

‘SPIRITUALISM’ AS THE RELIGION OF FUTURE OR ‘SPIRITUAL REVOLUTION’ IN 21st CENTURY

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Abstract

The evolution of Cognitive Thinking changed the thought processes of the human brain those which we carry forward from our ancestors in the animal kingdom as thoughts of fear, fight, and flight which was necessary for the survival of a species, into evolved thought processes of religions, cultures, philosophies, and science. The Spiritual Thought Process which grew in this ecosystem of different thoughts helped in creating, controlling, reforming, correcting, and further changing of Humanity.

We can find many definitions of ‘Spirituality’ in different texts, but most of the time it is connected to the religions directly or indirectly. ‘Spirit’ or ‘Soul’ also defined and perceived in innumerable ways in religions, cultures, science, and philosophies, which makes complex to define Spirituality. Most of the time we follow a religion or belief (including atheism) to realize our Spirituality. With all practical purposes and to make it less complicated, we can consider all positive thoughts of enriching and propagating life in its different forms in religions, cultures, philosophies, and science as Spiritual Thoughts. Therefore, the spiritual thoughts always helped in solving and finding the solutions for different conflicting human thoughts of religions, cultures, nationalities, ethnicities, etc. including science by creating channels for communication between different ideas and their followers.

If we follow the human history of last few thousand years, it is evident that the human cognitive thinking is evolving to the dimensions where Scientific Thought Processes are getting prominence among all major thought processes of religion, cultures, and philosophies. The new scientific theories like Evolutionary Theories and Quantum Physics have a tremendous impact on the ecosystem of human thought processes with a noticeable shift in religious and philosophic descriptions of life and its existence in the light of concepts of matter and energy. We are in an era of mutual coexistence of religion and science helping each other at the level of society as well as at the level of individual human thinking. We can see a common evolved thought which is always positive and progressive to nurture life on earth in all types of ideas, this evolved thought can be considered as ‘Spiritual Thought’ or ‘Spirituality’ by various existing definitions available. After the Industrial revolution specifically in the last 50 years with the rapid development of science and technology we are having fewer wars, far less violent conflicts, and enhanced cooperative efforts to save the planet. Though humanity is facing challenges, simultaneously the collective human efforts are becoming more effective and helpful with the creation of a ‘Global Village’ with improved technological means for communications.

After ‘Industrial Revolution’ we are heading towards a ‘Spiritual Revolution’ where science, religions, and cultural philosophies are appearing to amalgamate with all their positivity, with tremendous corrective impact on their negativities. The future of humanity in the 21st century is going to be more Spiritual and less Religious where science and technology are going to play a more significant role in defining life beyond human existence.

Key Words – Spirituality, Spiritualism, Spiritual Health, Religions, Science, Humanity, Human values, Health.

Introduction

All human thoughts evolved from the original thoughts of survival of the mammalian world; those are fear, fight, flight, and sex. Like any other species of mammals, the species ‘*Homo sapiens*’ has these thoughts at the base of the

castles of all its evolved thoughts. Therefore, origin of life and end of life, universe, health, and humanity (the way the members of species *Homo sapiens* should live) are directly related to the survival of this highly evolved species, which swiftly reached at the apex of the animal kingdom in last 200,000 years of evolutionary history of life on earth. The fear factor in the brain of human beings has all the essential ingredients like any mammal living in the wild of course with evolved thoughts, and we had our evolved mechanisms to fight or to flight.

The biggest fear is 'Death' which as the end of life reflected in all religious, cultural, and philosophic texts in the form of ideas about the origin of life and afterlife, finally has their culmination into the various scientific hypothesis, philosophic explanations, cultural stories, mythological characters, religious rituals. Health as a concept grew out of the pursuits of human beings to defy death. Fighting all the fears gradually created a complex situation where the weapons (from stones to nuclear) to protect seems a potential threat, enterprising works with the use of science and technology make threats in the form of 'Climate Change' and global warming, and Artificial Intelligence is evolving with a threatening challenge to human intelligence. So, the fear of the end of species *Homo sapiens* is perceptively closer to collective human consciousness because all human-made threats are going to affect them most rather than any other species. Therefore, while in the 20th century the human efforts were more towards searching the tools in the 21st century it is going to be to learn using those tools for enrichment and betterment of survival of human beings and existence of life. Einstein elaborated it as "Religion and science go together. As I've said before, science without religion is lame and religion without science is blind. They are interdependent and have a common goal – the search for truth." [1].

A higher evolved thought process, the 'Spiritual Thought Process' or 'Spirituality' though linked to the religious thought processes and religions, has a difference with its quality as a controller and enhancer in the ecosystem of all human thoughts in the human brain. We have various definitions and ways to define spirituality, based on belief systems, religious and cultural philosophies with many complexities and ambiguities with a lot of mysticism surrounding it. But this spiritual thought process has three essential components, 'Spirit or Soul'; 'Human Self'; and 'Truth', so, with these components it has its presence in all thoughts of religion, philosophy, and science since all these thoughts are trying to define the existence of the human self and truth behind nature. Though Mahatma Gandhi did not mention 'Spirituality' but he understood this in his description of 'Human Values' as they transcend in various religions [2].

In the evolutionary process of transforming the thoughts of survival, i.e. fear, fight, flight, and sex into the human thoughts of cultures, religions, science, and various philosophies, the spiritual thought evolved as controlling measure to keep all thoughts connected and positive at the individual and collective grounds. So, spiritual thoughts are always positive from all possible ways of defining spirituality.

Human biochemistry has evolved to respond with release certain biochemicals which have good or bad effects on our physiology. Thoughts which enhance our happiness and wellbeing are considered positive thoughts. We can say that all thoughts which are suitable for our health, happiness, wellbeing, enlightening, and enhancement of life on earth are positive thoughts at the individual, community, national, and international levels. So, all positive thoughts at the individual level can be considered as the unit of the collective positive human thoughts which we call as humanity and human values. For example, personal individual thought of rights of an independent citizen made the base for the human rights which finally created ways for views of animal rights as well with all their national and international impacts on governments, societies, cultures, science, religions, belief systems, and organizations as a collective positive thought.

Aims of This Study

- 1) To understand Spirituality and Spiritualism and their role in the evolution of humanity and solving the complex 21st-century challenges of humanity and human values in the context of the profound scientific and technological advancement.

- 2) Evolution of Spirituality as a human thought process in last century and its relationships with religions and science means exploring a possible new paradigm in our understanding of spirituality and spiritualism as a problem-solving tool for collective human intelligence.

Design of Study

This study is a retrospective study of significant events in human understanding and evolution of Spirituality as a thought with its future course inference in the 21st century, based on our understanding of human thoughts on following four areas of human knowledge –

- 1) Origin of Life and end of Life – This is related to the critical human thought of the existence of life with all its religious, cultural, mystical, physical, metaphysical, and philosophical dimensions. Naturally, the universe and its composition, functioning (laws of nature), its origin and end, etc. made this issue important.
- 2) The Universe – Our understanding of the origin, composition, functioning through scientific research, theoretical, and mathematical models and their impact on various belief systems including religions.
- 3) The Technology – Modern technology in the last century has changed the way we communicate and react to various opportunities and threats at the individual, community, national, and global levels. Technology has made human life easy and complicated both; it has changed the nature and perceptions of collective human intelligence towards the solutions of existential problems in front of *Homo sapiens* as a species.
- 4) Changing World View – World view on religious, scientific, philosophic, and cultural knowledge is strongly governed by the collective human thought processes, they affect each other in the ecosystem of our thoughts and finally reflected in our behavior as a citizen, member of a community or a group, and ultimately a member of humanity.

We planned this study to evaluate spirituality as a thought and its developmental journey as a process in existential challenges in front of species *Homo sapiens* in the 21st century.

Methodology

Since we are talking about 21st-century spirituality so, we took the internet, the most important medium of knowledge and communication in all possible areas of human knowledge. We explore the internet for our keywords and pick the most authentic sources. Though in the above process we also find all kinds of information, we choose the scientific articles, research papers and other academic material available. The first step was to define Spirituality its ambiguities, complexities, and its relationship with religion and belief systems for understanding of a possible new paradigm in ‘Spiritualism’ in the 21st century. In our second step we analyzed the evolution of spirituality in the 20th century and finally its role in solving the complex problems of humanity and human values for the survival needs of *Homo sapiens* as a species in 21st century with all its (lethal) knowledge, (lethal) technology, and (lethal) thoughts of religious, sectarian, ethnic, cultural including science.

First Step – Inquiring and Defining Spirituality and Spiritualism: The first step of this study was to define spirituality; therefore, we explore the internet with the keywords ‘Definition of Spirituality’; ‘Spirituality’; ‘What is Spirituality?’ On our review of 10 search results with authentic sources. Our criterion for authenticity was a) popularity of source, b) standard academic sources like dictionaries and university publications, and c) definition by some prominent scientists, writers, etc. In fact, in this process, we stumble upon many definitions including religious definitions as well, but we pick the definitions which were preferably from dictionaries, accessible academic and research sources.

Similarly, we did for spiritualism, we took the keywords ‘Spiritualism’; ‘Definition of Spiritualism’ and ‘What is Spiritualism?’ and evaluate ten results based on previously mentioned criteria.

Second Step – Evolution of Spirituality as a Thought Process in the last century and its role in solving the complex existential problems in the 21st century for *Homo sapiens* as a species with all its evolved brain and knowledge.

We evaluate literature online and offline available to us on Religions, Science (including social and medical science), Philosophy, History, and Politics. Naturally, it was vast and overwhelming, but we restrict ourselves to authentic sources based on our three defined criteria (as mentioned earlier in the first step). Following three considerations were considered for inquiry

- 1) Evolution of Spirituality as a human thought process in last century and impact of scientific and technological development specifically theories of evolution, genetics, quantum physics, and IT on a religious understanding of spirituality in different major religions and impact of spirituality on science and its processes.
- 2) The journey of Spirituality as a thought process and possibilities, opportunities, and confrontations of Spiritualism at the individual, community, and global levels.
- 3) (Possible) Role of Spirituality in solving complex existential problems of the 21st century in front of humanity as a species.

Above mentioned steps are written here separately for clarity, but they went simultaneously in the process during our inquiry since they are incredibly interwoven in nature and implications. We tried our best to prevent bias of our belief systems and overwhelming by volume of information by restricting to our three criteria as mentioned earlier.

Defining Spirituality

Here we will not go in its historical details; we intend to restrict the inquiry of our understanding of spirituality which got influenced in the 20th century by increased dialogue between various cultures, eastern and western traditions, scientific and technological advancements in our understanding of life, matter, energy, and the universe. In an essay on Science and Spirituality, Fritjof Capra the famous author, scientist and educator elaborated the religion and spirituality as he wrote “Spirituality is a way of being grounded in a certain experience of reality that is independent of cultural and historical contexts. Religion is the organized attempt to understand the spiritual experience, to interpret it with words and concepts, and to use this interpretation as the source of moral guidelines for the religious community.” [9].

The three questions ‘Who am I?’ or ‘Who we are?’, ‘Where from I (we) came?’ and ‘Where I (we) will go?’ are shaping the various human thoughts by challenging the individual and collective human intelligence for last 70,000 years after the evolution of cognitive thinking [10]. Religious thought processes try to find this answer by creating theories centered around various gods and beliefs, gradually further development of questioning and reasoning leading to Scientific Thought Processes. Therefore, we created gods, heaven and hell, theories of religions and philosophies related to origin of life and end of life, scientific theories of origin of life and universe, reached to atoms and energy and space etc. finally dealing with science and byproducts of its processes which made the human life easy and complex simultaneously. Humanity has achieved many things, new horizons of knowledge, new definitions and new theories in the above process, but still the three basic questions stand as they are, they appeared more complex considering new inventions of last century. Still, the collective human consciousness, collective human intelligence, and collective human thought processes are working hard on finding the real ‘Truth.’

We have various definitions (most of the times they start it with word ‘Complex’ like complex to define, or complex thought, or complex in nature, etc.) and ways of defining spirituality, but we found some common terms (words) in ten definitions we choose from dictionaries, Wikipedia, famous scientists, and philosophers. Therefore, to understand we note those commonly used words used in defining spirituality and we found use of ‘Spirit’ 70% times, ‘Soul’ 40% times, ‘God’ 20% times, ‘Religion’ 20% times, ‘Inner (dimension, peace, self-etc.)’ 80% times, ‘Purpose (of life)’ 50% times, ‘(Search of) Truth’ 50% times. It makes the so-called complex definitions simple –

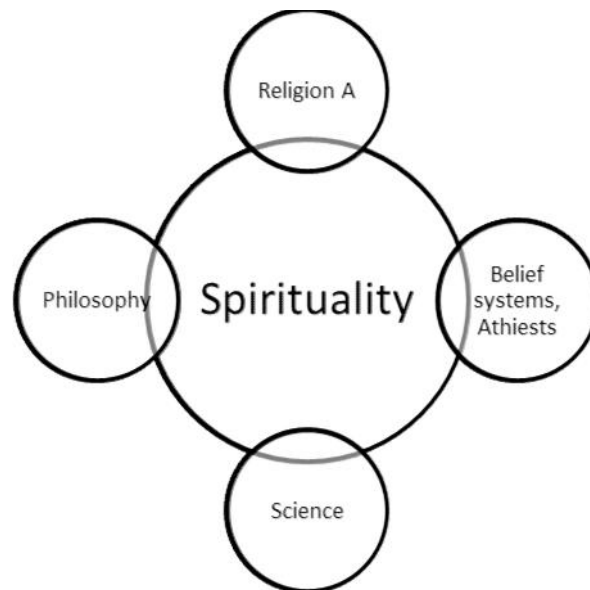
1 – Spirituality is an evolved human thought which tries to define something unknown, not visible, less understood, intangible, but strong perceptual thought of the human brain. We do not see such a wilderness in defining ‘religion’ since it has defined boundaries, systems, and subsystems.

2 – Spirituality has unique, strong individualistic thought process with broader implications on the collective human thought processes, which potentially affects the religious, cultural, scientific, and philosophic thought processes of humanity at the individual, community and global levels.

3 – Spirituality is a positive thought which is the product of spiritual thought process which is different from religious thought process; it has no boundaries, nothing to do with strict rules to follow, no obligation towards any idea or any concept hence no negative thoughts, we can take any route to realize it.

So, we can say every individual may have their definition of spirituality, but most of the time it is vague, complexed with their religion and belief, cultural, educational, and ethnic systems. It makes it ambiguous and unclear. Many times, it appeared intentional to use ‘Spirituality’ for all kind of vested religious, political, business, communal, and social interests [13]. Therefore, it seems reasonable to define spirituality as “An evolved thought process of human brain which have a very personal sense of understanding of spirit, soul, truth, beliefs (including science and religions) in context of our ‘Self’ focused on ‘inner dimensions (our ecosystem of various thoughts)’ and ‘outer dimensions (nature, environment, relationships etc.)’ with the thoughts of their interconnectedness for our overall development as a unit individual for larger benefits of humanity and human values to nurture life in all its forms and dimensions.”

The following diagram shows the relationship between different thought processes and spirituality [16] –



The above diagram we can see the spiritual thought process at the base of every thought process which remains as prevalent as thoughts or humanity and human values. All positive thoughts related to the enhancement, enlightenment, ProLife, and ProHealth are spiritual thoughts, always looking for the truth in all dimensions; it is similar among all thoughts. The more substantial component in every thought is created by its specific thoughts, like rituals and prayers in religions and observations and experimentations in science. This common component of positive thoughts creates communication channels between different and conflicting opinions; it also helps in controlling, correcting and modulating the negative thoughts which arise in the larger components of all thought processes.

The definition as mentioned earlier is the synthesis of our thoughts as well as all available definitions we analyzed, it has many shortcomings, and it has scope for further enhancement. We were able to draw the following three inferences through our analysis of defining spirituality -

1 - All the positive thoughts of humanity which we call as 'Human Values' are the result of 'Spiritual Thought Process' for all practical purposes we can call them 'Spiritual Thoughts' or significant component of Spiritual Thoughts.

2 – All human thought processes of religion, science, culture, philosophy, etc. have a common element of spirituality in the form of 'Human Values' at their base, with larger components of their methods, beliefs, rituals, processes, etc. This common component creates possibilities of communication between various thoughts and helps them in controlling negative thoughts of conflict.

3 – It is evolved thought over all other human thoughts, it helped in evolving the human values in the form of human rights, animal rights, equality, conservation of nature in the last century, etc. We can find increasingly more and common usage of 'Spirituality' and 'Spiritual Thoughts' in the form of various phrases in all walks of life. It is helping people in solving their inner conflicts to keep them happy and healthy and outer disputes of religious, political, environmental, cultural and communal nature. Finally, it is reflecting in our world view of the 21st century as a potentially effective collective human thought process in solving its complex problems of individual, social, national, and international conflicts.

Evolution of Spirituality as a New World View – 'Spiritualism'

As already stated, we do not want to go in the historical description of spiritualism. Our inquiry was focused on its potential to be an 'ism' since spirituality is such a diverse and unique thought that it does not have set rules or processes which are an essential prerequisite for the conversion of a thought into an 'ism.' Earlier views on spiritualism are based on the western esoteric views specifically religious Christianity definitions of spirituality, which have a significant shift towards a non-religious thought independent of belief systems in the latter half of last century. This significant shift in worldview regarding spirituality also change the ways of defining spiritualism.

We can see an evolutionary process in the development of spiritual thought processes with the new groundbreaking scientific inventions and theories especially related to the origin of life, evolution, genetics, and theories of physical world including matter, energy, and the universe (Cosmos). We can see this reflection of 20th-century understanding in the views of the great scientist and philosopher Albert Einstein; he said "I have faith in the universe, for it is rational. Law underlies each happening, and I have faith in my purpose here on earth. I have faith in my intuition, the language of my conscience, but I have no faith in speculation of Heaven and Hell. I am concerned with this time – here and now." [1].

In 5th and 6th decades of last century, we can find following reasons of the evolution of spirituality in the form of a revolution as an independent human thought process better and progressive than religious thought processes with a potential problem-solving tool.

- A) Traditional religions were unable to cater to the needs of newly evolved knowledge due to their fixity of ideas and thoughts.
- B) The human curiosity is looking for answers to certain questions which are beyond the realms of science and religions; in fact, they are making them more complicated for collective human intelligence to understand.
- C) Happiness, wellbeing, and peace where religions, medical systems, and science utterly failed.
- D) Natural evolutionary requirement of species *Homo sapiens* to survive.
- E) Current knowledge of science and technology are more comfortable with spiritual thought process rather than fixed religious thought processes.

The tremendous impact of science on individual and collective human thought processes of religions, philosophies, and cultures became more apparent with the enhanced and easy dialogue between the people living in different corners of the globe with various cultural and different religious views. The advent of information technology in the latter half of the last century practically turned the whole world into a global village. Simultaneously, the humanity started perceiving the impending threats of complex nature like weapons of mass destruction and race between the nations to acquire them, environmental and climate change, global warming, extremism, and a new face of terrorism using modern scientific instruments and technologies. Interestingly further development in technologies made the whole issue more complicated. So, a potential visible impending threat to the future of life on earth, where the species *Homo sapiens* is going to be the most affected and feeling the heat of extinction in the near future with effects on physical, mental, and social health in spite of groundbreaking advances in medical sciences, forced the collective human thoughts of humanity to look into the matter differently, and spiritual thought process appeared to fit into this need. 'Spiritual But Not Religious (SBNR)' as a movement in America and other countries in the 1960s through new ways of defining religious and spiritual experiences [17, 18].

Religions and religiosity are evolved form of the herd mentality of the mammals primarily for safety and survival issues. Spirituality and spiritual thought processes evolved among religions as a component of religious thought processes; this is the reason that we took spirituality and religiosity synonymously. With the development of science religiosity became increasingly conflicting with theories of science, while spirituality finds it more comfortable with scientific thought processes, in fact, it started working as a thought of communication and balancing between religious and scientific views [17].

We can see it as an evolutionary process in collective human thought processes for its survival in the challenges of the 21st century which are created by human beings themselves. Any species which get some extraordinary powers may get extinct sooner or later because that species has tremendous pressure on the resources leading to the conflicts, it is seen in the evolutionary journey of life on earth. It is visible to Collective Human Thought and perceptible with urgency to Collective Human Intelligence for an urgent application to collective Human Endeavour to act for its survival as a species. The human brain and its thought processes play a significant role in shaping its future, so Spirituality and Spiritual Thought Process is evolving as a controlling, correcting, and modulating thought process in the ecosystem at all human thoughts of religions, science, cultures, philosophies, etc. with overall effect on the individual and collective human thought processes [19].

According to widely accepted theories of evolution [19], a species must change itself for its survival according to the situation. In the context of species *Homo sapiens*, it is its thought processes which are the products of its evolved brain will need to get molded in the process of its complex problems and for its survival. We can see the Human Beings get entrapped into the net that was woven by themselves and getting increasingly entrapped with all their efforts to come out of it with all their scientific, religious, cultural, and philosophic knowledge.

Economics play a significant role in the shaping of human behavior. It is an indicator of the collective human thought processes and its direction. If we see the market for the last few decades in developing as well as developed countries, it is flooded with the concepts of marketing 'Spirituality' in their various phrases and taglines. This phenomenon includes the religious and scientific worlds as well. Though this tendency is being exploited with human greed and all kind of vested interests of political, religious, and extremist as well but it is a reliable indicator of the turning of worldview and evolving of a Spiritual Thought Process independently of Religious Thought Processes. To correct and heal the negativities and promote and enhance the positivity in the ecosystem of all thought processes of the human brain for the betterment of Humanity in particular and conducive for life in general Spiritual Thought Process works as a controlling, correcting, modulating, and healing mechanism.

Human Genes, where we are like any other animal in nature have all codes for their survival in changing circumstances. In his book, 'The Gene' Siddharth Mukherjee mentioned the role of genes beautifully as "As animals struggled to survive, the best-adapted variants – the fittest mutations – were serially selected. Their children inherited

these mutations and thus generated new species, thereby drawing evolution. Natural selection was not operating on organisms but on their units of heredity.” [20]. The human genes as a carrier of all possible qualities of species *Homo sapiens* for its survival in changed circumstances of every millennium must have more emphasis in improving its thought processes since it is forming the real capabilities of the survival. As mentioned by legendary Richard Dawkins in his best seller book ‘The Selfish Genes’ as, “Intelligent life on a planet comes of age when it first works out the reason for its own existence.” [21]. The basic requirement for a species is existential in its environment which is equally valid for human beings as well. Therefore, we can see a gradual and distinct evolutionary pattern in our thought processes at the level of collective humanity in the last century.

Spirituality and Spiritual Thought Process is connected to the human inquiry about the ‘Truth,’ or we can say the ‘Knowledge’ in all its forms and its use for the benefits of humanity and progress of life on earth in all its forms and dimensions. Following a religion, worshiping, experimenting, observing, believing, and testing all are various ways and means of human intelligence to reach the base of concluding reasons behind the natural happenings including the productive thoughts of the human mind. Survival of species *Homo sapiens* depends on the future shapes and directions of the collective thought processes of this species. If it has to survive, it has to evolve the positive thought processes and suppress the negative thought processes. Therefore, Spirituality will evolve further in the form of ‘Spiritualism’ of the 21st century.

With all above reasons we can assume that Spirituality and Spiritual Thought Process is evolving as a potential thought process for 21st-century humanity and human values through a mechanism in correcting negative thoughts in all areas of human knowledge including religions and science. Simultaneously it enhances all positive ideas which are helpful and conducive in solving conflicts, enhancing and promoting of life and wellbeing, and encouraging humanity to promote peace and happiness of all living beings.

Future of Spirituality as Spiritualism

Future of religions and religious thought processes is in question. Because the belief system is the fundamental component of the religious thought processes, and science is continuously challenging those fixed religious beliefs through its theories, experiments, and observations. It is practically visible in the forms of technology and gadgets solving daily needs, so, gradually people are willing to believe in science rather than religious beliefs. But science and technology are creating new problems as their byproducts, like weapons of mass destruction, climate change, global warming, AI, etc. We can say both religions and science are solving few problems of humanity and creating more complex issues for humanity to the extent of challenging its survival; this seems the most significant possible reason for spirituality to thrive in the 21st century.

Spiritualism as in a strict sense of religion has two essential characteristics which are against the social norms of traditional religions, one it has a very personal experience for individuals and two it has no set rules, laws, and rituals. But other two characteristics which make it unique is that it makes the part of all thought processes not only religions but also of all other non-religious thoughts as well like science and atheism and secondly every human being wants to realize their spirituality. Therefore, in that way spirituality has percolated swiftly in last century among all areas of human knowledge and it accelerated in the latter half of 20th century, with gradually perceived as an independent thought process from the religious thought process. It is reflected in broader worldview in the first decade of the 21st century.

The scientific understanding and negativities of religious thought processes gradually attracted the collective human intelligence and conscience to explore the spirituality to its deeper layers. Therefore, we see spiritualism as a strong future opportunity because of the following three reasons –

- 1) Conflicts in fundamental religious and scientific theories leading to affecting the thought ecosystem of individual and collective humanity, where scientific theories are providing supporting facts by their experiments, observations, and technology. Religions are appearing more dependent on science, which is a

new phenomenon of humanity in the history of its development and it is gradually reflecting in an increasing pattern.

- 2) The spiritual thought process is being perceived as an independent thought process. It is helping people in good health, happiness, and wellbeing at the individual level and potentially helpful in solving complex issues of the 21st century at community and global level by enhancing and promoting all positive thoughts of humanity and human values in all possible areas of human activities.
- 3) Every individual human being wants to realize Spirituality; this is the reason they follow a religion, belief, guru, etc. Spirituality gives them that space to explore their inner self, its connection with nature, universe and cosmos to realize truth beyond the physicality of their biology. This means to be comfortable and at ease with all positive thoughts within their various ideas and fellow people of different ideas which finally affect their physical, mental, and social health and wellbeing. Interestingly for this, they need not leave their belief systems; they can do science, philosophy and religious rituals with ease without any conflict.

So, we can see the possibilities of getting answers or at least having a path at our discretion to reach the solutions of the inevitable complex question of the 21st century where our evolved brain gets confused with all its intellectual faculties of science and technologies. The above mentioned three unique characteristics create the possibilities to make 'Spiritualism' a new normal or religion in the 21st century.

Dimensions of Spirituality

We can understand 'Spirituality' as a thought with its Physical, Mental, Social, psychological, emotional, philosophical, religious, cultural, and scientific dimensions at the individual level. At the collective level of humanity, it broadly reflects religious, cultural, and scientific dimensions. In the last century, the scientific dimension of collective spiritual thought processes show significant development, and it pushed two other dimensions religious and cultural profoundly which were playing a leading role in defining spirituality earlier.

So, the collective spiritual thought process is gradually transformed itself from an era where there was a god for practically every natural happenings and disease to an era of scientific explanations, where the role of gods kept on decreasing. The new worldview is being shaped around a more scientific approach towards spirituality rather than religious approach. People are finding it comfortable in defining breakthrough scientific and technological inventions and theories with their spiritual thought process because religious thought processes have conflicting and fixed thoughts.

Not only science but it is happening with various religious and cultural thought processes as well where spiritual thought process feels itself comfortable in dealing with the conflicting ideas. In last two decades of the 21st century, we can see this evolving trend where the collective human spiritual thought process is appearing as a human thought for solving conflicting and negative national, international, religious, cultural, social, scientific thoughts.

Economics and Business

Spiritual ideas are progressively evolved in the form of reformist ideas at the individual, community, and global level. Market forces are looking at it as an opportunity since scientific studies around the world are indicating the positive effect of spirituality on health, wellness, peace, and happiness. If we see the recent trends, most of the self-help ideas and personal development programs have spirituality in their center. It is the indication of the growing mass appeal and acceptability [22].

Therefore, if the market is an indicator and we believe it is, then exponential growth in the market of spiritual needs in last few decades is a clear indication towards the bright future of Spirituality and possibility of Spiritualism in the 21st century. Since people are looking at it as a potential solution for their complex 21st-century problems at the individual level. Spirituality has all its potential to influence the collective thought processes of humanity to solve critical national, international, and global issues. This positive approach which is inherent with the Spiritual Thought

Process is moving fast from the basic unit of collective human thought processes of individuals to communities, countries, and world as a collective human thought the process of humanity and human values.

Conclusion

The knowledge acquired by science and technology helps us in defining various natural processes, life, and evolution of species on earth in the broader context of matter and energy in universe, it affected our religious, cultural, and philosophical theories and created a gradual shift in our worldview. Simultaneously new kind of complex problems created by human beings themselves appeared catastrophic in the near future. The surfacing of the negative thoughts of greed, fundamentalism, jingoism, extremism, terrorism in newer evolved forms in their potential disastrous ways using science and technology as a tool for their intentions made humanity to think, respond, and act with urgency to save humanity and save life on earth. In the first half of last century, we saw great upheaval and unrest at the level of individual and collective human thoughts, it further enhanced in the evolution of Spiritual Thought Process (which has been always there but being understood within the premises of religions) as a distinct and independent thought process.

We can say what was happening at a slower pace get boosted with the quick explosion of scientific and technological knowledge in the 20th century which put almost all prescribed religious, cultural, social, philosophic, and scientific norms in altogether different perspectives making it a survival challenge for the species *Homo sapiens*. Suddenly Spirituality appeared to be a key to help humanity in this confused and potentially hazardous situation; we can see it in every walks of our life. Humanity at individual and collective levels looks a new reasonable worldview which can help them in finding solutions where science and religions failed. The result is in front of us; we are in a new era of spiritual movement, where everything religions, science, philosophies could thrive with life in all its dimensions and forms with humanity and human values.

Survival of species *Homo sapiens* as a species and evolution of human beings as a most conscious and intelligent animal species on earth are interdependent. In the 21st century, the survival of humanity will depend on how the collective human thought processes evolved since it is the human thoughts which are steering the collective human efforts, it is an evolutionary need for the survival of our species. Spirituality and Spiritual Thought Process are emerging as a potentially useful thought process in its new forms and dimensions, where it is influencing all other thought processes of religions, cultures, philosophy, and science for the betterment, enlightenment, and development of life on earth. So, we can see a new and evolved kind of 'Spiritualism' of the 21st century, where all faculties of human knowledge can work together in a positive symphony towards health, happiness, and peace for humanity and thriving of life.

Brief Biography of Author

Dr. Mahesh Prasad Bhatt is a surgeon, practicing medicine for last 23 years in India. His experience in Public Health, Healthcare and Hospital Management attracted his attention to the fourth dimension of health 'Spiritual Health.' He believed in the importance of Spiritual Thought Process in determining physical, mental, and social health; for which it is necessary to define 'Spirituality' and 'Spiritual Thought Process' to clear the complexities and ambiguities around them. For last eight years he has focused his work on Spiritual Health, he has published many articles including research paper and a book on this subject.

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