Blaine Killen

REL 101

**Short Paper 3**

Religion is a collection of [cultural systems](http://en.wikipedia.org/wiki/Cultural_systems), [belief systems](http://en.wikipedia.org/wiki/Belief_systems), and [worldviews](http://en.wikipedia.org/wiki/Worldviews) that relate humanity to [spirituality](http://en.wikipedia.org/wiki/Spirituality) and, sometimes, to moral values. Many religions have [narratives](http://en.wikipedia.org/wiki/Mythology), [symbols](http://en.wikipedia.org/wiki/Symbol), [traditions](http://en.wikipedia.org/wiki/Tradition) and sacred histories that are intended to give [meaning to life](http://en.wikipedia.org/wiki/Meaning_of_life) or to explain the [origin of life](http://en.wikipedia.org/wiki/Origin_of_life) or the [universe](http://en.wikipedia.org/wiki/Universe). They tend to derive [morality](http://en.wikipedia.org/wiki/Moral_code), [ethics](http://en.wikipedia.org/wiki/Ethics), [religious laws](http://en.wikipedia.org/wiki/Religious_law) or a preferred [lifestyle](http://en.wikipedia.org/wiki/Lifestyle_(sociology)) from their ideas about the [cosmos](http://en.wikipedia.org/wiki/Cosmos) and [human nature](http://en.wikipedia.org/wiki/Human_nature). Every person can be classified to following a religion of some sort. The question is, do people have an internal religion, and because everyone has an internal set of beliefs and rituals they perform everyday.

The importance of rituals in religion is very important as it often times defines the culture of the religion. A ritual is a set of actions, performed mainly for their [symbolic](http://en.wikipedia.org/wiki/Symbol) value. It may be prescribed by the [traditions](http://en.wikipedia.org/wiki/Tradition) of a [community](http://en.wikipedia.org/wiki/Community), including by a religious community. The term usually refers to actions, which are stylized, excluding actions that are arbitrarily chosen by the performers.

So would I consider my daily rituals and routines part of my internal religion? For instance, I wake up everyday around the same time, and then proceed to lie in bed for 10 minutes pondering what I did yesterday, and what actions were negative or positive. I then go to the restroom and brush my teeth for exactly two minutes, and then use the restroom. This process is repeated in the same order everyday. Would it be a stretch to say if someone followed this same process as me that they would have my same religion? And if they were to switch the order but still perform the same tasks would it be a derivative of my internal religion?

What about religious beliefs? A religiousbelief is a strong belief in a supernatural power or powers that control human destiny. Such a state may relate to the existence, characteristics and worship of a [deity](http://en.wikipedia.org/wiki/Deity) or deities, [divine intervention](http://en.wikipedia.org/wiki/Miracle) in the [universe](http://en.wikipedia.org/wiki/Universe) and human life, or values and practices centered on the teachings of a spiritual leader. In contrast to other [belief systems](http://en.wikipedia.org/wiki/Belief_system), religious beliefs are usually [codified](http://en.wikipedia.org/wiki/Codification_(law)). So would my internal beliefs, such as my views on politics, morals, and against taking substances in working out be a religious belief if people followed it? Also, can you have an internal religion if no one were to follow it but yourself?

This is really odd to think of, but if someone followed my daily rituals and internal beliefs, would they be classified as having the religion of Blaine Killen. If so, this individual would be doomed to laziness, showing up to class late, and doing things at the last minute. And if someone were to stray away from my religion of laziness, then they would be punished with the terrible reward of success. So the moral of the story is, not all religion is good.