

## **How To Practice Spirituality In The 21st Century**

In terms of spirituality we live in incredible times. Both the teachings of ancient spiritual traditions and the achievements of the modern and contemporary world are available to us. One just has to be skillful and mindful in navigating the contemporary spiritual scene.

### **Two Selves**

The best starting point in contemporary spirituality is acknowledging the fullness and completeness of our own being. Many teachings in the West point to our frontal self, our personality, our separate self. On the other hand, spiritual traditions both East and West reveal to us our deeper Self, our soul and our True Self. Both our frontal and our deeper self are important and should be included in our spiritual growth.

### **Two Streams**

Contemporary spiritual practitioners have at their disposal two spiritual streams. Something like that has never existed before on this planet. First, all ancient spiritual traditions are available to us today. One can easily practice or combine

Christianity, Buddhism, Hinduism, Islam, Taoism, etc, in the present day world.

Second, one can also utilize the legacy of the modern and contemporary world. We are all invited to use psychology, science and technology, individual freedom, pop culture, the legacy of the 60's for our spiritual growth. In order to navigate the complexity of the two streams, it is advised to work with qualified spiritual teachers and be involved with supportive spiritual groups.

### **Being Fully Yourself**

So if we combine the growth of our two selves and utilize both spiritual streams available to us today, we get the ultimate spiritual teaching of our time: Being Fully Your Self. Being Your Self means being unique in your individuality and simultaneously one with Source. And to be fully Your Self is to be this Self while engaging with the world through relationships, politics, environmentalism, spirituality, etc, and offering your gifts. Join this incredible cosmic event.