Native American spirituality is not essentially different from most other forms of human spirituality. It is not unique in its essence. It may, however, be unique in its practice.

Basically, Native American spirituality is simply a reverence for life, a respect for the divine spark in all life, in all beings. In that way it is pure, as contrasted with the dogma, theology, and laws which often drag other forms of spirituality away from their roots, if you will.

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The intent and essential nature of most forms of human spiritual practices are good. And if more humans were more practiced in simply allowing their brothers and sisters to follow their own paths, then none of the religious turmoil that pervades your human society could exist. Everyone would be following whatever path he or she felt was right. And not caring what paths others were following.

But you do care what paths others follow, even though it's none of your business. And that is exactly what's given rise to all the senseless dogma, laws, shoulds and should-nots humans often impose on one another.

We are not saying Native American spirituality is superior to any other form of spirituality. We are saying if you all get back to your spiritual roots, you would find only minor, meaningless differences among your many spiritual paths. And you would not feel the need to impose your own beliefs and values on another individual or another people.

Spirituality, as we see it, is simply an awareness you are all more than the humans you know yourselves as. And the awareness all of creation, whether you consider it animate or inanimate, is more than the simply physical. All beings, all that is, are infused with the spiritual essence of the divine.

Many Native Americans practiced this pure form of spirituality in the past, and some still do. Many non-Native Americans practiced it in the past, and many still do. It's obvious, however, many people, Native American or not, have strayed from their spiritual roots.

You can get back to your spiritual roots by simply acknowledging all that exists is divine. When you get back to your roots, you will—in John's words—have respect for your Mother Earth, respect for animals, respect for one another, respect for the sovereignty of each individual.

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Since 1992, John Cali has been communicating with a spirit called Joseph. In one of his many physical lifetimes, this spirit was incarnated as the legendary Chief Joseph of the Nez Perce tribe in what is now Oregon. Email john@greatwesternpublishing.org Website www.greatwesternpublishing.org Free newsletter at chiefjoseph-on@mail-list.com Private readings with Chief Joseph at readings@greatwesternpublishing.org



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