

## Twitter Thread by [sriram](#) ■■



[sriram](#) ■■

[@SriramKannan77](#)



### **Aanmeegam.**

**This can be classified as Religion & Spirituality. To understand Aanmeegam (the literal translation is Spirituality) we need to identify the difference between RELigion and Spirituality. I have tried to do that here. This is part 1. 1/**

4 millenniums, humanity has passionately pursued the Truth —d ultimate answers to life and the universe. This perennial knowledge constitutes the answers to what are often called the soul questions:

- Who am I?
- What do I want?
- What is my purpose?

What's d meaning of life?

2/

In Japanese, they term it as IKIGAI and are also used in Modern Management schools. Historically, from the outlook of the soul, there have been two foundational paths to discover these truths: religion and spirituality. 3/

One might have heard—or even used—the terms religion and spirituality interchangeably. Are they the same or are they different? If there is a difference between spirituality and religion does it mean they do contradict each other? 4/

5/ However, while they aren't diametric opposites, neither are they the same.

Religion: By definition, religion is a personal set r institutionalized system of religious attitudes, beliefs, and practices; the service & worship of God r the supernatural. Religion is a specific set of organized beliefs & practices, usually shared by a community or group.6/

Spirituality: Spirituality, on the other hand, connotes an experience of connection to something larger than you; living everyday life in a reverent and sacred manner. 7/

Spirituality is more of individual practice and has to do with having a sense of peace and purpose. It also relates to the process of developing beliefs around the meaning of life and connection with others.8/

Origins:

Religion: Religions are most often based upon the lives, teachings, and beliefs of a historical or archetypal figure (e.g. Christ, Buddha, Moses, Krishna, Muhammad). 9/

The details of their lives as holy & highly evolved beings have been carried to us across the mists of time through oral tradition & written scriptures. These figures are the subject of worship & devotion and form the foundation of religious practices & rituals in a community. 10/

Spirituality: By contrast, spirituality is more often based upon the practical application of the founder's teachings. Spiritual aspirants heed the advice of Japanese poet Matsuo Basho, "Do not seek to follow in the footsteps of the wise. Seek what they sought." 11/

Here comes the million-dollar question: Are you Religious or Spiritual? If you felt that the definitions given above overlap each other and get blurred, be happy that you are not alone who is having this worse feeling. 12/

13/ Before trying to find out the differences, one should accept and bear in mind that there are no absolutes in these distinctions. They are merely general markers meant to better explore the qualities between two equally valid approaches to seeking the truth.

Objective vs. Subjective Experience

Religion: In general, on the whole, religion is often an objective experience. There always is, a larger focus on the externals:

- Houses of worship
- Books of scripture
- Eternal rituals
- Observances 14/

This is the equivalent of object-referral in which your attention is placed upon the objects in your experience. 15/

Spirituality: Spirituality, however, leans more toward self-realization or the internalization of one's awareness of their soul. Spirituality is an inward journey that involves a shift in awareness rather than some form of external activity. 16/

As such, spirituality is much more about inner understanding than outer worship. This doesn't mean that worship is not a part of spirituality; it's a matter of where the devotion and worship are directed: - 17/

To an external practice/ object/ figurehead OR your soul, higher self, or divinity within? 18/

Organized vs. Formless

Religion: One of the hallmarks of religion is its organization. It is a structured, frequently rule-based construct that to some degree governs the behavior of its members. 19/

Moral rules, laws, and doctrines, as well as specific codes and criteria, create the organized structure that contains the religion's specific belief system. 20/

Spirituality: Spirituality breaks free from the restrictions and rigid structure. The spiritual aspirant recognizes that he or she is on a “pathless path” of self-discovery. They are following not a set of external rules, but their inner call to spirit. 21/

In this way, spirituality can sometimes feel like a rebellious act of going solo and leaving the tribe. “To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment,” said the American philosopher and poet Ralph Waldo Emerson. 22

#### Traditional vs. Evolutionary Approach

Religion: Due to their centuries- to millennia-old histories, religions are by nature often deeply rooted in tradition, ritual, creed, and doctrine. 23/

Religious institutions conservatively guard their practices and values, holding rigidly to the past and the original interpretations of the founder’s teachings. 24/

This, at times, leads to following principles ritualistically without realizing the underlying concepts which need to be amended with changing times.25/

Spirituality: By comparison, spirituality is often less focused on the rigidly traditional approach and often favors an evolutionary mentality. This refers to both a more flexible and adaptive mindset toward core teachings. 26/

Spirituality embraces change and the evolution of consciousness. With spiritual practice, ideas and interpretations change as individuals, societies, and the world move forward. 27/

#### Belief vs. Experience

Religion: At its core, religion is about faith. That is to say, belief in something based upon unconditional acceptance of the religion’s teachings. Unlike the scientific worldview, religions don’t require evidence to validate their claims. 28

Through religion, you are taught to have faith in God or the scriptures as being the infallible and ultimate truth of reality. 29

Acceptance and surrender to the divine are taught as the path that leads to ultimate salvation.

Spirituality: Spirituality doesn’t dismiss faith; however, it often leans more heavily on the direct experience of the soul or divinity. 30

Spiritual practices such as meditation, yoga, silence, and contemplation allow you to make conscious contact with more expanded states of consciousness, thus helping to experientially validate the teachings rather than accepting them on faith alone. 31

You know something because you have tasted the experience yourself and have allowed it to resonate, as opposed to taking the word of another. 32

#### Fear vs. Love

Religion: Despite the best of intentions, religions can sometimes contain a subtle (or not so subtle) undercurrent of fear woven into their teachings. 33

The concepts of original sin, divine judgment, God's wrath, or eternal punishment can create a mental environment burdened in worry and anxiety over your worthiness and whether your actions will result in divine retribution or karmic punishment. 34

Your fate in the afterlife can loom large like a specter in the back of your mind, subtly influencing your thoughts and behavior.35

Spirituality: By contrast, spirituality typically discards the vestiges of fear and worry in favor of a more loving, compassionate approach to life—and death. Spirituality embraces a consciousness-based worldview that supports all human beings on their path to awakening 36

in unconditional love and kindness. Your choices and behavior are guided not by fear of punishment, but rather by a desire to end suffering and create a peaceful and loving world for all. 37

As you can see, there are noticeable distinctions between spirituality vs. religion; however, these comparisons aren't meant to be absolutes or an attempt to polarise one against the other. 38

Religious beliefs and spiritual beliefs differ in how they are practiced. However, each practice serves as a vehicle to lead you closer to the truth you seek. 39

Whichever path or combination of the two you follow is the personal and subjective expression of your journey of awakening. 40

From these descriptions, one can also identify where Sanatan Dharm can be fit into? Religion r Spirituality? Religion entered India only after outsiders entered. 41