

Spirituality Insights

“For The Nonreligious and Beginner Spiritual Person”

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(Questions I received from my pre and existing clients, followers and inquiries)

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1). I hate religion, how can I improve my spirituality?

Answer: There are differences between religion and spirituality. In regards to spirituality, it's personal and liberating whereas religion for the most part deals with dogmas and conformity. Even Jesus Christ disliked religion according to the Christian bible. Not only did he call religious leaders hypocrites (Matthew 23), he also criticized their man made rules and traditions (Mark 7).

2). How would you describe spirituality?

Answer: To me, spirituality is very personal and a way of life.

3). Doesn't spirituality involve the supernatural and belief in a personal God?

Answer: Not necessarily. In fact, there are spiritual atheists, agnostics, freethinkers, humanists and pantheists who leaves the supernatural and monotheistic God beliefs out of their personal spirituality.

4). Why do so many spiritual, but not religious people don't act spiritual?

Answer: They're not truly spiritual. And due to their ignorance, they misuse the spiritual, but not religious label because they don't affiliate themselves with organized religion. In all, they're not spiritual, not religious.

5). Do you have to use prayer in spirituality?

Answer: Not necessarily. In fact, a lot of people meditate instead.

6). Could you give me some examples of spiritual practices?

Answer: Meditation, prayer, self introspection and reflection, mindfulness, perceptive, compassionate, gratitude, volunteering, solitude, spending time in nature, performing various rituals, etc.

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7). What's the difference between awakening and enlightenment?

Answer: To me, awakening is a shift in consciousness whereas enlightenment is the knowledge and information you obtained along the way.

8). How do you become spiritually awakened?

Answer: Normally a spiritual awakening occurs from a significant life experience or event that affected someone psychologically. Even meditation, questioning the status quo and utilizing a competent spiritual advisor can help. Also, a spiritual awakening can be instant, gradual and possibly never depending on the person and/or situation.

9). In your opinion, what are the fastest ways to becoming spiritually awakened and enlightened?

Answers: Besides an emotional life event, I would say using a competent spiritual advisor if you're willing and motivated.

10). What are the signs of a spiritual awakening?

Answer: There are several of them such as, but not limited to the following down below:

- A). You may start to question and/or reject the status quo.
- B). You start to question yourself and want truth, answers, meaning and purpose in life.
- C). Other people have noticed changes in you and/or you have noticed changes in yourself.
- D). You spend more time alone.
- E). You break from tradition and/or do your own thing.
- F). You abandon old friends and replace them with new ones.
- G). You may feel lost, lonely, depressed and/or be more sensitive than normal.
- H). You want more authenticity and tired of superficiality.
- I). Is more perceptive.
- J). You show more empathy and compassion than normal not to mention may be less judgmental.
- K). Changes in sleep patterns and/or lifestyle.

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