

# Spirituality

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**Abstract—** This article contains a brief report on spirituality and its begining and reformation.

**Index Terms—** spirituality, founders, vital principles.

## I. INTRODUCTION

Traditionally Spirituality referred to a religious process of reformation which aims to recover the original shape of man oriented at the image of God as Exemplified by the founders and sacreds texts of the religions of the world.

In modern time the term both spread to other religious traditions and broadened to refer it to a wider range of experiences including a range of esoteric and religious traditions.

The term Spirit means animating or vital principle in man and animals.

It is derived from the old French esprit which comes from the Latin word Spiritus and is related to spirare.

The term spiritual meaning concerning the spirit is derived from old French spiritual which is derived from Latin spiritualism which comes by Spiritus or spirit.

According to kees waaijman the traditional meaning of spirituality is a process of reformation that aims to recover the original shape of man.

Houtman and Aupers suggest that modern spirituality is a blend of humanistic psychology, mystical and esoteric traditions.

In modern times the emphasis is for subjective experience and the deepest value and meaning by which people live.

Spirituality can be defined generally as individual's search for ultimate or sacred meaning and purpose in life. In ancient rome the concept of spirituality consisted mainly of the pax deorum (the peace of god). This was achieved through rituals and festivals that ensures divine favour and cosmic orders.

Word translatable as spirituality first began to arise in the 5th century and only entered common use towards the end of the middle ages.

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## II. CONCLUSION

This article gives a brief review on spirituality.

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