

“I am going to transcribe for you what Pierre Teilhard de Chardin thought about religion and spirituality.” by *Louisa Oliveros*¹

- Religion is not only one, but there are also hundreds. Spirituality is one.
- Religion is for those who sleep. Spirituality is for those who are awake.
- Religion is for those who need someone to tell them what to do and want to be guided. Spirituality is for those who pay attention to their inner voice.
- Religion has a set of dogmatic rules. Spirituality invites to reason, especially to question everything.
- Religion threatens and frightens. Spirituality gives inner peace.
- Religion speaks of sin and guilt. Spirituality says, “learn from error.”
- Religion represses everything and in some cases is false. Spirituality transcends everything, it brings you closer to your truth!
- Religion speaks of a god; it is not God. Spirituality is everything and, therefore, it is in God.
- Religion invents. Spirituality finds.
- Religion tolerates no questions. Spirituality questions everything.
- Religion is human, it is an organization with rules of men. Spirituality is Divine, without human rules.
- Religion is a cause of divisions. Spirituality unites.
- Religion seeks you to believe. Spirituality you must seek it to believe.
- Religion follows the precepts of a holy book. Spirituality looks for the sacred in all books.
- Religion feeds on fear. Spirituality feeds on trust and faith.
- Religion lives in the lower astral. Spirituality lives in Consciousness.
- Religion is concerned with doing. Spirituality is concerned with Being.
- Religion feeds the ego. Spirituality impels to transcend it.

¹ <https://louisa-free.medium.com/religion-and-spirituality-fea7c053d2db> (accessed February 1, 2024).

- Religion makes us renounce the world to follow a god. Spirituality makes us live in God, without renouncing ourselves.
- Religion is a cult. Spirituality is meditation.
- Religion fills us with dreams of glory in paradise. Spirituality makes us live glory and paradise here and now.
- Religion lives in the past and in the future. Spirituality lives in the present.
- Religion creates cloisters in our memory. Spirituality liberates our Consciousness.
- Religion makes us believe in eternal life. Spirituality makes us conscious of Eternal Life.
- Religion promises life after death. Spirituality promises to find God within us during life and death.

“We are not human beings who go through a spiritual experience. We are spiritual beings going through a human experience.”

May we each reflect and find ourselves within our hearts, where our Spirit, or Higher Self, our Archetype, as God the Father-Mother created us, is anchored.”

Storytelling in a small group or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to the next prompt and so forth. A person can pass.

- 1. In your childhood, what were you taught about religion and spirituality?**
Who taught this to you?
- 2. Share about a feeling and/or awareness you had as you read one of the points above.** Reread this point to the small group or to yourself. Does this transcribed “Pierre Teilhard de Chardin thoughts about religion and spirituality” bring back a past memory that you would be willing to share? Say more.
- 3. Share another insight you had about religion and spirituality.** How will this influence your way of thinking and living in the future?