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How I started believing religion might actually matter for rationality and moral philosophy by zhukeepa

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Summary: The article reflects on the author's evolving perspective on religion, spurred by an interview with Ben Pace. The author aims to articulate thoughts on religion through a structured series of posts. Recognizing the psychological truths inherent in various religious traditions, the author draws parallels to rationality and moral philosophy, suggesting that deep exploration into personal emotional blocks (termed as "trapped priors") can reveal significant insights about human beliefs. These trapped priors often hinder accurate perception and stem from both personal experiences and genetic predispositions, leading to cognitive biases. The author introduces the concept of "inner work" as a systematic approach to address these trapped priors, employing methods such as therapy, meditation, and psychedelics. Personal experiences, like a profound trauma release session, validate this approach and connect it to broader religious and spiritual traditions that emphasize inner exploration. The article posits that major religious systems may contain time-tested strategies for navigating psychological truths and moral philosophy, despite their often mutated and socially persuasive forms. The author proposes that these mystical traditions, while prone to distortion, still capture essential insights into human psychology and ethics, meriting further exploration in upcoming writings.