



August 15, 2016

Spirituality and Religion – Vlog Script

Below is the script for Rev. David Fekete's Vlog video:

Spirituality and Religion

Some people make a distinction between spirituality and religion. I've heard it said that religion is for people that want to go to heaven and spirituality is for people that have been through hell. Spiritual people often use words for God like Higher Power, or Great Spirit, or God of their own understanding.

Religions have names for God, like Jesus, Yahweh, Allah, Ahura Mazda, Shiva, Krishna, Vishnu; and some Buddhists worship the Buddha like a God which would include names like Amitabha, Vimalakirti, Padmasambhava, Avalokiteshvara, and some people believe that the Dalai Lama is a bodhisattva.

Many religions have long traditions during which theologians have thought out and written down religious ideas. So religions often have a lot of material to read, study, contemplate, and believe. I think that spiritual people like to think things out for themselves, or they turn to religious traditions, sift through them, and find what sits well with them—what resonates with them.

I think some people are spiritual because they are rebelling against religions. And some things that religions teach should be rebelled against. Some religions teach that God is angry, or that He judges, or that God punishes and condemns people to hell—even that that God incites holy war or calls for genocide. Spiritual people can dump the whole institution because of teachings like this, while religious people often have a way of explaining away these difficult passages.

I find myself to be both spiritual and religious. I sift through the world's great religious traditions, but I also have a set of core beliefs from my own Swedenborgian religion. And I think for myself. I do not accept what is unacceptable when it comes to ideas of God, or what I should do or believe as a spiritual/religious person. I think the best way to respond to the Higher Power's calling is to use your own best intuition, and to balance that with inspired writings and scriptures from the world's great religious traditions. That will surely lead a person to a good and fruitful life.