



Spirituality may be a component of religion, but may also be quite apart from it. To be spiritual means to be in touch with more than the physical – to be able to relate to those around you and connect with more than meets the eye.

“There are more things in heaven and earth than are dreamt of in your philosophy,” wrote Shakespeare in “Hamlet,” and so it is with the world of the physical versus spiritual. In order to achieve your highest being you must find ways to connect with more than the physical world.

One way to rise above the mundane is through meditation. Meditation is just the other side of the coin of prayer, but while prayer is associated with religion, meditation is more of a spiritual term that transcends religion. Taking just a few minutes at key moments of the day to introspect is all meditation is, although there are of course more formal forms of meditation associated with more pronounced ideologies, such as for, example, transcendental meditation.

But whatever you call it – taking some time out each day to breathe and introspect, makes a world of difference. To learn more about meditation and spirituality, join us in the search for complete fulfillment at KeyWellness.