



## Editorial

There is one opener opening the realm of spirituality inherent in every human being: it is the *inversion of consciousness*. Spirituality begins with *inversion* or *internalization of consciousness*, otherwise, it remains beyond the scope of one's reach. In its latent state, as a pure potentiality in us, the very reality of it can easily be questioned or even denied. This may be true for millions whose consciousness has been totally absorbed by objects. If such an absorption happens, one lives with and from objects. A human existential bond to objects, however, has its fatal consequences: it determines the quality of one's consciousness and being. Under these circumstances, consciousness becomes narrowed and shaped by objects that dominate one's attention; and being becomes tied by sensory perceptions that are accompanied by mental and emotional reactions to them.

The notion of *existence* provides an apt description of such a state. One "comes out of the Self", as the etymology of the Latin word *existentia* suggests: *ex* – "out of, from", *sta* – "to stand". Thus "one stands outside of one's Self" as a quasi-independent entity, as an ego, which is the bases of human indi-

viduality. In the state of existence, one's very Self remains hidden and covered by a non-authentic self – ego, that is, consciousness limited to sensory perceptions and mental experiences.

The importance of inversion of consciousness is crucial to spirituality. Due to this process – reversing the natural flow of consciousness to objects – consciousness is broadened and liberated from the shaping force of objects or, more precisely, from the sensory and mental activities of the ego. In the perspective of this liberating process, consciousness appears multidimensional and finally is realized as such, i.e., as detached from all sensory and mental activities – the unlimited and unconditioned consciousness.

The 2023 Spring edition of Spirituality Studies brings forth a good portion of studies on this and related topics. The honest hope of all involved in its production is that it may shed some light on these crucial spiritual processes for either research or experiential purposes.

Cordially  
**Martin Dojčár**