

IS SPIRITUALITY AND CRITICAL THINKING AN EITHER/OR?

(Link to share: [Is Spirituality And Critical Thinking An Either/Or?](#))

(This is both to read for the overall understanding of what truth is AND it has links that you can use to totally learn and install “what works”, including a no-charge program.)

Are you doing “*either/or* spirituality” or “*both/and* spirituality”?

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When [Vishen Lakhiani](#)¹ (shockingly) called the movie The Secret “*kindergarten reality*”, he was addressing the fact that such beliefs and irrealities can take us away from operating in reality, from operating based on realistic “models of reality” (discussed extensively in his book The Code Of The Extraordinary Mind).

Another time, Vishen corrected a young lady from making the statement that her intuition was 100% reliable, he thoughtfully differed, saying, according to some studies, intuition would improve the rate of accuracy over a statistical average of 25% by chance to *possibly* 34%. In so doing, that might look like his fact-based, critical thinking was conflicting with the spiritual idea of intuition being magical and determinant of reality. (But people add false beliefs into spirituality and then think they are apart of spirituality, or at least the “magical” part. But it is not “unspiritual” to not believe that [intuition](#) is not at all magically perfect.)

¹ Vishen Lakhiani, the founder of [MindValley](#), bridges the gap between and integrates the spiritual and the practical. He is highly effective and masterfully powerful and fully responsible for creating his own world. He use both metaphorical spiritual expression but ultimately grounds himself in the reality of what works in this world.

He was simply staking out the territory of including in our personal worlds being realistic in the real world, having realistic [models of reality](#) and doing “what works” in life. (In fact, true masters of life operate not on unverified beliefs nor [right wrong but based solely on what works](#)!²

He was, however, saying things that might conflict with the “fantasy” or “wishful thinking” that some people think of as being spiritual (and “not of this world”).

But are those really a valid, necessary part of “spirituality” or just things that people tend to associate with, and throw into, spirituality?

(They aren’t!)

Indeed, people “[make up](#)” things (or accept “made up” things from others without testing them) and then hold them as if they are “the truth” or “[their truth](#)”.

Indeed, there could be a problem if one is so “highly spiritual” that one does not **know the difference** between fantasy (what you made up) and reality (what is so and observable as to how it works).

It could be that if something is believed with no evidence and no concrete foundation that it might conflict with life and correspondingly with one’s spirituality. (D’ya think!?!)

Should I believe something because I like it and/or because it makes me feel good? (If I like something or it makes me feel good, that is related to “intuition”, which is a coming together of bits of data into a whole in a way that you weren’t conscious.)

Or should I, as all the great philosophers say, “question everything” and verify what the truth is - for it is foolish to operate based on what is untrue! (Duh!)

WELL THEN WHAT IS SPIRITUALITY?

Definition: Relating to or affecting the human spirit or soul as opposed to material or physical things

spirituality has to do with the spirit, not as in ghosts, but as in the essence of being

² [Landmark Worldwide](#) makes a very big point about this. One of the valuable pieces of their seminars. In fact, I recommend that everybody take their basic seminars, as they are philosophically and practically very beneficial.

human — your inner life (or, as is often termed as your soul, as if it is a separate entity³).

Is spirituality a bunch of cutesy sayings, without any detail on how they work, and magical entities or “magic” itself? Does it validly “leap over” the steps for doing something and magically arrive at the destination?

No, spirituality doesn’t require that.

And, yes, “spirit” is what life is all about.

The “spirit” we are talking about here is that of emotion and meaning of what is the highest value to us as human beings, comfort, peace, deep confidence/safety/certainty and a great background conversation in head of the four required components for deep, long term happiness. While, indeed, it is about being in “good spirits”, it is actually about being so, but at a much deeper and more ongoing level that is built into us (by our own learning and training).

Indeed, “we are human beings having a spiritual experience” - that’s what it is all about.

(It is comforting but only mystical or metaphorical to assert that “we are spiritual beings having a human experience”, though we would love to believe that.)

Bottomline, yes, **life is all about the spiritual experience - and everything else in life is only a means to it.**

There is *no evidence* that it is the other way around (that we are spirits first, which is only a metaphorical statement anyway, though you can still hold the belief in “faith”, if you so choose).

We do best spiritually when we operate in harmony with reality and we align with [what works in life](#) and reality.

Having beliefs with no sound basis wouldn’t matter *if it didn’t matter*. But it matters that our beliefs align with reality as that will get us what we want in life *in the real world*.

³Is there a separate, ethereal entity that is floating around in us or around us? Not necessarily. Different “spiritual” people believe differently. Many are trying to explain the unknowable or unprovable. However, it is strictly a belief that one can choose to believe in or not. Some people make that belief into “the truth”, as if it is an absolute truth in the real world, which it isn’t. But one can choose to hold one’s belief as being what you might call “one’s truth”. But “your truth” is not to be confused with “the truth” in the outside world. It is strictly a belief you choose to hold as true.

“But, some might say, what about my “spiritual world”?”, as if it separately exists or is an ether we move around in. It is only a metaphor, and not a “thing”, as far as we can determine. It is a world that exists within our head/mind/brain, held in place by neuronal patterns and imagination. It is the world in which we *experience* the meaning, the emotion, the value in life, and [appreciate](#) it (the latter is necessary or the highest spiritual experience absolutely can not be attained!).

SO...IT IS ULTIMATELY A BOTH/AND, IN TOTAL HARMONY

It is all about having one’s critical thinking **used and aimed to create the greatest harmony** between the two, for the purpose of creating the greatest spiritual experience from all that exists in this world (both the physical/real world AND the [metaphysical/mind world](#)).

Spirituality and critical thinking is, indeed, not an “either/or”, but are a “both/and”!!!!!!

And when we know that, when we are “enlightened”, we create the greatest spiritual experience from the harmonious playing together of “thinking” and “feeling”, to gain the very most out of this life.

[\(What Is Spirituality?\)](#)

BUT DOES THAT MEAN I CAN’T HAVE FANTASIES AND DREAMS AND...

No, not at all. But it does mean that when you are having them you know what you are having.

A fantasy is something made up to feel good about some “fantastical” experience - which we can enjoy mentally and play out, for the pleasure of it, in our imagination, creating wonderful images and feelings.... (I create these when I go to sleep and have a wonderful time sleeping!)

A dream is something we make up about what we would like, but it is only a dream if we don’t, or can’t, do what it takes to attain that dream. And we should know when it is a dream and only a dream, *without a plan of action* yet...

In the real world, we must build a ladder/pathway of steps that will allow/create us being able to arrive at the dream’s fulfillment. (If we don’t do that, we can get stuck in “[Metaphysical Reality](#)” and not do well in this world..)

But what about the magic and inspiration I love so much? Can't I have that?

Well, you can have some of it, *as long as you know you're only making it up*, that you're only making up a movie of images that move together to create a fictional moving and experiencing of the images in the movie.

Once those two stop conflicting, you will then **be on a path that dramatically speeds up to gaining enlightenment and life mastery**. (Note that enlightenment can't happen if you still hold onto unreality/BS.)

WHEN YOU ARE IN ENLIGHTENMENT AND MASTERY...

When you are in the mode of enlightenment and mastery, you'll see the world from the viewpoint of your being the creator of "what works" - **you'll operate from "what works" and no longer from stories/fantasies/dependencies or right/wrong**. There will no longer be self criticism, not because you're trying to resist that tendency but because you've disappeared (eliminated, replaced) what used to cause it - you fully see that there is [No Fault - Only "Not Knowing Yet"](#).

And when you choose to operate in accord with reality, you will then also learn to be, and be, [fearless](#) and have no anxiety. (*Note that anxiety is the opposite of good spirituality!!!*)

Once you've integrated the two, you use intuition and some of the other functions of the [lower brain in conjunction with your higher brain](#), *not to replace them*, but to **supplement/complement** them!

And life will rise to levels you would not have otherwise had be possible (with the conflict)!!!

SO, NOW, WHAT DO YOU DO ABOUT THIS?

Well, the key thing I wanted you to understand fully was that you will be far more powerful if you integrate critical [effective thinking](#) and spirituality to create a greater whole, far greater than it would be if the two were held as being in conflict.

AND it is likely for most “spiritual” people that they have shortchanged attaining the thinking skills that will truly launch them into being powerfully effective in their lives and attaining the greatest spiritual benefits!!!

So, now, consider getting up the Thinking 101 level from a good source, of your choosing. You could use the one I’ve set up, or a combination of it with others, for you to work with: [The “Program For Learning How To Think” - You Can’t Do Well In Life Without This Skill/Capability!!!](#)

Heed the tag-on sentence: **You Can’t Do Well In Life Without This Skill/Capability!!!**

WHAT WILL I NO LONGER BELIEVE?

What will I no longer believe if I am fully using my critical thinking capabilities - and not defensive of my present beliefs, but willing to look at them? (You could still decide that they were true, but only after doing your best to test and verify them.)

You would no longer believe that “the universe” has the capability of being your friend and/or acting in your place and doing something for you (in your stead). (You’ll have true models of reality that align with [Reality](#). And, yes, you will see [that “the universe” is overall beneficial](#), with full opportunities, but no magic!). And you’ll know that “spirit” or “source” are not things but are *figurative manifestations* of what we generate in life. And [YOU](#) will become the source, the [Generator](#), of it all. YOU will become fully [at cause in the matter of our lives](#). You will no longer be dependent on outside sources or circumstances, and you’ll be the creator/generator of it all (and not the passive recipient of it).

You will no longer believe that there is magic! [You will see that you can still experience that which seems **as if** it is magical. But you will have gone past believing in Santa Claus, the tooth fairy, or things that are made up as being outside the real world (which operates on [cause and effect](#) and not just wishes or hopes). You fully become the creator of your world, using reality. (You will be capable of consciously choosing to “bend reality”, never violating it, but using it to get what you want instead of being the victim or “*at the effect*” of it). You will give up believing in the magic of numerology, tarot cards,

and such, and just appreciate them as “interesting games”, despite the fact that your lower brain may believe they are true from your anecdotal experiences and/or made up beliefs.]

One will no longer believe blindly in what one’s spiritual leader says. (You will question and determine for yourself what is true (using [The Truth Test](#)) , rather than just accepting most everything your “guru” has to say. You will realize that much of it will be metaphorical or strictly [metaphysical](#), but not true and real. You’ll begin to see where you are “metafizzling” in life, not getting what you want in the physical world, and waiting too much for thing like the law of attraction to do it for you.)

There are many more of these, which you will pick up later to test, but hopefully this gives you a good sampling (and plenty to work on, IF you are willing to do “the work” that leads to *actual* enlightenment (wisdom) and *true* mastery of life).

Consider reading and installing [The Realities Of Existence](#) and replacing the irrealities and false/unreality beliefs.

Of course, right in the middle of all of this is the necessity to “think”, to question, to test, and then determine what is false (and to replace it) and what is true (to install completely and not partially). You can begin by using the forms that guide you to do that (perhaps after reading the section’s [introduction](#)) or you can jump into [The Program For Upgrading Your Beliefs](#).

You will still have the appreciation of what seems as if it were magical (but you’ll see it as just something unexplained or inexplicable). But **you will no longer experience the frustration of your wishful thinking and lack of realism causing you to not get what you want in the real world** (and in your internal world!).

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(A [pay-it-forward](#), never-a-cost endeavor to dramatically improve people’s lives)

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