

The Consumer's Guide For Spirituality For Persons of African-American Heritage

The human spirit and soul are powerful forces in all people. Every human has a unique spiritual life despite the fact that scientists cannot measure or define this human feature. Human spiritual activity is often channeled through religious activity. People are capable of active spiritual lives even when they do not practice an organized religion.

Spiritual activity is important for the physical and mental wellbeing of a person. Spirituality does not go down in aging and often increases as the person gathers more knowledge and wisdom. Science shows that persons with active spiritual lives have better results from hospital care. Spirituality produces a powerful stimulation to the brain and body.

Scientists cannot measure spiritual energy and therefore no science proves that active spiritual lives protect the brain. Despite the scientific limitation, many scientists believe that an active spiritual life is part of an active intellectual life that promotes brain health in older age. Middle aged and older persons are encouraged to maintain an active mental and spiritual life throughout their entire life to promote wellness.