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## “SPIRITUAL BUT NOT RELIGIOUS” - SBNR

*This paper draws on a presentation delivered to the Hobart Spiritualist & Psychic Research Centre, Lenah Valley, Tasmania on 30<sup>th</sup> May 2021.*

*~Philip Crouch, Hobart, Tasmania*

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### (1) Introduction

*“Spirituality comes from within; spirituality comes from “my strength, hope and experience.” Religion is “left brain” - it is rooted in words, sacred texts, and culture.”*

*~George Vaillant MD, P: 260, Ageing Well 2002*

If you can accept the premise that as spiritual beings we are on a continuous evolving transitional journey *in* life and if accepting reincarnation, other ones too. Universally, The <sup>1</sup> **LAWS that Govern** suggest our earthly experiences at any one time are always relatively short compared to the infinite *spirit* journey.

Silver Birch, Spiritual Light Teachings, Emanuel Swedenborg and other spiritual luminaries throughout history suggest we are all part of a divine spark of *God*, (*however we may conceive this to mean*).

<sup>1</sup> Spiritual Light teachings, The Universal Spiritual Brother&Sisterhood [www.theusb.org](http://www.theusb.org)

As the 19<sup>th</sup> century French scientist, theologian, philosopher, Jesuit priest and author Pierre Teilhard de Chardin so eloquently stated:

*“We are not human beings having a spiritual experience, we are in fact, a spiritual being having a human experience.”*

Conversely, if your 'spirit' journey so far has only consciously involved set religious practices... following set creeds, cultural, ritual or dogmatic texts these may have incurred creative development barriers to your *spirit's* meaningful wisdom-knowledge and experiences necessary in preparation for the return journey... *home again to the spirit realms*

## **(2) The Five Stages of the Soul**

Harry R Moody and David Carroll's book describes a very practical, yet deeply spiritual process for '*charting the spiritual passages that shape our lives.*'

The five stages consist of:

### **1: Call 2: Search 3: Struggle 4: Breakthrough 5: Return**

<b>Call:</b>	Shifts are centre of being aware from the external world and towards the inner life of the soul.
<b>Search:</b>	Encourages a sense of disengagement from the ordinary problems of daily living.
<b>Struggle:</b>	Increases our commitment to virtuous behaviour -kindness, generosity, unselfishness, love.
<b>Breakthrough:</b>	Raises our normal state of consciousness to a higher “transpersonal” level that awakens new and extraordinary faculties within us.
<b>Return:</b>	Creates a desire to give back to the world what we have gained spiritually and to devote in ourselves in service to others.

<https://www.hrmoody.com/> *The Five Stages of the Soul:*  
<https://www.bookdepository.com/The-Five-Stages-Of-The-Soul/9780712670913>

### (3) Having a Spiritual Purpose in Life

*“Sharing of purpose spiritual strength and creative journeying - or transformation experiences add to ‘meaning and purpose...’”*  
~ Viktor Frankl, [www.azquotes.com/](http://www.azquotes.com/)

Viktor Frankl was an imminent survivor of a WW2 Nazi death camp in the early 1940s. Frankl suggests that having a meaningful purpose in life *regardless* of your circumstances can provide individual and a shared collective *spiritual strength*. Today in 2021 global exposure to finding a meaningful spiritual purpose(s) may easily be acquired through *transformative awakenings, mindfulness practices, development of intuitive abilities, life experiences* and much more. These experiences can significantly contribute to our individual *‘spirit-soul’* expression and overall journey while here on earth.

Those of us now journeying in the *‘third stage’* of our lives, (those aged 60 or more) can also find *meaningful purpose* through recognising and exploring the many facets of positive aging. Spiritually, it is during this period of our lives that life experiences remind us that our return journey home to the *spirit realms maybe closer than we might wish... or even imagine*.

In our overall *‘spirit-soul’* journey on earth it is a fallacy to think, or even believe that exploration of spirituality *in search of truth* can only be experienced in complete solitude? For instance, a belief that meditating solitary in a cave for many years, sitting alone on a mountain top, attending numerous workshop programs, or reading countless books will necessarily achieve “enlightenment”. Additionally, some people might even believe that following a particular teacher, guru, or reiterating daily affirmations lead to discovering who you really are in the search for knowing your *true self*. This is not necessarily so!

Transformative pathway experiences or revelatory spiritual insights may occur *spontaneously* through a shift of consciousness, dedicated service to others, a near-death or out of body experience, perhaps even a precognitive dream or similar occurrence may reveal a conscious understanding to awakening the spirit within.

Deliberately choosing a *meaningful spiritual* purpose in life always remains a constant ever-evolving journey here, and further, upon our return home to the spirit realms, where our ‘*soul-spirit*’ seeks *other* forms of expression.

Additional transformative experiences may be initiated through an awakening, of a shamanic journey, an interconnectedness with spirit guides, helpers, teachers, or your *higher* self. Another form of transformative experience may occur through connection with non-human intelligence regardless of the contact modality. This may also initiate an awakening as has occurred for thousands of people on this planet (from the past to present day).

On a personal level, a precognitive dream in 1973 fully manifesting in the following year was both a transformative experience and an epiphany. This experience was to change forever my life’s direction and initiate a continuous search for truth. As a survivalist, that being someone who accepts (not just believes) an afterlife exists provides a deep meaningful purpose especially when consciously discovering new truths. In my opinion, this where a fundamental difference lies between a spiritual and religious pathway. Religion depends on believing in a set of rules, beliefs, and practices *as told*.

#### **(4) Determining a Religious or Spiritual Pathway**

*“For the journey of spiritual growth requires courage and initiative and independence of thought and action. Whilst the words of prophets and the assistance of grace are available, the journey must be travelled alone.”*

*-Dr Scott Peck MD Psychiatrist, The Road Less Travelled (1983)-P: 332*

Determining a spiritual or religious pathway that is right for you can be a life-long consciousness challenge, and whilst we may experience loneliness along the way, we are *never* really alone! In his classic publication “***The Road Less Travelled***” psychiatrist and psychotherapist Dr Scott Peck suggests having an *active spiritual life* significantly contributes to our mental, emotional, health and social health wellbeing throughout our lives.

Like many other conscious *seekers of truth* travellers, my early childhood-teenage years [1950s-1960s] were based on orthodox Christian religious teachings.

At age fifteen I joined the UK Merchant Navy, it was then that I seriously began to question these earlier religious teachings. Later still, in my mid-twenties, and following on from the precognitive dream manifestation... a conscious spirituality pursuit journey began in earnest.

Since then, the experiences have included: spiritualism, metaphysics, conscious spirituality, dreams and related topics. Like many others seeking truths and consciously travelling along these pathways, narrow mindedness perpetrated by continuous orthodox religious “challenges” have been part of this journey. Many seekers of truth will be familiar with such statements similar to “why are you on the *wrong* path” or “why are you in league with the devil or Satan.” Spiritually, these negative comments and experiences only succeeded in encouraging personal deeper exploration of consciousness or spirituality related topics... not connected in any way to *religion*.

Orthodox religious belief systems suggest through their teachings, institutions, and ‘religious representatives’ that they act as intermediaries between a “heaven and an earth.” Whilst religious beliefs may offer pathways of companionship, a sense of belonging, faith-based knowledge, or strict adherence to a ritualistic interconnectedness with God the creator, there are also many limitations.

Among these are set religious beliefs, text or practices which in my opinion can severely limit the freedom of a *spiritual* journey towards discovering your *real self!* Further, to what you’re true purpose might be during this sojourn on earth. When determining either a spiritual or religious pathway there can be extreme differences in a *search of truth.* Spirituality is more determined by noble acts, personal character, and a way of life that does not evangelise or impose spiritual beliefs but rather enact their beliefs under ‘**The LAWS that Govern**’ through spontaneous voluntary ‘service to community’ the world, and *God*.

## **(5) Love & the Will to Extend One’s Self**

A classic example of love and *spiritual* growth can be found through Psychiatrist Dr Scott Peck work “*The Road Less Travelled.*” (1983, P: 286,).

*“But what is this force that pushes us as individuals and as a whole species to grow against the natural resistance of our own lethargy? We have already labelled it. It is love. Love was defined as the ‘will to extend one’s self for the purpose of nurturing one’s own or another’s spiritual growth’. When we grow, it is because we are working at it, and we are working at it because we love ourselves. It is through love for others that we elevate ourselves. And it is through our love for others that we assist others to elevate themselves. Love the extension of the self, is the very act of evolution...”*

*~ Dr Scott Peck “The Road Less Travelled.” (1983, ISBN: 0099727404 P: 286,).*

<https://www.bookdepository.com/The-Road-Less-Travelled/9781846041075>

Whilst many conventional and unorthodox religious beliefs systems espouse similar sentiments to that as stated by Peck, in my experience [and many other conscious seekers of truth] there is usually a *religious bargaining* component of acceptance attached when offering ‘love.’ In contrast spiritually, individually or collectively “love in action” may consist of community volunteering either within or without conventional organisations, standing up for human rights, caring for the environment, spiritual healing, politically participating in democratic processes, ‘paying it forward’ in gratitude, supporting those who are aging or living with a disability. This and similar such actions to me denote love in action.

## **(6) SPIRITUAL LIGHT - #1106 Methods of Unorthodox Healing**

Like many others on a continuous *search for truth* the journey involves “enlightening revelatory discoveries” when least expected.

Over these past 48 years I’ve encountered many wonderful, enlightening and spiritually fulfilling *works*. In 2015 whilst researching online for consciousness-spirituality topics I ‘found’ myself connecting to ‘The Universal Spiritual Brother&Sisterhood, USB,’ website and their foundation teachings. There are 1433 topics of practical, spiritually inspired topics as communicated by ‘Illumined Souls’ from the higher spiritual realms ‘Brotherhood.’ In 2017, with permission, I formed the *Derwent Group of the USB, Hobart* and have led a discussion group on the topic literature. These teachings do not require *blind obedience of content!*

When developing the talk for the Hobart Spiritualist and Psychic Research Centre in Hobart I felt inspired to select the following topic:

## Chapter 11-Phenomena: 11:2 Methods of Unorthodox Healing

### 1106 A Little about the Mechanics of Healing

“Healing is not as simple as it seems.

Most of the uninformed—among them many healing channels themselves—think that all “healers” have to do is place their hands on [or near] a person [the so-called “laying on of hands” <sup>1</sup>], to bring about a cure; or to raise their arms with the palms of their hands facing an audiences, for a supply of the healing essence to originate from their being and flow to those in need. But it just does not happen that way.

Even in private healing, where patients are treated one by one, alone —and where, by the way, the vast majority of *lasting* cures are accomplished—there are at least several members in a healer’s spirit team including diagnosticians, physicians, scientists, and chemical engineers, and they play an important vital role in the alleviation or cure of ills. Among their other duties:

- They help raise the rate of vibration, so that healing may be more accomplished.
- They extract from the atmosphere, and from articles in the environment, or bring from the outside, chemicals that the patient lacks.
- They regulate the flow of healing essence or essences, so that the patient receives no more than he or she can comfortable absorb.
- They try to induce the patient to relax, or relax further, so as to be more receptive to the healing flow.

(Water as we have mentioned before, is a great cleanser of vibrations [913:5]; that is why some who heal by the “laying on of hands” take pains to rinse their hands before and after treating any patient.)

In healing demonstrations before large crowds, the number of behind-the-scenes spirit workers is at least double the number of people present in the physical.

The spirit host will include those who understand the needs of their individual “charges,” and who often will arrange an exchange of healing essences—the surplus of any essence of which individuals have more than enough, for the supply of essence of which they have less than enough. The exchange of healing essences is arranged between the spirit teams of the patients themselves, and not by the healer or the healer’s spirit team.

**Footnote**

<sup>1</sup> A form of “laying on of hands” known as *Therapeutic Touch (TT)* has been accepted by modern medicine. First demonstrated by its ability to raise haemoglobin levels, it has been taught to thousands of health care professionals and nurses and used in many hospitals. This has been followed by a similar energy therapy called *Healing Touch (HT)*.

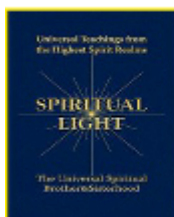
At large gatherings, and sometimes even small ones, less-than-highly-evolved spirit guides of less-than-highly-evolved-individuals may try to “raid” certain chemicals from even those who have no overabundance of them, instead of trying to arrange a satisfactory exchange of essences. If a person at such gatherings suddenly feels drained of energy, it may be because his or her own spirit friends have been unsuccessful in preventing a raid [1244]. Some healers who demonstrate before immense crowds do truly excellent work, humbly, spiritually, and without fanfare.

Others, however, notably some with a flair for theatrics and with a dramatic or melodramatic evangelical fervor, real or assumed, make a “production number” of their demonstration, which as a rule is exceedingly well planned in every respect and to the very smallest detail—all designed, in many cases successfully, to stir mass hysteria and mass enthusiasm on the part of the audience, some of whom may in consequence feel better, for the moment anyway.

Those healers usually claim, or at least give the impression, that they themselves direct or project the flow of healing, which is not true, regardless of where or from whom they claim the healing comes. They usually insist that “faith” is necessary, which is not true, either. And they often assert that if a person is not healed it is because he or she lacks faith, which is also not true. (Too often, by the way, that “faith” is measured by the amount contributed to the cause. Which is all rather sad.)

We dial a number on the telephone and reach someone, who may be next door or a thousand miles [kilometres] away. Little do most people realize the intricate process that makes such wonderful communication possible.

We can say the same thing about healing.”



If any teaching and/or philosophy in this USB document is in conflict with or is not supported by *Spiritual Light* (ISBN 978-0-9912422-1-4 deluxe flex-cover, 978-0-9912422-2-1 paperback), which contains the only complete and *official* teachings and philosophy of the USB, then *Spiritual Light* governs. The inclusion of this statement, in a box in a prominent position, and worded as in *Spiritual Light*, is required on every authentic USB publication containing its teaching and/or philosophy.

<https://www.theusb.org/usb-teachings/#principal-book>



## (7) Recommended Resources

The following resources below represent initial suggested literature and web sites. For more comprehensive and additional materials in shortened PDF forms visit my website [www.philipcrouch.org](http://www.philipcrouch.org). For talks, workshops, online discussions, and more or “*The Soul in the Suitcase*” a 15 minute one act narrative play for 3 actors (or players) contact Philip +61(0)401-000-067, Philip Crouch PO Box 511, Rosny Park TAS 7018, Australia.

*Arthur Conan Doyle-Book of Beyond*, Edited by Ivan Cooke, Mediumship of Grace Cooke, White Eagle Pub: ISBN: 978-0-85487-147-6  
<https://www.whiteagle.org/shop/books/white-eagle-publishing-book-list/arthur-conan-doyle-s-book-of-the-beyond>

*Beyond UFO's, Science of Consciousness* Editors: Hernandez, Rey, Klimo, Dr Jon, Schild, Dr Rudy, 2018, Foundation for Research into Extraterrestrial Extra Ordinary Experiences, F.R.E.E.  
ISBN: 13 978-172-1088652. <https://www.consciousnessandcontact.org/>  
<https://www.bookdepository.com/Beyond-UFOs/9781721088652>

*Consciousness - YouTube Video, 75 mins:*  
<https://anthonychene.com/project/who-we-are>

*Conscious Spirituality - In Search of Truth, resources, documents on a wide range of spiritual topics. Talks, presentations, workshops, event collaboration - more*  
<https://www.philipcrouch.org/>

*Five Stages of the Soul*, Moody, H, Carrol, D, 1997 Anchor Books, USA, ISBN: 0-385-48677-4. [Interesting for those of us aged 55+]  
<https://www.bookdepository.com/Five-Stages-Soul-Harry-R-Moody/9780385486774?ref=grid-view&qid=1583280002962&sr=1-2>

*Fruitful Aging* - Tom Pinkson PhD, Spiritual passages in the third age,  
<https://www.drtpinkson.com/recognition-rites/>

*Leslie Flint Trust* - Archive resource material on direct voice medium, Leslie Flint  
<https://www.leslieflint.com/>

*More Philosophy of Silver Birch*, compiled by Ortzen, Tony, ISBN: 9780853841043  
[https://tsbookshop.36-400.com.au/?pg=proddetails&prod\\_id=9780853841043](https://tsbookshop.36-400.com.au/?pg=proddetails&prod_id=9780853841043)  
[http://whitecrowbooks.com/ebooks/page/more\\_philosophy\\_of\\_silver\\_birch/](http://whitecrowbooks.com/ebooks/page/more_philosophy_of_silver_birch/)  
<https://thesearchforlifeafterdeath.com/2019/12/29/spiritual-but-notreligious/>

*Spiritual Evolution, George Vaillant, 2009, how we are wired for Faith, Hope & Love*  
<https://www.bookdepository.com/Spiritual-Evolution-George-Vaillant/9780767926584?ref=grid-view&qid=1621308083529&sr=1-1>  
<https://positivepsychologynews.com/news/senia-maymin/20080603785>

*Spiritual Light*, 2014, USB, Universal Teachings from the Highest Spirit Realms, compiled by Michael Flagg, and John Finnemore  
<https://www.theusb.org>  
<https://www.bookdepository.com/Spiritual-Light/9780991242221>  
<https://www.philipcrouch.org> *Derwent Group of the USB, Hobart*

*Spiritual But Not Religious* -Paper, presented to Hobart Spiritualist & Psychic Research Centre, May 2021, Philip Crouch,  
<https://www.philipcrouch.org/>

*Swedenborg, The Dynamics of Transformation*, Dr Philip Groves, Swedenborg Association of Australia.  
<http://www.swedenborg.com.au/philip-w-groves>

“*The Soul in a Suitcase*” Narrative play for 3 players written by Philip Crouch. Another narrative featuring similar themes is under development; “*Who are we really?*”  
[www.philipcrouch.org](http://www.philipcrouch.org)

*The Universal Spiritual Brotherhood&Sisterhood, USB, Foundation Teachings found in Spiritual book, 1433 topics of spiritual, practical, ‘spirit’ guidance,*  
<https://www.theusb.org/>  
[https://www.youtube.com/watch?v=T5rSANGx4WU&list=PL\\_kBQnjZGUqGCN9jZwQTffX2Y7IzIPO63&index=8&ab\\_channel=AfterlifeWisdomVideos](https://www.youtube.com/watch?v=T5rSANGx4WU&list=PL_kBQnjZGUqGCN9jZwQTffX2Y7IzIPO63&index=8&ab_channel=AfterlifeWisdomVideos)  
- In Tasmania contact *Derwent Group of USB, Hobart group leader Philip Crouch,*  
<https://www.philipcrouch.org>

*Victor Zammit Afterlife Report*-Australian based research group. Video links, book references and more collated in short ‘byte’ sized pieces  
<https://www.victorzammit.com/>  
<https://www.victorzammit.com/archives/index.html>

## (8) BIO- PHILIP CROUCH



A precognitive dream in 1973 fully manifesting the following year became an epiphany and a *conscious awakening*. This transformative event resulted in loss of family relationships, employment, financial & material matters, secure accommodation and more. Consciously and spiritually the many pathways travelled since the 1970s have included: spiritualism, metaphysical studies, psychic consultation, workshops /group work, consciousness, wisdom-aging, mindfulness, beyond UFO’s, disabilities awareness, men’s health wellbeing, social justice, theatre writing/performance and community volunteering. “*Spiritual But Not Religious*” and similar *free conscious spirituality* resources in PDF format--short talks, workshops, online discussion activities contact Philip +61 (0)401-000-067, PO Box 511, Rosny Park TAS 7018.