

Roy Shaa Presents Universal Definitions of “Spiritual” and “Spirituality” for the Modern World

A Groundbreaking Global Understanding That Unites Science, Religion, Nature, Consciousness, and Everyday Human Experience



Tulsa, Oklahoma Nov 26, 2025 ([IssueWire.com](https://www.IssueWire.com)) - For millennia, the concept of “spiritual” has been shaped by culture, religion, and philosophy. Now, author and thinker **Roy Shaa** offers a universal definition that transcends tradition, presenting spirituality as a **direct human experience** — not a ritual, belief system, or set of practices.

According to Shaa, “**Spiritual is anything that exists, moves, or lives through a force beyond what we can see.**” This simple yet profound definition unites humans, nature, energy, consciousness, and the cosmos under a single, universal understanding.

A Modern Definition for Today’s World

Historically, spirituality has been linked to religion, meditation, or philosophy. Shaa’s definition, however, makes spirituality **accessible to everyone**, regardless of culture, faith, or background.

“**Spirituality is the experience of connection and awareness,**” Shaa explains.

“**It is the relationship you feel with anything inside or outside you — without rituals, dogma, or belief systems.**”

This clarity allows people from all walks of life to experience spirituality as a natural, everyday part of existence.

A Universal Understanding That Bridges Knowledge

Roy Shaa’s definition brings together multiple domains:

- Science:** Invisible forces such as energy, gravity, and consciousness
- Religion:** Connection to God, the divine, or higher presence
- Nature:** Plants, animals, ecosystems, and cosmic movement
- Daily Life:** Emotions, thoughts, memories, creativity, and the act of being present

By linking these areas, Shaa provides one of the most comprehensive, logical, and inclusive definitions of spirituality today.

Why This Matters

In modern society, many people feel disconnected — from themselves, from others, and from the natural world. Shaa believes a **universal understanding of spirituality** can help restore these essential connections.

“**Spirituality is not something to achieve; it is a natural human experience,**” he says.

“**When people recognize this, they reconnect with presence, empathy, and meaning in everyday life.**”

A Definition That Encompasses Everything

Shaa’s core principle is simple:

If it exists because of an unseen power, it is spiritual.

This includes:

- Human consciousness and awareness
- Emotions, intelligence, and creativity
- The universe and its natural laws
- Life energy in all living things
- Dreams, memories, and imagination
- Even the movement of an ant

By removing boundaries and belief requirements, Shaa positions spirituality as **the most universal human experience possible**.

Not a Challenge — A Natural Evolution

Roy Shaa emphasizes that his definition is **not meant to challenge any spiritual tradition or teacher**.

“Spiritual understanding evolves naturally, just like human knowledge and experience,” he explains.

“This definition is an expansion — a way to include all perspectives, honoring every tradition while offering a framework for today’s world.”

This approach **respects all spiritual paths** while providing a universal lens that anyone can connect with.

About Roy Shaa

Roy Shaa is the founder of a **universal approach to spirituality** grounded in direct human awareness and connection with existence. His work emphasizes **simplicity, inclusiveness, and clarity**, bridging science, religion, philosophy, and daily life. Based in Tulsa, Oklahoma, Shaa continues developing accessible tools to help people worldwide experience the universality of spiritual understanding.

Watch Roy Shaa explain his universal definition of spirituality here:

<https://youtu.be/Pxcm28YbpMQ?si=0SQb1YxHZWakng7V>

Media Contact:

Roy Shaa

Tulsa, Oklahoma

Email: contact@royshaa.com

Website: www.royshaa.com/what-is-spiritual

Press Notes:

This release is available for distribution through:

- Free PR platforms
- Paid PR networks
- Newspapers, blogs, and online media
- Social media channels
- Academic and spiritual discussion groups

Short and long versions are available upon request.



Media Contact

Roy Shaa

*****@royshaa.com

+1 (720) 900-1313

Source : Roy Shaa

[See on IssueWire](#)

