

Religion and Spirituality Insights

By Dr. John Simms, Ph.D.

1). What are the differences between religion and spirituality?

Answer: In regards to spirituality, it's very personal, liberating and you don't have to conform to a particular dogma, doctrine, belief, practice, etc whereas religion for the most part is dogmatic and you have to conform. Even Jesus Christ disliked religion according to the Christian bible. Not only did he call religious leaders hypocrites in Matthew 23, he also criticized their man made rules and traditions in Mark 7. In all, there can be overlap with religion and spirituality even though they're different from one another. And a religious person can be spiritual, but a spiritual person doesn't have to be religious.

2). To be spiritual, do you have to believe in a higher power?

Answer: Not necessarily. In fact, there are pantheists, mystics, atheists, agnostics, humanists and freethinkers who are spiritual without the belief or inclusion of a personal God.

3). Your insights on spiritual, but not religious people?

Answer: Nowadays, many people claim to be spiritual and not religious. However, a lot of them don't act spiritual or live its lifestyle. And the individuals in question in my opinion misuse the label because they don't affiliate themselves with organized religion. In other words, they're truly not spiritual, not religious.

4). Are spiritual people more authentic?

Answer: They are to a certain degree, but they're not 100% authentic. For whatever reason or situation, they'll still lie and deceive others including themselves. This statement also applies to religious people.

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5). Do spiritual people have ego problems and truth and reality difficulties?

Answer: Most people not just the religious and spiritual have ego issues and truth and reality difficulties via ego defense mechanisms such as denial, avoidance, projection, idealization, introjection and rationalization not to mention reactance, cognitive dissonance, belief perseverance, the Dunning-Kruger effect, Halo effect, Bandwagon effect, confirmation bias, self-serving bias, anchor bias, perception bias, status quo bias, in-group and out-group biases as well as other biases.

About John Simms

Dr. John Simms, Ph.D. is a non-denominational ordained minister, spiritual advisor, counselor, psychotherapist, master life strategist, holistic medicine practitioner, etc.

For more information about John Simms and his products, services, programs, resources, opportunities, free tip sheets, videos and audio recordings that could benefit you in so many different ways, please go to www.johnsimms.org

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