

# Spirituality vs. Religion

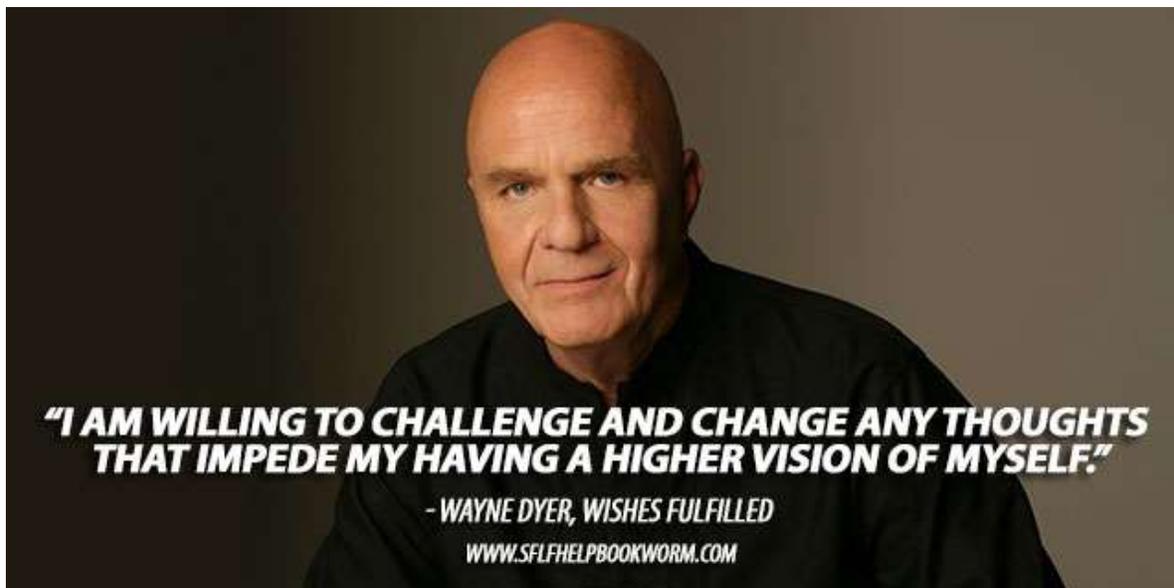
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Best-selling author Dr. Wayne Dyer talks about in his book “Wishes Fulfilled” the concept of spirituality, your higher self and God.

*“Your awareness that God isn’t something external to you but rather a portion of yourself is truly a giant step in your spiritual evolution. You can tell yourself with genuine knowing, I am perfect. God no longer resides outside you and no longer plays favorites.*

*(Religion’s God) is a god who knows how to heal yet withholds healing from some and offers it to others who are presumed to have paid some kind of dues (prayed more, was more obedient)? A god who is angry? ....A god who gives us eyes and remains invisible, but threatens damnation for those who don’t believe in him? A god who demands to be paid for services with fancy temples and gold-lined costumes for his highest representatives. This is a god of the ego.*

*Your **higher self** is a piece of an all-loving, all-embracing creative Source. All you need to do is accept that this is not something external to yourself. It resides within you—in fact, it is you—and all you have to do is begin to align yourself with this Divine essence...”*



Imagine this idea: That God is within YOU! He is not some external judgmental father figure that is keeping track of whether you’ve been good or bad, tithed or not, attended church or is used in any way to make others superior to you. No wonder so many people run from “religion”.

**Here's what I believe that empowers my life:** Have you ever wished you were more than one person? You could get so much more done. Accomplish so much more. See so much more, do so much more, experience so much more, and touch so many more lives. I believe God decided to do this. The current world population is about 7,000,000,000 or seven Billion. There have been over 100,000,000,000 or 100 Billion people who have lived on the earth.

How about that for spreading yourself out!

Further, I believe that God allowed free will to allow the free expression of Himself within us. It would make no sense for a God to make us all robots under his control. What purpose would that be to his creative power? But how incredible it would be to see the potential of himself within Billions of intelligent creatures that keep producing more and more of Himself.

The "God" that Dr. Dyer talks about and that I call your "spirituality" is a God or "Infinite Intelligence" that IS PERFECT LOVE. This "God" is:

- Completely forgiving—you can't do ANYTHING that God will hold against you.
- Completely non-judgmental—you'll never be judged because God can't judge himself.
- Loves you as much as anyone else on the planet—because God is "perfect Love" this must be so. He loves a criminal as much as the pastor of a church.
- Is the infinite mind-boggling wisdom and intelligence that causes everything to function perfectly from how the birds fly south to how your heart keeps beating and the planet stays perfectly in orbit or we would all burn or freeze.
- Has always been in you and is in everyone but can only be released through belief in its existence.

**If this idea makes sense to you, why not join me and adopt it!**



### **What's the benefit of this belief?**

Having a new self-concept of God within you allows you to get beyond the things that are holding you back. Guilt and self-hatred or self-disliking is a HUGE underlying cause for overweight bodies. We feel like crap about ourselves so why forgo the potato chips and ice cream? When you see yourself as an extension of the creator of all, you now have a new perspective and thus reason to want to take care of yourself!

Another cause for overweight bodies is our self-medication of our “stress”. Food provides comfort when we are uncomfortable from stress. What is stress? 99% of “stress” comes from our interaction with other people, and if you believe God is within you, you won’t care if someone got a raise and you didn’t. You don’t care that your husband forgot your birthday. You don’t flip a lid over a person’s late report or the fact that the school secretary was a bitch to you this morning. God is within you and you feel sorry for, rather than mad at, folks who are not nice to you because they’re stuck focused on the insignificant stuff and are not connected with their spirituality!

This connection with your spirituality will also inspire you to develop a higher purpose. You will find that you’ll want to do something special with your life and your new peace of mind that comes with your connection with your spirituality will guide you directly to it. Maybe you start a shelter for abused dogs in your garage. Maybe you start volunteering at the Nursing home. Maybe you start to study about child abuse. Maybe you decide to finish your degree. Or maybe you just decide to spread love in some way every day in a world of lovelessness.

With a connection to your spirituality, taking care of yourself becomes important. You are now living with a higher self-concept and a higher purpose for your life.

If God is within you—and this source is all-perfect and all-knowing how can ice-cream, chocolate, pizza or carbs control you? Who cares whether your makeup and hair is perfect? If God is within you, how can you really still believe that you are a failure, worthless or needing to prove yourself to others?

I know this whole idea might be too big to fully “believe” right now....but let it settle in for a while and keep confirming this idea of a perfect Source that has always been within you and soon you’ll start to see your big problems shrink in size and even disappear on their own!

### **Don’t get me wrong**

If you are proud to be Catholic, Jewish or Muslim or any other religion, I don’t want you to get the wrong idea. I am not disagreeing or attacking your particular faith. If your faith is serving you that is great! But, I would postulate that it isn’t because you wouldn’t be struggling with your weight if you had inside you the true picture of “who you are”! Excess weight is not a problem with eating and exercise. Excess weight is a problem with believing that you are other than a perfect being created in the likeness and image of the creator of all things....I call it God, you call it what you want, but when you believe in WHO you REALLY are....how could you be anything other than excellent, a winner and worthy of success in your body and life!

Walk easy because there is nothing to prove. **Once you see yourself as more, you’ll do more than you ever thought possible.** It’s as simple as that!