

SPIRITUAL. To be spiritual is to integrate into one's life the awareness that no possession, occurrence or condition is of permanence. To be spiritual is to aspire to the highest ethical principles. To be spiritual is to practise compassion, understanding, acceptance and detachment. To be spiritual is to seek knowledge of the true nature of things (to grasp reality*). To be spiritual is to believe in higher justice, to live in balance, to do one's duty and to abide by the Golden Rule: **Do** to others only what you would like to have done to yourself.

Furthermore, the anthroposophist Rudolf Steiner said: To be spiritual is to "develop a healthy body and mind; feel at one with all of life; be aware that work on our inner life is as important as work on our outer life; have an open heart for the outer world's requirements; be true to a decision once made, even in the face of daunting adversity, as long as the decision is still valid; develop thankfulness for everything that meets us."

To be spiritual also is to believe in an inner, true self, i.e. the belief in duality. Then one believes in soul and an inner, spiritual reality - as opposed to the fleeting reality of mind, body and cosmos, our material world.

Another version of being spiritual - one not favoured by myself - is to be religious and to believe in God.

**One aspect of 'grasping reality' - of seeing things as they really are - is to be aware of modern animal-based food production. The state factory animals are kept in is horrific - being spiritual is to support animal liberation.*

**An example of a group of people who 'grasped reality' is Die Weiße Rose, who saw that most citizens of Nazi Germany were ignorant of reality (see THE WHITE ROSE): "It is certain that today every honest person is ashamed of this government. Who among us has any concept of the dimensions of shame that will befall us and our children when one day the veil falls from our eyes and the most horrible of crimes reach the light of day?"*

"Though spirituality goes by many names, the experience itself is quite similar: It does seem to change people for the better ... they become more self-aware, self-accepting, self-forgiving. They seem to be more at peace with themselves, with the world and more at peace with others. They seem committed to living in a way - and leaving behind a legacy - that makes the world a better place. To be spiritual is the awareness everything you encounter - even the mundane - has the feel of the sacred, which may be why atheist have the capacity of being spiritual." After Steve McSwain

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To be spiritual is to be intellectually honest, to be honest with yourself. Philosophy professor Thomas Metzinger says in a talk on this subject, spirituality has nothing to do with high-level symbolic thoughts or concepts, it is something you cannot communicate through language - to be spiritual cannot be transmitted or taught. It is a specific form of self-knowledge. It happens in an instant, it is not a question of time - the first step is the last step.

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