

## EDITORIAL

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*Slavomír Gálik*

I am happy to announce that the first issue of the second volume of Spirituality Studies is out for you to read. This issue contains the research papers of Stanislav Grof *Psychology of the Future: Lessons from Consciousness Research*, Anna Andaházy and Gejza M. Timčák *High Frequency Yoga Breathing: A Review of Nervous System Effects and Adjunctive Therapeutic and Premeditation Potential*, as well as of Ivana Ryška Vajdová *Jung's Concept of Imago Dei*. The authentic insights into the mystical practice are represented here by an article of Květoslav Minařík *Explanation for the Mystical Practice II*, an autobiographic essay of Míla Tomášová *Largo of the Holesovice Quarter*, and poems of the Zen-Buddhist master Sandó Kaisen *Poems and Stanzas on the Unsurpassable Awakening*. All these papers represent significant contributions to the understanding of spirituality.

The contemporary Western culture seems to be deeply affected by the phenomena of consumerism, hedonism, and individualism – all together fortified by the mainstream mass media. While forgetting its spiritual roots, our culture becomes more and more technocratic. On the other hand, a complete loss of spirituality does not seem to be possible. This very fact is manifested by the perseverance of living spiritual traditions, and not at least by the existence of this Journal, which links the theory and practice of spirituality together in an original way.

The approach of Spirituality Studies, defined in its mission as prejudice free, interreligious, and interspiritual, is based on an assumption that the principles of spirituality are universally valid and similar in various traditions, in spite of the fact that spirituality on a personal level is, and always remains, unique.

I am confident that the 2016 Spring issue of the Spirituality Studies Journal will provide the readers not only with information but also with inspiration on their paths on exploring spirituality.