

RELIGION AND SPIRITUALITY: AN ANALOGOUS ACCESS TO AUGMENT HIGH

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ABSTRACT

The Human race fails primarily to trace the real value of life. People are just following and leading life as per social stigmas and norms. They fail first to be human and adhere more to gender, caste, creed and religion. Rationally, in reality, religion gives us tenets of freedom to practice unified code of religious and pious human values through different religious books, gods and goddess. Whereas, on the above spirituality believes in the development of soul's innermost power to realize one's true potential. Even apart from being an adult, religion and spirituality are always criss-cross together, people, leader, masses are fanatic, and propel despicable violence in just one blow. The above mentioned paper lays out clear cut fragmentation, that how religion and spirituality are different from each other and if adhered properly they can pave to the development of religious (moral values) and (human spirit) in case of spirituality. To explain my ideas I have taken one religious text: Valmiki's *Ramayana* and Sri Aurobindo's '*Savitri*' where there is sequential and transcendental development of human spirit.

KEYWORDS: Religion, Spirituality, Valmiki, Aurobindo