

Religion and Spirituality Insights

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- 1). Spirituality and religion are different from one another. Spirituality is very personal and liberating whereas religion for the most part is dogmatic and it involves conformity and collectivism.
- 2). According to the Christian Bible or the Gospels, Jesus Christ disliked religion. Not only did he call religious leaders hypocrites (Matthew 23) and said that tax collectors and prostitutes would go to heaven before them (Matthew 21:31), he also criticized their man made rules and traditions (Mark 7).
- 3). Religion and Spirituality can be cultural and/or subjective in nature.
- 4). You can be an open-minded realist and have balance between objectivity and subjectivity with religion and spirituality.

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