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If you think "Spirituality" is an escape from all your problems then you have another problem - disillusionment.

Spirituality won't save you, it will only help you open up to your reality.

Astrologically: Its about accepting your Saturn & Ketu with grace, instead of resistance.

People who have strong Saturn & Ketu are not traumatized by their trauma.

They will take the pain as part of the process, just like a fighter has to take some punches as well, not just throw them all the time.