

## **Spirituality as the new 'science'**

### **A psychospiritual philosophical discussion of the role of spirituality in human well-being**

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#### **Introduction**

The concept of using 'science' for well-being is a curious notion, especially in the realms of the soft sciences such as psychology. It conjures the idea that the science of human thought and consciousness can be 'used' in some manner, presumably for human good. Yet 'science' is so rigid, structured, and divisory that it precludes all hope to understand the human brain from any perspective other than as to describe what scientists want to journal.

'Human' is a fantastic creature, far more complicated and complex than we have yet been able to fully understand. However we continue to attempt to describe humanity through the funnelled lens of dogmatic science ensconced in a prescriptive paradigm that enforces that if it cannot be replicated in practice then it cannot exist in theory. Science wants 'proof', and the assumption is that life force will accede to these demands.

So what then, when science fails to articulate humanness through science-speak?

With the proliferation of human unwellness, one could argue (if one wants 'proof') that current practices of attentioning these issues are failing, not only in managing current problems but in mitigating the rise of more concerns.

However there is success to be had in bringing about human wellness, just not via scientific doctrine. Spiritualists for millennia have practiced modalities that have focused on human well-being with great success. It is postulated that the time is right to reconsider the role of science and whether spirituality for human well-being is more appropriate.

#### **Methods**

This is a psychospiritual philosophical consideration of new areas of science discussing summary concepts of quantum psychology, quantum physics, epigenetics, and neuroscience and how spirituality precedes these sciences.

With a thirty-year career as an in-field behavioural scientist working for government applying scientific methodology to real-world issues, and being a multi-modality spiritual practitioner for longer, the method for collection of data to inform this discussion is human experience. It is celebrated that the discussion is subjective.

#### **Review findings**

The human exists and functions independent of external manipulation. It is the individual who ensures their heart beats, their neurotransmitters fire, their muscles contract, their blood pumps. It is the brain of the

individual that enables this and the cells in their body that create their body. It is the individuals' mind that makes decisions that sustains, nourishes, and lives the human experience through deliberated choices.

Social programming has overridden these inherent wonderful capabilities to make the human believe their well-being was dependent on something or someone outside of themselves. A strategic tactic for control is the manipulation of information to make it seem that the individual is incapable of their own welfare and is better placed following the instruction of an 'expert' or 'leader'.

However, the truth is the individual human is solely responsible for their life experiences, choices and ultimately their well-being. Over time, external stimulus has stripped the humans' belief in themselves, making them susceptible to control and manipulation by external forces resulting in unwellness and the inability to regain wellness without dependency. While most acknowledge the human as the trinity of body, mind, spirit that makes them whole, the rhetoric and design of our social paradigm has siloed these three aspects of humanity. None so more is this evident than when the human is unwell and wellness modality looks only at the body or mind. Spirit is rarely even considered, and it is unheard of to treat the unwell human holistically looking at the body, mind, spirit trinity.

Is this why human unwellness prevails?

### Human being

Current horror stories about a world overtaken by Artificial Intelligence (AI) and technology fail to recognise that there is a human behind the algorithms, codes and designs of AI and technology as well as the decisions to enable such technologies. That is, these would not exist if it were not that humans exist. Fear-based narrative around technological overlords hones in on the functionality of the brain and assumes the human brain capabilities can, not only be replicated but also, override the human being. The argument dismisses the notion of spirituality all together as irrelevant or non-existent, disabling the human as a whole being.

Each human is sentient, creative and a completely unique expression of humanness. Human has five senses to interact with the reality we design as supreme creators. It is these aspects that make 'human' and which have been adulterated by social programming causing unwellness. Where empowerment of these aspects can be restored in the human, wellness exists.

Spiritualists believe the soul incarnates on earth as human form that exists within the human's paradigm of 'reality' using body mind spirit as the existential experience of this earth paradigm for the purpose of soul expansion. As a soul having a human experience it is gifted with a body as a sentient being to experience stimuli through the senses. 'Spirit' often refers to heart resonance- emotional capacity to connect directly to the soul as love is the conduit between human form and soul. So what then of 'mind'?

The brain becomes the centre stage for the soul experience as the processing unit of the body mind spirit connection. With only a fraction of the brain understood, we can entertain the notion that the parts of the brain we do not yet fully understand potentially connect us to soul /spirit.

The senses make the human sentient and provides for experience and the brain processing this datum ensures keeping the human alive however keeping the human alive was not the souls' intention for human incarnation. 'Experience' is souls' intent. Experience is neither 'good' nor 'bad' just experience, however, over the last few centuries, with an understanding of how psychology can be used to influence the mind, humans have enabled fear-based programming for social control and manipulation unbalancing the 'good' experiences, disempowering the individual human, and causing unwellness in body and mind and diminishing the spirit altogether as irrelevant.

### Programming the mind

At its basic reptilian foundation, the brain processes stimuli for human survival. This is instinctual and not regulated by conscious thought or choice. The brain enables the detection of the senses and translates stimulus to instructions for the body for reaction, for example, instinctively removing your hand from hot water before even realising the temperature so as to not be scalded.

However, we have established that human is capable of more than merely processing the senses to stay alive. Psychologically, we agree the human mind is also used for the processing of thoughts, choices, and emotions. These abstract and subjective concepts are where the individual unique human accesses their spirit (heart) desires and is the realm of the consciousness and subconsciousness.

Thoughts and choices may well be influenced by rationale and logic, however the human 'feels' the experience through the spirit/heart. These are emotions which include the dualistic representations of happy/sad, fear/love, agony/ecstasy, etcetera all being valid experiences for the human and of significant interest for soul. Spiritualists understand the soul is vibrational frequency energy connected to source oneness as the human collective – a fact that quantum physics is now beginning to be able to explain in scientific terms. The significance is the 'vibrational frequency' and how this affects the human experience.

Human emotion is vibrational frequency. The body, gifted with senses, creates a vibrational frequency to the thoughts, choices and emotions generated by the translation of stimuli. Each experience therefore generates a vibrational frequency that is stored or remembered in the brain as attached and relevant to that experience. The body reflects the congruence (alignment) of the mind body connection so that vibrations reflecting wellness are seen in a healthy happy individual whereas vibrational frequencies of misalignment manifest as unwellness. Spiritualists understand that humans are more likely to respond to rectify a physical ailment (eg headache) then they are to respond to attention an emotional misalignment (eg broken heart, trauma). The mind is the processing unit that detects the perceived environment and processes choices for the next steps.

This concept is understood as 'triggers' in trauma however triggers are a natural part of human experience and reflect the vibrational frequency attached to the memory of the experience. For those with an understanding of operant and classical conditioning, human behaviour is very easily modified based on this basic reward/punishment principle, making the human easy to control and manipulate without them even realising they are being puppeted. A modern-day example of manipulating human behaviour is the smart phone (and similar technology) 'notification'. The modified human automatically reacts to the 'ding' that comes from the technological device causing the human to immediately attention the notification and follow the instruction without thought as to why or whether there are negative consequences to the action. Attach to the notification the narrative and emotional charge of FOMO (Fear of Missing Out) and a very powerful social programming has now been deployed on the masses. The reaction to the 'ding' becomes automatic therefore bypassing critical thinking and creating mindless followers.

Social programming overrides innate inner-self gnosis to instead create a dependency on external information as the source of 'truth'. Social programming is especially reliant on the use of words as words in messages collect an 'emotional charge' so that when those words are heard again it elicits an emotional reaction based on the programmed belief system. For example, the word 'money' elicits different emotions in different people based on their belief system and their belief system is based on their social programming. Collectively, as a society, quantitative aspects such as money is bound to self-worth. A person often sees their worth as a human by how much money they make or the possessions they acquire with their money. Therefore, when that money making is gone or threatened, so is their self-worth and social paradigms have been created to shun, discredit, and consider irrelevant the individual who is not generating and making money. Decisions in society

are made by the wealthiest. Psychological and emotional relationship to the concept of money then becomes established via social paradigm and any variance from the social norm further creates cognitive dissonance for the individual. With so much power to be seen in words, we can understand why communication and messaging are tightly controlled and regulated, and we can ponder the wellness benefits of spiritual practices such as silence, introspection, and solitude.

Spiritual practices likewise seek to utilise the mind's capability however, unlike reptilian needs or social programming, spiritualists seek to connect heart/spirit/emotions to the mind. Spiritual practices are based on honouring the self, self-reflection, introspection, self-care, self-empowerment, cultivating discernment, divination of sacred space and linear time availability for all things 'self'. Spirituality is not the ingestion of an agent, the adherence to dogma, the following of an 'expert', nor even the mechanisms of the ritual and ceremony attached to the practice. Spirituality is the process of enabling mindfulness in connection (rather than separation) of the essence of life itself via love. Spiritualists understand, where love exists, the polar opposite, fear cannot. Consider then the relevance of fear-based narrative, what that creates, and why fear is propagated so intensely by society's 'leaders'.

### The role of the brain in spirituality

Spiritualists believe that human consciousness is shifting from a 3D 'reality' to a 5D existence. While the shift is based on the raising of vibrational frequency, it is the mind that enables this shift where the brain is the processing unit for the 3D human sentient incarnation.

The body mind spirit wholly trinity is provided to the soul on earth to undertake human experience in linear time. The purpose is for soul expansion – an opportunity to experience a human life for the soul to ascend to higher dimensions. Currently humans are shifting from 3D to 5D crystalline harmonic frequency (although the soul's intent is to access higher dimensions as explained through the process of spiral dynamics). 4D is considered a 'bridge' between dimensions and is less often considered or discussed however it is postulated that the 4D 'bridge' is where science and spirituality connect. Neuroscience is the key scientific modality to explain the 4D bridge because it relates to the human mind, how the mind manages the body, how it processes the spirit/emotion experience and ultimately creates human reality. Even quantum physics, which aims to explain the universe, still has to refer to the human mind as the source of defining the universe.

The 3D brain has its role as processing unit to make sense of the sentient being, however moving to 5D requires more than that – soul expansion requires creation of new, not rehashing of old. As we move to 5D, other areas of our brain continue to awaken to heightened psychic ability, telepathy, new thought, channelling, clair-cognisance, and creation. Spiritualists understand the human is the ultimate technology where arguments regarding AI are redundant as humans create the algorithms, machine learning, technology, and 'intelligence' behind the AI. What can never be replicated are love and creativity which define the human. Nefarious command seeks to undermine and suppress love and creativity through fear-based dogma and dependency paradigms as the most effective stronghold strategy – that is, mind control. The rhetoric of controlling paradigms is that 'leaders' are needed for human survival with fear used as the motivator for suppression of human evolution holding humanity in 3D existence. Spiritualists see through the false narrative of the need for 'leaders' for wellbeing and understand they need only themselves for their welfare.

Introspection and intuition have long been the mainstay of the spiritualist, and this is actively through accessing the pineal gland (third eye) in meditative and spiritual practices. The role of the pineal gland will become prominent as we move away from reptilian control.



### Collective consciousness and the role of the individual

The human mind processes stimulus and uses that information to make choices including what reality they wish to create. The many years of programming have instilled the (false) notion that external agents dictate an individual's reality. This fear-based lie makes the human easier to control and thus be used by another for that person's gain to the detriment of the fear-based human. Spirituality invokes love and where there is love, there is no fear. Where human understands they are the creator of their own reality they become free of the shackles of fear-based control.

Fear-based narrative includes Us vs Them and the creation of 'silos' of information to prevent the truth and awareness from being shared by the masses. Us vs Them is a divide and conquer war tactic that destabilises cooperation and collaboration where energy is expended in defeating an 'opponent' rather than on collaborative gain. Likewise, the creation and perpetuation of silos is a tactic to reduce efficacy of shared resources where each silo expends energy in managing their own resources rather than the creation of efficiencies that come from shared resources.

As the brain is a processing unit for what the body senses and feels it therefore becomes a critical focal point for human consciousness ascension. If the brain stays programmed as is, humanity is doomed to the control of nefarious leaders stuck in a 3D paradigm. Setting the mind free to think for itself assists, not only the individual but also, the collective.

As each one individual awakens in the human collective, a 'critical mass' begins to form regarding the raising of the collective human consciousness. The Hundredth Monkey Effect is well accepted among spiritualists as describing a phenomenon of new behaviour spread throughout groups by seemingly unexplained means. For spiritualists this phenomenon describes the global humanity awakening from the old paradigm and the shift (or 'ascension') to the new 5D paradigm. Very basically, the shift relates to raising human energetic frequency out of fear-based thinking to love-based feeling.

### Science and spirituality

Often science and spirituality are seen as separate entities when, in fact, they are one in the same. Science has quantum physics to explain the universe, epigenetics to explain DNA, and neuroscience to explain the brain with science trying to explain in scientific terms, human existence in a vast universe. Spirituality, however, uses sacred (unscientific) gnosis as an application to being human.

Specifically, problems arose when science insisted on describing the human being through scientific language, research, and experimentation. For where this worked well enough for the 'hard' sciences (chemistry, physics, astronomy) the same principles have only caused consternation in the 'soft' sciences (psychology, sociology, anthropology).

Spiritualists focus attention on the spirit/heart aspect of humanity and its impact on thought and belief systems whereas science focuses attention on the more tangible 'body' aspects such as physiology. Where there is a detrimental disconnect in human experience (eg unable to reconcile the grief of losing a loved one) the body may provide more physical/tangible signs that the mind needs to attention (eg heart problems may occur indicating a 'broken heart'). For the spiritually aware, they understand that physical ailments provide the opportunity to realign thinking to healthier beliefs and focus healing modalities on the emotion rather than the body. Spiritually unaware may continue to apply external 'band aid' solutions ('pop a pill' mentality) that fail to address the problem, masking the signs and symptoms of misaligned and fragmented belief systems that then perpetuate the cause of the unwellness.

Psychology, as a soft science, is relatively new in human history as a way to understand human thought and behaviour. Psychology was borne within the era of human evolution that was fascinated by hard science

conceptualisation based on quantitative measurement and experimental repetition as validity of a theory. Before fully understanding the human mind and all its fantastic capabilities, the paradigm in which psychology was born also chose to use its learnings for mass manipulation, control, and behaviour modification. Well beyond PSYOPS and propaganda, psychological manipulation has been an acceptable form of economic strategy in the form of marketing, and governments globally have (unrestrained by any ethical binds) used tactics described in behavioural economics (predominantly 'nudge' theory) to manoeuvre entire societies into complicit obedience unbeknownst to the individuals professing they live 'free' and unaware their choices were corralled by clever psychology. Rather than an aid for human well-being, psychology has been weaponised as the unseen instrument of mass control.

Human is unique, therefore any quantitative scientific definition of human thought and behaviour is automatically limited by the very paradigm used to describe it. Human is also one individual in the human collective consciousness and does not exist devoid of this relationship thereby also connecting human consciousness to universal consciousness. Herein poses the opportunity for a new way to understand the human mind for human good- quantum psychology.

The word 'quantum' has been popularised by physics aiming to quantify energy (such as subatomic particles) and originating in quantum mechanics as a calculation of properties and behaviours of physical systems. Quantum psychology is another branch of this concept of quantum ontology looking at the quantum field that underlies and creates the entire universe. Where humanistic psychology understands that humans are unique beings with individual life paths and individual impact to the collective, quantum psychology extends this spiritual paradigm to encapsulate the individual's impact in and on the universe. While humanistic psychology acknowledges the individual is a reflection of their psyche, quantum psychology extends upon Carl Jung's concepts of the collective unconscious and, thereby, synchronicity. Spiritualists acknowledge that the individual is a unique human expression, a soul incarnated into human form, as part of the human collective. The shift from 3D to 5D, therefore, is a shift from the collective unconscious to collective consciousness.

Science	Spirituality
Quantitative	Qualitative
Exploratory and descriptive, to understand	Application, to afford an experience
Artificially tested by observation	Personally tested by experience
Confined and limited in explanation based on rules	Creative and unbound based on individual
Established through 'logic'	Based in 'faith'
Must be replicable to 'prove' theory	Accepts uniqueness as irreplicable
Quantum physics – You create your reality by observing it.	Manifesting – You attract into your reality that which you vibrate.
Epigenetics – The subconscious mind influences genetics and therefore well-being. Acknowledges the 'placebo effect'.	Alignment – Connecting with body mind spirit to determine misalignment and bring back to alignment for well-being. Acknowledges self as the healer.
Neuroscience – The scientific study of the nervous system.	Connection – The practice of using the nervous system to connect with self, other life forms, and other dimensions.
Concerned with labels, definitions, and categories.	Focuses on feelings and experiences with little consideration to what these are 'called'.
Prescribes uniformity	Encourages personal discernment
Clinical	Personal
Uncover and disclose what is 'wrong'	All is 'perfect' as is

**Table 1: Summary of some distinctions between science and spirituality**

### Limitations of explaining human spirit through science

Spirituality is boundless and open to as unique an interpretation and application as the individual sees fit. Conversely, science is defined as 'the systematic study of the structure and behaviour of the physical and natural world through observation, experimentation, and the testing of theories against the evidence obtained'.<sup>1</sup> Therefore, if science cannot define it, it cannot exist in scientific terms.

However because science is unable to scientifically explain something does not mean it does not exist. Indeed, we accept phenomenon as being something observed to exist or happen despite questionable cause or explanation. Furthermore, philosophically, phenomenon has been extended out to include things as experienced through the senses and processed by the mind as distinct from observable phenomena. Thus, all aspects of spirituality could easily be considered a phenomenon and therefore exists. And spirituality is not confined to 3D language and code therefore it cannot, by definition, be explained by science because if it could then it would be science not spirituality.

Because science cannot explain something does not mean it does not exist but merely that science cannot explain such thing in scientific terms. So then why do we persist in expecting to understand unique human experiences through the lens of science? Worse yet, why do we persist in treating the human as a science experiment?

Even if scientists, including neuroscientists, wanted to doggedly persist that spirituality is a myth, or that spiritual beliefs are the domain of the insane, they would be forced to consider the spiritual argument due to some individuals believing and using it as their belief system for well-being. Most spiritualists have successes with improved well-being through spiritual belief and practices therefore creating a theory for scientific consideration. Even if then, science decided that it was merely thought processes (a placebo effect) that enabled well-being (not spirituality) then the point of spiritualism would be proven and the neuroscientist would have fodder to understand what is happening in the brain to bring about this well-being. Essentially, the point is, it becomes irrelevant whether 'spirituality' is the cause of well-being. The process undertaken by the individual has empowered well-being and 'success' has been attained. To then tell the individual that it is science not spirituality is moot at best, and destructive at worst.

To extend the point, an example again is the pineal gland. Spiritualists will refer to the pineal gland (or third eye) as focal point in meditation to connect with higher self / source/ Divine. Unlike religion, spiritualists are unperturbed with what you call what it is you are connecting to as the point of mindfulness is to bring about well-being. The point is not to define, label, prove, or give 'logic' to the experience however the purpose of science is indeed to define, label, prove or give logic to the experience and in doing so, where science fails to comprehend, then dismisses the results as invalid. Thus science dismisses as invalid, opportunities for human well-being whereas spirituality dismisses as invalid the necessity to rationalise *why* someone feels good or is well.

If it is that we do not yet know 100% of the brain and its capability, likewise it cannot be dismissed that the unknown portions retain capacity that spirituality tap into. As with all consciousness and subconsciousness discussions, dissecting and examining the brain fails to uncover where 'thoughts' are stored only describing the functionality of the processing system and even this information is limited by scientific exploration. Likewise, should the human brain be investigated while alive, the circumstances under which they are examined will be what is observed where clinical trials provide for unnatural and artificial environments. In these circumstances, variance in effect from natural environments cannot be ascertained, measured, or determined therefore it cannot be determined that a trial under lab conditions replicates what would occur in natural environments. As an example, neurodivergence in the form of psychopathy is predominantly examined

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<sup>1</sup> Online dictionary definitions from Oxford Languages



from the viewpoint of criminal or deviant behaviour where an individual has been examined because they came to the notice of authority. So what of the neurodivergent brain machinations of those psychopaths who go about undetected? How proven are assumptions that their neurophysiology is the same as psychopaths that are examined?

If scientific paradigms are limited in explaining what is, then how can it be relied upon to advise us, how to?

### The disconnect in using only science for human well-being

If it is that science cannot explain all body and mind aspects of human experience, and disregards spirit as part of holistic paradigm of well-being, then surely we accept that this forms part of the reasoning for why humanity suffers or fails to thrive.

While science is focussed on scientific explanations, labels, and definitions, the scientific process is of little to no consequence to experiencing being human. It must be called into question why a scientific approach is the socially acceptable manner to attention the human being while spiritual-based practices are dismissed.

Again, if we accept the scientific route to be the preferred path to understanding the human, with the acceptance that if science cannot explain it the results become invalid, what do we do with the query in relation to human experiences? If it cannot then be explained in scientific terms, does that mean that the experience does not exist? So what then of the human who has an experience that cannot be defined by science?

In scientific research, where statistical analysis is the preferred mechanism for capability to quantitatively validate results to prove theories, there are always statistical anomalies. In statistics, there is standard deviation (the measure of the amount of variation or dispersion of a set of values in a dataset relative to its mean where a low standard deviation indicates that the values tend to be close to the mean, average or expected value), and statistical significance (a numerical determination that a relationship between two or more variables is caused by something other than chance) which are used to help to validate or prove theories. In human behaviour research, these numbers represent a person or variable affecting a person. So what then of the human anomaly in scientific research?

More often than not, a total disconnect occurs between the science and the human when the human fails to fall within the numbers, more so when the human cannot be explained by scientific-speak. If the individual is lucky, they can escape labels such as 'deviant', 'neurodivergent', 'abnormal', 'disorder' or even 'insane' and be cast aside and ignored. However, when the individual or their experience is labelled as 'different' or not adhering to the norm, the human must either accept that they are an outlier and that science has declared them a social misfit, or accept that they do not belong to that belief system. This duality imposed by scientific labelling causes cognitive dissonance for the individual forced to either redesign their belief system to adhere to that which is socially acceptable or choose to potentially be socially ostracised and isolated. Much of psychotherapy and rehabilitative interventions are then designed to bring the individual back to the social norm, an example being the overuse of medications in individuals labelled as autistic, attention-deficit or any number of behavioural anomalies that science and society find to be 'deviant'.

Unlike science and religion, spirituality has no restrictive dogma dictating how the human 'should' be. Spirituality has no labels or definitions and instead advocates that each individual is perfect and unique and that any need for realignment for inner-peace and well-being is guided by the ethos 'do what works for you'.

Clinical interventions seek to impose rehabilitation to bring the human to as close to the social norm as to avoid the need for attention as being deviant. Spiritually, the focus is purely on growth, taking lessons from challenges and finding a new improved path to personal development often embracing and celebrating the deconstruction and reconstruction of identity, much like the revered mythical phoenix. The concept of

rehabilitation does not exist in spirituality and therefore contributes to the high success rate in bringing human to a state of well-being where trauma is used to transform the human into something even better.

### Deprogramming the human

Humans have been programmed into a fear-based paradigm for centuries, distorting their beliefs and innate inherent ability for self-sovereignty. This is particularly evident where the human seeks another to heal them rather than believe they can heal themselves.

As more people awaken into the next level of human consciousness, social programming tactics of the past will become more evident. This shift has the potential to cause a rise in trauma and cognitive dissonance as individuals come to terms with concepts of betrayal and breaches of trust and question their beliefs, self-identity and contemplate 'next steps'.

Likewise, as work towards unprogramming humans becomes evident, efforts from those that created the programming will be ramped up in an attempt to prevent awareness in humanity. This is where those deft in operant conditioning and behavioural economics will increase fear-based psychological tactics warning against change away from current fear-based thinking, ironically with more fear-based narrative.

There can be heavy consequence to the human if the human realises they have been duped and many may prefer ignorance rather than deal with the transformative change in perception. The cognitive dissonance attached to having lived your life with a certain belief only to then understand it was a lie can be significantly traumatic. Humans have been programmed to be uncomfortable with 'not knowing', therefore choosing to ignore intuitive 'feeling' that something is not right and overriding intuition with the established, and thus comfortable, program (aka 'better the devil you know'). Rather than trust that all will be well and life is a wondrous adventure to be enjoyed, programming insists on a fear-based risk averse existence. However, much like a butterfly, the caterpillar lives its life, enters chrysalis state, undertakes a messy and utterly destructive metamorphosis to emerge as a completely different creature. If a caterpillar can change to a butterfly, why are humans so afraid of transformation?

As humans shift in consciousness, there also needs to be a shift in mindset to welcome transformation, rather than fear it, to mitigate and reduce associated trauma we are so familiar with when it comes to changes in our life experiences. To change the mind requires the removal of fear-based programming, then the heart (human spirit), as inquisitive and experience seeking, can be heard and followed. The shackles of restrictive thought can be attentioned via compassionate and empathetic guidance to 'test' and 'try' something different to the programming. This is spiritual practice.

Spirit-based healing is currently underrepresented in psychotherapy therefore there is little to no discussion on how spiritual-based practices contribute to human well-being and therefore what aspects of spiritual practices can be applied where human unwellness exists.

### **Implications and recommendations**

Ironically, while science tends to devalue spirituality, spiritualists often discuss practices in terms of scientific language not because science is more 'correct' but because we, as 3D humans, are better able to communicate in 3D language. En masse, we cannot communicate in dimensional frequencies we do not yet exist in. For

this reason, science will never be able to reconcile fully to spirituality without at least being open to different, broader, paradigms of thought.

Change is incremental, so any hope of shifting a fear-based humanity to a love-based humanity for the purpose of human wellbeing will likewise need to be done in increments. Critically, there are three components to affording change: understand the factors and variables involved in the equation; understand the audience; and, understand the self as the influencer of change.

Neuroscience, perhaps, may assist to describe in scientific terms factors and variables that formulate the body mind spirit equation of the human.

In marketing, audience segmentation enables understanding those that will always buy the brand, never buy the brand, and those who are undecided. When we understand our cohort in this way, we are able to, not only appropriately tailor our messaging to resonate to each subgroup, but also where we are best placed to expend our energy so as to be most effective and efficient. This affords enabling change. Understanding the audience will be particularly important regarding 'unprogramming' unwellness.

What marketing fails at is integrity where selling the message is highly manipulated generally appealing to the fear-base mentality and grabbing at those that will always buy the brand. To change the mindset of the undecided or those that are uninterested requires a different tact.

Possibly a well-known spiritual saying is 'be the change you want to see in the world'. Successful spiritual leaders embody the practice they recommend, practice spirituality for their own benefit, invite like-minded individuals to practice with them, and are unperturbed by the number of 'followers'. This is in contradiction to science and religion where not all practice what they preach, what is 'preached' is for some other agenda, and success is indeed measured by the number of followers, 'likes', subscriptions or journal articles published. No efficacy measure establishes whether the practitioner has afforded a positive change to themselves or another human being in relation to an improved quality of life. To improve human well-being, to gain trust and respect that the practice is integrous, requires the preacher to be the example.

Ultimately, the soft sciences should enable a steppingstone for those who do not yet understand, but want to learn how to be able to shift to self-empowerment through understanding themselves as a wondrous and powerful creator of their own reality.

#### The new love-based human and how the soft sciences can help

Rather than siloing or dismissing knowledge, the soft sciences offer the hope that modalities that can assist with human well-being will be considered even if not strictly defined by traditional hard science principles. Spirituality is a love-based modality of which too few people understand the language.

The soft sciences can assist with deprogramming the human mind from the fear-based paradigm, to empowering the individual in a love-based energy of unlimited potential. Based on the concepts touched on in this discussion, sciences may be able to articulate the benefits of spirituality for human well-being in a language that is more palatable, widely understood, and therefore better able to be applied.

## Conclusion

In modern times, spirituality has been relegated as a hippy-based, delusional option for human well-being-mainly by scientists. However the number of people disillusioned by options in science, and thus turning to alternative options such as those practiced by spiritualists, would tend to argue that there is merit in spirituality as a viable option for human well-being.

The hard sciences have a place in humanity to provide information in relation to how chemicals react, how fish live under water, and what mathematical equation applies to the physics of motion, however is science best placed to provide information to how to live a happy life?

While scientists may continue to hold fast to dogma regulating what is and is not acceptable to be considered as evidenced knowledge, those desperate for well-being may look to more faith-based evidence to sooth their woes. And with millennia of information on faith-based spirituality, there is a higher probability the answers regarding human well-being will be found there.

For more information:

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