

## The Religious Manifesto



*"Religion within a Modern Society"*  
*How to be a better person, the betterment of one's self*

## *Issues Arise.*

### *Problems with Religion*

Religion has served as a guiding force for the past few millennia. It served as a universal way to bring everyone together under one uniting culture and norm of living. For many a time it was the standard way of living. We move to today's day and age and we wonder, where has religion gone? Has religion failed to meet the shortcomings of today, unable to adapt to modern society? For the common citizen, religion is an unknown entity, heard only by its names and prejudices. These prejudices form mis-contempt and misjudgments, leading to a false idea of what religion really offers. This causes many people to be closed off by religion and its true nature, without giving it a chance of being heard.

#### **Religious culture is outdated**

The first common issue with religion is that it is outdated. It has failed to evolve as society has changed, whether it be through advances in science and education, the rise of capitalism and its materially driven world, or new styles and trends.

Science has created a new norm of living. This can be seen through psychology and its self-help ideologies, the advent of new medicine, or an evidence and facts based approach in our way of thinking.

Capitalism has created a lifestyle where we seek material pleasure, we work for money, and use this money to buy new things. This is a source of happiness and serves its purpose, but is it truly meaningful? Religion would favor a more wholesome life where we are content with what we already have, but this wouldn't be aligning with society's demands and pressure for more.

Trends in fashion have pushed us to dress differently, style has caused us to cloth ourselves in new and creative ways, often going against religious expectations.

Society is telling us to live one way, while religion is instructing us to live in another. There's a misalignment to what we are told is true, causing us to have internal conflict in our decision making.

We then make a choice and pick a direction in our lifestyles, I ask though, why can't we have both?

Without religion, without its role in instructing us how to live, its protecting barrier is not available to help guide us through a modern world. For if we throw away religion in favor of a modern lifestyle, we lose our sense of direction and are lost navigating the many hurdles and vices which are found today.

Has society evolved too quickly? People seek money, work, friends, popularity, and other goods available in a fast paced lifestyle, causing us to lose touch with who we truly are and what it means to live.

Religion could serve its purpose in bringing people back in tune with life, reminding us what it means to be human.

### **People don't want to follow religious practices**

Given the nature of our modern day society and social pressures in fitting in, many do not want to follow conservative and strict religious norms. They aren't in tune with what we are taught in society today, causing us to discount it and set it aside as none sense.

People are sometimes lost in the modern day era with all its pressures and lack of formal guidance, not knowing how to live. The last thing they want to hear is about a change in lifestyle to a more spiritual approach.

The world is changing, politics are starting to follow a new agenda, often pushing society to a more atheistic and modern world, dividing us away from religion. Even though modern society has granted us great advancement and new feats, our new lifestyles are starting to distracted us from the true meaning of life, and people are lacking formal direction.

There is also the argument that modern people are better at doing things and may run society in a better way. Many of these ideas are very progressive and it is important to take a look back to how we've changed in comparison to how we used to life. We have veered so far off from our traditional and formal ways of living, that many are asking themselves if this is the correct and truly human way of living.

What if we were to adapt to a modern religion, following a modern way of living which would be able to be practiced in this day and age?

### **Religion isn't popular**

Religion isn't popular, especially in the younger generation. It isn't seen as something cool, or in alignment with popular mentality. People think that it is boring or even insane to think this way in this day and age.

Religion isn't the new norm, or a popular trend in ways of living that people follow. It isn't something discussed by the latest celebrity or self-help book. It also isn't the easiest thing to follow without having given it much thought and consideration.

It is a hard sell to our generation these days, when everyone is pulling towards a more liberal direction.

It is only when someone takes a closer look and understands the deeper meaning to religion and how to live that they begin to see its rich history and true beauty. It is almost like a lost gem hidden away and forgotten about with time.

### **People don't believe theologically in religion**

One of the biggest struggles with religion is to accept the idea of a Higher Power, or the concept of a God, for this would go against some ideas of science and evolution. People often blow away religion due to this.

It is hard for people to grasp something that they cannot see nor comprehend. People want facts and evidence.

I ask of you though, are you sure that there isn't a greater explanation to life and the force of conscientiousness, something which is unexplainable and could be attributed to God?

### **Religion is too hard on people**

Religion is often considered a conservative practice with an old system of punishment. This is regarded by most as a hard practice, especially given the liberal practices of today.

Treatment as such will often create many difficulties and side effects, with children often rebelling against their parents, accompanied by abusive treatment at home. This will lead to many people rejecting their faiths and retreating to different lifestyles which may be detrimental to their health and overall lives.

If someone makes a mistake, instead of being forgiven, they are often quickly ostracized as outcasts to their faiths group. This can create many resentments and hatred towards religious institutions, which someone could argue is deserved.

It might seem that a liberal approach to practicing religion could be the issue to such problems. Keeping an open mind to the changes of modern society and taking a softer more verbal approach to handling situations might be the answer to keeping families together and practicing their faith.

### **Side effects of religion**

More than often, religious people are viewed as being abusive and violent people. It is not sure exactly why this is, but can be attributed as one of the side effects of religion. This is unpleasant, and the hope would be that coming from a liberal approach may be able to soften some of these side effects.

Religious institutions are also known to use fear based tactics in order to scare people in acting correctly. This creates a circular problem where the more we are told not to do something, the more you want to do it. This often leads to bad behavior and overall poor performance in following the rules.

Many people also seem like they have to hide or be sneaky in order to do something when they could just have an open conversation about it. This creates a situation where people are used to acting "bad" and breaking the rules to do something that they see as normal, which may cause them to act bad in other behaviors.

Religion can also be seen as pushy and intrusive, often forcing you to do something that you don't want to do or stopping you from doing what you want to do. This practice is seen as promotion, which isn't as favored as much as a program of attraction where people volunteer.

Keeping all of this in mind, how can we then create a new *modern* religion, one that is in tune with society and this day and age?

I ask you then, why would we be adapting for religion if religion wasn't adapting for us?

## *Problems with Society*

Many people may feel closer to religion

### **Losing touch with ourselves**

With the advancement of western society and the development of a modern world and faster path of lifestyles, we are often lost or distracted to what it means to truly feel alive. We start to value material things that are unimportant and start losing what the true meaning of life is. People spend less time outdoors and are too focused on electronics instead of one another. Busy work lives, and long nights seem to preoccupy our lives. We start to wonder if this is healthy or even a bearable way of living.

Nonetheless, there has been a growing trend towards spirituality and mindful lifestyles, showing that people have experienced these same issues and share the same concerns. This reinforces that religion may be an answer to grounding people to what it means to live a human lifestyle.

### **Living in an ever un-present state of being**

People are living in a more and more un-present state of being. This un-present state of being is often accompanied by a lack of spirit, which follows with a void and empty feeling. We try to fill this void with material goods, where unfortunately, we are never satisfied. This is due to a lack of spirituality in our lifestyles, a lack of living in accordance to our roots as we have driven so far away from our origins.

For when we are living in spirituality we are living in a morally sound way. We are accessing the spiritual part of our minds and reaching a higher level of presence which allows us to be more in tune with the world and act in accordance with God.

### **Lack of appreciation for the beauty of life**

With the current way that we are living there is a lack of appreciation for life. We are blinded by false illusions and are often working for no means. We strive for things that are unimportant and lack to appreciate the true beauty of life. People spend less time together in families and see each other less and less as friends. We are trapped behind our computers wasting away our lives.

We are destroying our planet, not taking care of our only sustainable way of living. People do not spend enough time traveling, not being able to see the world for what it is. there is not enough of an appreciation for nature and people spend less and less time on aspects of spirituality.

For it is only when we are living in the moment and appreciating presence that we are able to truly experience what it means to be alive.

This makes us question if we are living the correct way, individually, and as a society as a whole.

### **What does it mean to be human**

Many people see some problems with society that are seen as not being human. This can be shown through the unfair treatment of prisoners as well as many poor people within society having to live in inhumane conditions. What is seen as just and fair in terms of dignity and humanity . There is no one universal law, it is up to many different countries ethics and practices to enforce these regulations . Not everyone follows the fair standard and practice of religion, and it could serve as a universal mediator or measure.

There is obviously a problem with some aspects of society which may be resolved by the help of religion . Many western societies today do not have strong support systems which can be helpful for people at the bottom class of society . This is often where we see people from religious backgrounds come in and tried to offer a helping hand. If there were more people with this upbringing the world could see a vastly different change and there would be less people experiencing difficult lives

---

Society is ever adapting and evolving as time progresses, constantly suggesting new ideas and ways of living. These progressive lifestyles provide new struggles to overcome and difficulties to bear with. Many people find themselves lost during these times, and struggle to find help or find the right direction. Lack of formal moral guidance or education may push people to seek out new and different alternatives for support. In a society ever seeking self-help, can religion find its roots and serve in guiding people again?

### ***Proposal of Religion.***

Each of the following topics are proposed amendments or compliments to religion and spirituality.

- On the topic of Will
- On the topic of Ethics
- On the topic of Redemption
- On the topic of Men

- On the topic of Women
  - On the topic of Well Being
  - On the topic of Selflessness
  - On the topic of Money
  - On the topic of Food
  - On the topic of Sex
  - On the topic of Love
  - On the topic of Spirit
  - On the topic of Control
  - On the topic of Health
  - On the topic of Classes
  - On the topic of Manners
  - On the topic of Cleanliness
  - On the topic of Gratitude
  - On the topic of Meaning
  - On the topic of Presence
  - On the topic of Awareness
  - On the topic of Faith
- 

## *Will.*

Every individual was born with a free mind, a mind that is able to think and to be. We spend our time in thought, and with this thought we were able to make decisions. The action of thought with the freedom to make decisions is what we call free will. Everyone was born with free will and has the right to live in accordance with their thoughts.

With this freedom one must be careful, careful as not to venture too far into what is wrong. At first you might be persuaded to veer in this direction, sometimes out of curiosity, sometime by a lost thought. There is no need to worry as this is only normal, and it is how we decide to use our free will that is important. // always try to do good.

Other times you might be led by what is called temptation, something which is not easy to avoid in this day and age. You will be drawn towards temptation, and you might feel as if you cannot be opposed to what is in front of you. Others may even draw you in the wrong direction. Temptation is hard to resist, and the more we follow it, the more we will be lost to who we are and what is true.

If you do choose to give in to temptation, be ready to experience many struggles. If you do follow this path you are sure to encounter treachery, and with treachery there will be much deception. The further down the path of wrong you venture, the harder it will be to live with your divine self, causing much suffering and despair.

Over time you will develop what is called desire, a taste for temptation. Learn to harness this desire and listen to it prudently, as it too will guide you in the wrong direction, causing you to form a weakness of will.

The more we cross this road, the more fragile we become, and we will find it ever more difficult to return to a state of sincerity and inner peace. You might begin to wonder if there is no way back, but there is always a chance.

Seek out strength, seek out worthiness, and trust in yourself. You, yourself, have what is in you, to draw on yourself and your inner strength, to help veer you in the right direction. You will be sure to benefit this way, making the right decision is equally as rewarding,

With each passing moment you will gain more wisdom, wisdom and knowledge to help guide you through these passages, and to be able to help others around you. There is much joy to be gained in working with others.

Much importance and esteem is given to one who is able to listen, while being sure as to make the right decision.

One should be weary of what we will call oppression, while it is of crucial importance to listen and obey, it is also as important to be sure we are making the right decision. It is only with a sound decision that we will then live in the liberty, the liberty of freedom to be.

Free will is the power or capacity to choose among alternatives or to act in certain situations independently of natural, social, or divine restraints. By making the right decisions in our free will, your self-worth and self-esteem will grow, and you will grow as a person, a person whom is able to make his own decision and his own questions.

Free will is of the utter most importance, for without free will the world would be predetermined. This is why God has given us free will when we were born.

---

## ***Ethics.***

Ethics are defined as the moral principles that govern a person's behavior and their actions. People don't necessarily know what their ethics are, and the term ethic can be complicated for some.

Where ethics differentiate from morals, are that morals are defined as our own principles, while ethics are defined as the rules of a social system that we live in.

This can be explained by that there might not be one correct way of living dependent on vast differences in society. It is to each own's society to define the normative ethics of the people they live with.



Where religion stands is to try to make sense of these ethics, guiding you on the right path of what is right or wrong. It hopes to bring a universal system of morals, adopted by everyone, similar to how ethics govern society.

Therefore, ethics are guiding behaviors towards what is right or wrong, but we may be able to adopt a universal form of ethics. This is what we call Religion.

Ethics are complicated and ethics are hard to understand in comparison to morals. Don't get too stuck on ethics, you can always trust your gut instinct as these are the source of your morals.

If you ever feel wrong, remember that you can trust yourself, and your own judgement.

---

## *Redemption.*

You can always work on being a better person, gaining more self-worth through estimable actions. Even though we have committed a grave sin, there is always hope of retribution. This often starts by praying for forgiveness, admitting to ourselves the wrong we have done, and reaching out to someone we trust and admitting our fault. This is the first step towards redemption and returning to being a better person.

It is important not to be too hard on ourselves, falling into sorrow and self-pity, as this will not help you and is only a coping mechanism. We can surely return from a hopeless state of mind to one of spiritual peace. This can exemplified by continuing to practicing the principles in this book, and learning from our mistake in order to not repeat them.

When it comes to trying something new which makes us feel uncomfortable, it is important to have someone with more experience guide us through this moment. This will help us to avoid mistakes or getting hurt in the process, which is often the case when trying something dangerous.

It is okay to try something new, you can always get better and avoid making mistakes again or demoralizing yourself.

If our generation were able to believe in a Higher Being watching over the decisions we make in life, many would make better decisions. It is for our generation to believe, in order to for us to see change in society.

Keeping these words in mind, you are sure to know a new freedom and a new happiness. Nonetheless, life is a constant journey of progress, and you are sure to make mistakes. It is only human.

---

## *Men.*

There are different opinions when it comes to describing what we call being a true man. Dependent on which society you live in, the ideal image of a man is different. Where we can all agree is that it is important to be strong in order to be a true “man”.

This is not only what it takes to be a true man, for it is not only feats and demonstrations of strength which define a true man. Much have been blinded by the false image of strong stature, hoping to be protected and taken care of by such men. They are only to be deceived for these traits are often signs of small development of intellect, manifested with traits of abuse and neglect.

What makes a true man is responsibility. We discuss the word responsibility and how it is applied to manhood. What it means to be responsible is to not be in fear of where we were wrong, facing our fears, and putting in effort to what needs to be fixed. Real men to not push away or ignore the problems in life, leaving the burdens to others, and having the negative affect trickle onto their spouse and loved ones.

On the topic of aesthetics, men of medium stature and well build are seen as the ideal look. Men of Caucasian origin are said to be higher than men of other ethnic races. Within this ethnic class, the Indo-European Aryan is seen as the ideal representation of the perfect man, as God’s son is said to be of this origin. Within the Aryan race, the highest form of ethnicity is that of the Nordic man and the traits that come with it. The Nordic man is with the physical traits of light eyes, light skin, tall stature. The psychological traits as truthful, equitable, competitive, naive, reserved, and individualistic. Much esteem is given to the trait of individualism.

It is sought out for men to strive to follow this principles, and important in order for them to call themselves true men.

---

## *Women.*

Men and women traditionally each have their roles and responsibilities in life, which complement one another. We can say that we were created equal, but are different in our nature.

Complimenting each other in our pair, it is often seen that women may assist in the decision-making process, but that the ultimate final decision is often the purview of men.

The man, Christian traditionalists assert, is meant to be a living martyr for his wife, "giving himself up for her" daily and through acts of unselfish love.

The woman, on the other hand, are meant to be helpers, and are raised to take care of their husbands. It is also said that women are more “good” in comparison to men, and women always care.

Women are beautiful, and their beauty should be appreciated at every glance you take. God created women in their form for men to be distracted and mesmerized by. Women like to be complimented on their beauty and looks.

Keeping this in mind, women should be respected past their beauty, without neglecting who they are, and what they can accomplish.

It is of high praise worthy for women to be flirtatious, but this should be kept within reason.

Women were born to accompany men, we were meant to share the world together, it wouldn't be the same without one another.

It is said that much is missed from what women say, as they are not always heard. Given the time, you may better understand women, for they will be able to express themselves clearly.

Try not to discount what they have to say, as you might be surprised by its content.

It is said that women do not miss anything, and are sure to remember every detail and every moment.

Remember, women are the other half of humanity, and shouldn't be discounted.

---

## *Well Being.*

It is important to understand what we mean by well-being, it is everyone's right to seek well-being in life. If we are not content with ourselves then there is often something off with our well-being.

Some question how we can have so much yet feel like we have so little. This makes us question what is truly important to our well-being.

Much can be said about quality of life, if life is too difficult or you aren't happy do not be afraid to seek somewhere new, for you don't know what you can find.

Understanding how you feel, and knowing what is truly going on with yourself is crucial too well being. For if you don't know your issues, how will you be able to resolve them.

Appreciating life is the recipe too well being.

It is life's purpose to find true happiness, what is true happiness may be different for everyone and may have different meaning depending on the person.

It is said in order to enjoy life and soak up as much as possible, one is to practice mind-fullness, which is the act of taking in and noticing every passing moment.

With mindfulness you will grow to understand the meaning of presence, with long moments of presence you will come you will develop an understanding for patience.

Wellbeing is important to a full filling life, and shouldn't be discounted.

---

## *Selflessness.*

The voice in our head which dictates many of our thoughts is said to be of utter distraction and often times means that we are too focused on ourselves. Much negative self-talk is attributed to this voice, and letting it dictate our life will only bring us misery. You would not be living in Selflessness in this sense as you would only be thinking of yourself.

Many who listen to this voice and even feed into it, will develop what we call an Ego. Someone with an ego will more than often experience what we call self will run riot. This is when you think and act only in accordance of what you think is right, not listening to others, and fighting the world around you. This is when we would say that you would be living in Selfishness, and it is to be avoided.

When you are living in selfishness, the mind is preoccupied with the self, dictating his life to his own accord. It is said that one man runs amuck when trying to run the world on his own. The best step to return to a state of selflessness is to surrender one's life over to God's plan.

The root to many of our problems revolve around fear and selfishness to begin with, and dictate the direction of many of our actions. In order to move past this, we surrender our lives to God's plan instead of our own plan, praying for his knowledge and guidance.

This will help us return to a state of selflessness, where we take pleasure in being kind and helping others. Here we are reminded that it is important to not only think of ourselves but think of others as well.

This is acting in Selflessness.

---

## *Money.*

Different views are expressed when discussing money. Some see it of the uttermost importance in defining success, other see it as a tool for navigating life, and some see no importance in it. The Hindu view is that money and economic success are important in life.

Thus money is one of the goals in life, but shouldn't be an obsession. It is seen as a tool, and therefore it is important. Although it is important, and can equally be as evil, polluting and rotting your mind with the material obsessions it comes with.

Using money the wrong way won't teach you lessons on how to live, and often leads to fast paced and dangerous lifestyles. It is important to find value in things past their monetary values, this is when you will truly be able to value something or someone.

You don't need money to find happiness, and in fact it will often bring you the opposite— misery. It is said that most people maintain the same level of happiness and appreciation for life once they have reached the common salary threshold. Seeking more will surely lead to self-seeking and send you in the wrong direction.

Nonetheless, money is to be used wisely and saved correctly for the means of providing for ourselves and our family. Therefore it is important to be wise with our money, and to also think for our further generations to come in our family. Learn to save, and to keep track of how it is spend.

---

## *Food.*

What to eat or not to eat, is up for debate. For it is more how we eat which is important.

Food is personal, and each to our own tastes and liking. This develops as you age, and you will come to understand what you do and do not like. It is meant to be enjoyed, as much as it is a crucial part of our lives. Eating is a daily cycle, and it is something we partake in everyday, whether alone or together.

Many times it is an individual's culture which will determine what and how they eat. Food is said to be the ingredient of one's culture, it defines who we are and where we are from. It is a way of preserving culture and showing what our country provides.

Food brings us together and creates a moment to spend together, it is this moment that we have together that is just as important as the food that we are enjoying. We will learn to open up with one other, we will try to expand on our relationships. Food is to be shared, it is social and meant to be enjoyed together. It is a way of learning to contribute to a group, and a way to learn how to share with others.

On the topic of quantities, it is said that it is best to have three main meals throughout the day, accompanied by small par takings to carry you through the day. It is best not to eat too much in

the morning, and utilize the reserve of energy that we have built throughout the night to help push us through the day. This way your body will learn to use itself, and will be used to this cycle. When it is past noon, feel free to enjoy a larger meal, for now your body will be ready to take on more. As your day prepares to finish, let the evening carry you on as you proceed to prepare yourself for your final meal, which should be enjoyed no sooner than nine past midnight. This will help carry you over throughout the night as you sleep, as your body digests what you have eaten wisely.

Be weary as not to over indulge, eating too much is not good for you, and this will lead to gluttony. It is important to be mindful in how we eat, paying attention to the moment we are enjoying. Be aware of every bite you take, and appreciate the diversity of taste that spreads through your mouth. Be patient and do not rush, for hunger felt throughout your stomach is not meant to hurt and taunt you, but will just help serve in guiding you and reinforcing your taste for what you want. When you are done, be sure to take a moment to let your body rest and prepare itself for digestion as you take on the next part of your day.

Learn to listen to your stomach and the inside of your body, for if you are hungry, you should most probably eat, but you must ask yourself why you are hungry. Sometimes stress can be the cause of hunger, and it is important to ask why you are stress, and not how you can become unstressed, for this will lead you to eat out of substitution. If you don't know what to do with yourself, and seek out the moment of relief that you feel when you are done eating, this is not good and a sign that there is something deeper going on. If you are bored and look towards food to distract yourself then you are not truly present within your body and mind, and you may want to spend more time with your inner thoughts.

Learn to understand your body, and your body will understand you.

---

## *Sex.*

Necessary part of life, only natural, and offers the gift of pleasure. Sex can be good for you, as well as your partner. Men should seek sex for enjoyment and are not to fall too far into their urges. Women seek sex with hopes of forming a deeper connection. Both can benefit from a deeper social connection.

Too much pleasure and we fall into lust, which is similar to temptation evolving into desire. This is why it is important for sex to be considered special and significant when performed with a partner of ours, and shouldn't be discounted as nothing.

Sex is not considered sinful and is in fact seen as the holiest of one's acts. In order to preserve its sanctity, there are many boundaries and guidelines.

Within these boundaries, the following is important:

It is best for women not to have sex during menstruation, as this is seen as unsanitary, and not good practice.

On the topic of pregnancy, it is considered acceptable for women to have an abortion as long as the baby has not gone past the first trimester.

It is preferable that men and women use non-synthetic birth control, as other means are seen as un-natural.

Virginity is considered a virtue, but not a necessity for marriage. Virginity should be kept for someone special, often someone with whom we are in love with.

It is said that it is good for women to be flirtatious and to pursue sexual relations, whilst it is beneficial for men to sometimes hold back and abstain from sex until finding the right moments. It can be put that sex is more important for women than men, having a strong desire to reproduce.

Men whom are hoping to become stronger and would like to feel higher might hope to achieve this by abstaining from sex for a period of time, helping them gain more masculinity and overall strength.

Waiting to have sex until marriage is sought for women, and premarital sex is discouraged. Although virginity is not a requirement for marriage, it is highly praise worthy.

On the other hand, it is thought of as a wise decision to understand each other on a deeper level before committing to a marriage, and that it is therefore understood that couples should/might pursue sexual relations before marriage.

It is said that God wishes for us to be fruitful and multiply. This can be interpreted as having sex often, and bearing many children.

Thus, sexual intercourse between husband and wife is a symbol of their total love and mutual desire for each other.

It is the responsibility of one's husband to provide sexual attention to his wife, with sex being one of the responsibilities owed by man to his wife.

A man should arouse his wife during sex and that he should ensure that she achieves orgasm before he does.

Adultery is considered a grave sin, unless thy partners are honest with each other and have been granted permission to seek sexual relations with someone else.

Nonetheless, sex is said to be a necessary part of life that one must not avoid, although it may be uncomfortable for some. Procreation is an outcome of sex but not the only motivation.

Remember God created humanity, and it is only natural for couples to want to have sex with each other.

---

## *Love.*

Love can be described in many different ways, love can be experienced in different ways, it is never the same for anyone.

There is romantic love for our partner, there is paternal love for our parents, and there is brotherly and sisterly love for our siblings.

Love is the beauty of life, love is a dance, love is complicated, love is obvious.

Women might understand love more than men, given society accepts this more; expressing something is one of the best ways to soak in knowledge and reaffirm what we know— women tend to express love more than men. Don't be fooled though, men are equally as capable to love as well.

You might feel like you would do anything for this person, and this is a normal feeling to have, but be sure to act to act sanely, as love has been seen to send someone far off.

Love is honest, love is confusing. We cannot hide how we truly feel, as when you are in love you, you are yourself. How can you be so blind to what is right in front of you, this is what we mean by confusing. What is so obvious is simply hidden behind the thick fog of emotions, waiting to be noticed. If you are able to see through this, then you will see the true beauty of love, and will know no one as deep as this. Have trust in love and it's process, there may be highs and lows, but if you stay strong, you will be rewarded by the true meaning of love.

Don't let love hurt you, you might wonder how can you hate someone you love so much, this can be normal, know when to weigh what is more important for you. Love can be harmful, therefore know when to distance yourself, know when to protect yourself. Sometimes distance can bring you closer. If distance isn't the solution, maybe this isn't the right person for you, even though you love them. Learn to separate yourself, know when to get close.

Love is powerful and meaningful.

Love is complicated and difficult.

Love takes time, and isn't as obvious as you think.

Love can interlap, you can love more than one person.

Be sure to share your love for someone while you can, because you never know when the opportunity might be gone. Be brave and you will be sure to succeed.

Love ages with time, be sure to enjoy every moment of it.

Love takes work, love takes experience. You wouldn't be the first to make mistakes. When we spend time together, we get to know each other, only enriching our relationships. There are bound to be times when you don't get along, but remember love always perseveres.



Love is meaningful, love is intangible, so much importance with so little to see.

Love one another, love each other, and remember, love is divine.

---

## *Spirit.*

It is a difficult question to explain what it means to be alive. Some say being alive is the sole definition of life. Others might question this, and would merely answer that it is how we make decisions and circumvent the many obstacles we encounter in our daily lives, and that this is what defines life.

Why not argue that it is how you feel about a decision and not how you react to a decision which determines what it means to be alive. It is this sensation, it is this feeling which is the root of your spirit. How you feel defines how you live, ultimately defining your spirit. It is the force that helps guide, it is the force that helps define you.

Your spirit will help you see the world in such a way where you will be able to empathize with others and connect to people on a deeper level. You will not only feel closer to other people, but you will know what it means to be human. This will help you in making decisions with regards to other people, decisions which may affect their lives. You will know what it means to feel right, and you will help people see how you feel.

This will help bring us together, and help you understand how to strengthen who you truly are.

Spirit will always be there to help guide you through difficult times, even when you feel alone, you just need to search inside yourself to find it. Find hope and inspiration from the world around you. Seek something greater, and something greater will seek you.

Spirit will help you believe in something greater than yourself. Our spirit is what guides us, it is what helps govern us. With a strong spirit you will start to develop faith in yourself, and the guiding world around you.

Spirit is what keeps us alive, it is what helps keep us going. It is what is important in life, other than material or physical things. Without this attachment to physical or material goods, you will know what it means to be free.

Understanding spirit is close to understanding your soul. Trusting your spirit will help set you free from thoughts of a racing mind. It will help you to stop listening to the persistent voice in your head

Just remember, It feels good to do good.

---

## *Control.*

When we talk about control, we refer to the control over a situation. You will deal with many different situations in life, where you will have to act and make decisions. It is crucial to know how best to make a good decision. Know when you are feeling uncomfortable and don't let others push you in the wrong direction. Know how to understand yourself, and act on what you think is truly right.

When you feel like things are going in the wrong direction, know how to reach out for help, take a moment to compose yourself and understand what is going on. Other people can be a source of direction as they can give you an outside perspective. It may be wise not to trust yourself, and to invoke trust in others.

Don't let life overwhelm you and weigh you down, know how to dominate yourself and get a hold of your surroundings, for you should not let the worst of life overcome you. Take a moment to look at the present with respects to the bigger picture. The present moment will reveal where you should go and what you should do. Take small steps, for your life will start to change slowly. You might not see any progress immediately, but have faith, as progress in life will grow on itself.

With progress you will see change, and with change you shall grow. You will gain more out of life and become a stronger person. By doing well, you will benefit for the world that God has provided. Having benefited from the gift of life, you will learn how to build and have a further reach in the world.

With this reach, you may start to feel powerful. Power is a tricky thing, for power can take ahold of you, and lead you in the wrong direction. Power can help you build, power can help you lead. It is what you do with this power that is important, and will mark who you are as a person. You may begin to feel drunk with power, this is when we would say that you have lost control, for surely this will be the end of you and those around you.

When you are deciding for others, know that you must be responsible, for their lives are in your hands. Know how best to manage others, for everyone is different. Know how to push people, but be sure that you are pushing them to do something that they want to do. Know how to be firm, but be careful not to be commanding, for you should not tell others what to do. Know how to give space, without letting them get too far from your reach.

Don't do things for others, for you would not be doing them any favors. If you follow this way, you shall know how best to decide for others.

---

## *Health.*

It is said that someone who is well in his body is well in his head. Your body is a temple, this can be explained that being in good health is a virtue for your mind, body, and spirit. Therefore it is important to stay in good health, this means eating well, exercising regularly, and being open and honest about yourself and in your discussions.

Your body is a manifestation of what you eat, your food being the fuel to your soul, therefore it is important to be aware of the type of food you are consuming, being sure that it does not contain any adulterants, nor too much sugar, or any genetically modified processes. Be sure that you are not over consuming, only eating how much your body requires.

Exercising regularly will help stimulate your body's endocrine system and regulate its internal clock, helping you to rest at night. This will help you to have more energy and feel more awake in the morning.

Being open and honest with yourself and being able to express yourself clearly with others is the key to healthy communication and a healthy mind. If you are able to open up, you will be able to open your mind and your spirit to the world.

Sleep is important for healing and dreaming is considered a spiritual aspect of our natural rhythm and daily cycle. It is important to try to have a natural circadian rhythm through your sleep pattern, for this is how you sleep best. This means cycling your sleep pattern to those of sun, going to bed when the sun sets, and waking up with the sun rises.

These are all crucial factors in staying healthy. By being healthy, your spirit will be more alive and you will have more energy and motivation.

---

## *Classes.*

People are said to be higher and lower than one another, based on significant importance and based on their social classes. It is of good practice to separate people among social classes

It is always important to remember that one man is not above another, and that we are both regarded as equal among each other.

Just because you are higher than someone, doesn't mean that you should demean or abuse anyone lower than you.

It is often said that people whom are higher are more inclined to make better decisions, but it is also wise to consider the opinion of others whom may be considered better suited at a given task.

Many have lost control of their selves and their people, having been endowed in power, thinking that they are above anyone. It is important to remember that no man is above another man, but may only be considered higher or lower.

This means that thou shall not kill, torture, not enslave any other man, nor treat them in an inhuman manner.

---

## ***Manners.***

Manners are behaviours that are acted on when we are in the presence of other people. This is to help our image of how others will perceive us. They are similar to morals but govern our behaviour. Manners have evolved with time and have a rich history, this is seen through the passing of knowledge and experience through generations.

They are also a form of culture, for each country will have its own form of manners. They are an expression of our behavior. Manners also demonstrate how we can dominant ourselves, showing the best of us.

Manners are best taught at a young age, for it becomes difficult to learn new behaviours further on. It is a blessing to be able to raise your children correctly.

It is important to have manners, even if they are different to others. People will come to respect you more, and be polite back to you. It is the best way to communicate with new and foreign people. It is said to be correct to be less formal with people we know personally.

Manners are a form of gratitude, manners are a form of respect.

They are the social rules and social norms of society. The education of manners is called Gentry for men, and a Debutante or Belle for women.

Manners are considered similar to morals and can define good of bad behaviours.

Manners maketh men.

---

## ***Cleanliness.***

Concept of cleanliness is synonymous with holiness and purity which essentially means being with God.

To feel dirty or un easy is said to be of the utmost worst of morals. It is important to stay clean, as taking care of one's body is sacred. It is a divine quality that one should practice.

It is said that any actions requiring contact with human excrement, such as urine and feces, should be avoided or handled careful as to not taint or perish our body's and moral intactness.

Much importance is given to the cleanliness of our hands, it is thus important to wash our hands after any event where we have been in contact with anything that we consider dirty. This is considered good hygiene.

The face is considered sacred and is the holiest part of our body, it is therefore important to give much attention and care to this region washing it frequently in order to stay pure.

Your body is a temple and someone who is well in his body is often well in his mind. It is thus important to take care of your body and it's cleanliness.

Stay clean, as staying clean is respecting your selves and respecting others.

---

## *Gratitude.*

We are always searching and seeking more, while this can seem like a strength of perseverance, it can also quickly turn into a self-inflicting obsession, never being happy, never being satisfied. This obsession can take a better part of our life to understand, or to be aware of. Being un aware, we don't even know the pain that it has caused us. When you understand gratitude, you will be able to see what is important.

Society asks of us to ever want more, never being satisfied. We should search from within to find what is meaningful and appreciating what we already have. For what we might want may truly mean very little.

Gratitude is to show appreciation, appreciation for the true value something holds. Others will notice your appreciation and be thankful. You will lose self-seeking behaviors and you will be sure to find inner peace.

To notice gratitude is a gift, for where we were blind and always self-seeking, we will have found the meaning of enough.

You will know not to take too much, where others may be in need. By only taking so little, you leave enough for others.

To take inventory is to be grateful for what you have. By taking inventory, you will find appreciation and meaning for your life. It is not wise to compare to others, as not everyone has lived what you have lived, nor have they had the same experiences as you.

You will understand what it means to be content. Once content you will have the experience to know what is important and what is not.

You will know what it means to be satisfied, when have had enough. With satisfaction you will know the perfect way of living.

Don't let this serve as an excuse to be in sloth, there is a fine line between being complacency and being motivated, when it comes to being challenged.

Challenges may seem hard at first but they are one of the many gifts life has to offer, for the more challenges we surpass, the more confidence and inner strength we gain and the more we will grow.

Take life with its many challenges, and aspire to do great things. Be thankful for what you have. Be thankful for what you have done.

---

## *Meaning.*

Most people will experience a time in their lives where they question what their inner purpose of meaning is. They will have navigated life thus far, following the path provided to them by society, without asking themselves any other greater questions. Many will feel lost, others may feel that they need to seek out a new internal motivation. This will manifest itself through great changes in lifestyles, a need to travel to gain spiritual awareness, or long moments of introspection. All of this is normal.

During these times you will ask yourselves many questions. What is the meaning of life, why was I born here, what am I meant to do? Many will be content with a simple change in lifestyles, coming to know themselves better. Others will need more, following the path of spirituality, and seeking enlightenment on this issue. The prior lives that they were living were not satisfactory enough, or didn't provide great enough of a meaning. It is important here to believe in something greater than yourself, seeking out help from the God of your choice. Many people find spiritual guidance and veer towards helping themselves and others. Some people take a spiritual journey to new land, where they are able to meditate on their lives and gain a new spiritual energy. Nonetheless, which ever path you take, this is an important step in your life and is not to be discounted.

It is during this time that you will come to understand who are you as a person. You are sure to grow and come to understand yourself better, now that you know who you are. You will become stronger as a person and be more sure of yourself, feeling a sense of relief in comparison to the life that you were living. Some will gain new profound happiness, filling a void which was never complete in their prior lives.

It is in most difficult times that we sometimes find purpose and meaning to what we were meant to do in life. It is during these times that we experience great introspection, almost as if our minds were searching through our lives one last time as a survival mechanism. Passing this great obstacle we feel new again, with a profound energy to embark on the path we have just discovered. This is the true sensation of meaning.

It is one of the greatest aims in life to understand our ourselves.

---

## *Presence.*

Presence is one of the most important factors in truly feeling alive. We can rush through life without ever being present, often overlooking our surroundings and what is important to us.

When we are busy fixating on life issues, we are never letting our minds settle in order to give attention to the present moment.

This is often seen by not being able to stop thinking about work when we are with family, or constantly communicating with friends. People will feel as if you are not paying attention to them, often leaving them frustrated or hurt.

When you are spending time with someone, make sure that you are actually spending the time with them and not having your mind wonder elsewhere. You will feel fuller and more accomplished, and the people surrounding you will be happier and more satisfied.

Being present is also a time to let your mind rest from the rush of stress due to a busy and hectic modern life.

Presence is blissful, presence is important, for remember that the best gift you can give is the gift of time.

---

## *Awareness.*

Awareness helps compliment presence and should be practiced before fully understanding presence. Awareness is being in tune with your surroundings, noticing ever movement, and every moment that passes.

It is equally noticing how your behavior or activities may be a detriment to others. This is important as not to bother or harm others. Therefore it is important to stay quiet and mindful around others.

Try no to be distracted by staying stuck in your head, or doing more than one activity at a time. If you stay stuck on a thought for too long, you will be absorbed in your mind, unable to notice the passing moment and will often be distracted from others.

When talking with other people, it is important to give them your full attention, for they deserve your presence when in conversation. This will allow you to fully absorbs what they are talking about, as well as their body language and gestures. This way you will truly get to know somebody, more than if you were not paying attention.

When you are traveling or walking, try to embrace the surrounding world, taking in every light that passes and sound that echoes. For this way, you will truly be able to understand nature and the world itself.

For if you are not aware, then you are blind to the world in front of your eyes.

---

## ***Faith.***

Faith is said to be felt, faith can be trusted. As you come to know God, you will come to know your relationship with God. This is something we call Faith. With faith, you develop an inner trust yourself, as well as an outer trust with God. With this new found faith you can be sure that God plan is in store.

When you are on the path of God, you must surrender yourself, and follow His path in store for you. Following this path you are sure to gain more faith as the gifts of life unveil themselves.

You can build faith through good deeds and small estimable actions. You will be sure to see results, for God is always watching.

You tend to receive what you put off and good things happen to good people.

For if you follow this, and proceed in good faith, you need not worry of what might happen. Now if you proceed towards wrong, be sure to encounter many struggles.



When speaking of religion, many are often lost or distracted by the talk of miracles and vast feats of nature. Set aside your doubts of un-rational beliefs such as miracles, and focus on their bigger meaning and the metaphors behind them.

It is important to remember that Faith takes work, and to be spiritually sound you must put in the effort. For when you are spiritually sound, you will be strong in faith.

Always remember, trust god, and trust yourself.

---

## *Vows are Revealed.*

Some might question our world and ask why it is flawed, and why there is evil. If God is all powerful and good, why did he create a world with such evil. I ask you, for what would be goodness without evil? For us to best understand goodness, let us take it on its own. For would goodness not turn simply into common normal? How are we then to recognize goodness and acts of esteem without such contrast with evil. With contrast, one defines the other, merely serving as a compliment to one another. One cannot live without the another, for evil fuels goodness, and goodness fuels evil, which leads to a perfect world.

Through religion, your will come to know yourself better. You will be able to push through difficult times, and overcome struggles which you never thought possible.

You will understand yourself better, and see where you might have done wrong, in order not to repeat the same mistakes. You will understand where some of your deepest issues have been resting, helping you to cleanse yourself. You will learn how to work on yourself, processing issue that arise and as they come.

You will finally learn how open up to people around you, for you will now feel comfortable with who you are. This will make you stronger and wiser— you will be more confident in your actions.

Having experienced these changes, we sought to bring hope and share the beauty of our new found appreciation for religion. Benefitting from the knowledge we have gained and seen how our lives have changed we wished to share the dream of a modern religion with others.

By sharing our new found knowledge with someone else, we discover the gift of helping someone else. This is called service, and is at the core of our spiritual beliefs. Through spreading our knowledge, we share the beauty of religion, with one person helping another. This way we maintain our word, and assure our message is heard by everyone.

Much has been said about faith, but it is important that faith is kept alive through works. To maintain a strong faith in our inner god, it is important to constantly be working on ourselves and our moral inventory. For by working on ourselves, we are pleasing the path God has in store for us.

Following this path our life is sure to unfold towards better times, guiding you on a road to a happy destiny.

Rest assure for remember, God is always watching.

*"Keep your eyes open,  
for now, you can embrace religion!"*

## ***APPENDIX.***

### *What is God?*

God is usually conceived as being omniscient (all-knowing), omnipotent (all-powerful), omnipresent (all-present) and as having an eternal and necessary existence.

### ***Details.***

This manifesto was inspired from my experiences with spirituality, religion, and western esotericism. Seeing a change in my life by living through these new principles, I wanted to bring these new found values to others. Also noticing issues in current modern day society, and the difficulties of integrating religion in this day and age as a solution, I sought to suggest a new modern religion. This is how the religious manifesto was born. – Antoine Nauleau