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Philosophy and Spirituality

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Abstract

Philosophy and spirituality are very closely related. For a simple reason: when philosophy is truly philosophy it is spirituality itself. When, conversely, spirituality is truly spirituality, it is philosophy itself.

We shall call spirituality the connection with the infinite presence expressing the divine and celestial presence which makes everything live. Four fundamental philosophical experiences open onto the field of spirituality as defined above:

- Initiation, as practiced by Parmenides and Heraclitus,
- Contemplation as taught by Plato,
- Meditation as exercised by Descartes,
- Patience of the concept, as thought by Hegel when, coming back phenomenologically to "the thing itself", he perceives the journey of thought at the heart of world's history.
