**UNTYING RELIGION FROM SPIRITUALITY**

The authentically spiritual individual has ended any habits of creating a false identity and knows that belief is an admission of ignorance. There is no shame in saying, "I don't know".

**Things that help us remain spiritually centred**

The spiritual process of renewal

The problem is that people sometimes do not connect their own spiritual beliefs with their everyday life. They may believe in a higher power, but they do not practice what they believe. This disconnect between belief and practice is a common problem in spiritual development.

**A THOUGHT FOR TODAY**

The social construction of identity means that we are what other people tell us we are. For example, if someone tells me I am a good person, then I will consider myself to be a good person. This is because our identity is based on how others perceive us. However, if we start to question this, we may find that our identity is more fluid than we thought.

The body, independent of colour, creed, gender, or nationality, is a divine human spirit. Today let me expand my understanding of spirituality and religion.