Modern Spiritualism at a glance. Spiritualists communicate with the spirits of people who have physically died. Such communication is thought to be beneficial to the dead and the living. However, it is a new religious movement with rituals, doctrinal components, a belief in a transcendent realm, and it has an experiential dimension, elements that many other religions also have. Modern Spiritualism. Many Spiritualists teach that Spiritualism is based on natural, scientific laws and does not involve the supernatural. They say that the difference between their faith and other religions is that most religions are based on belief while Spiritualism is based on demonstrated evidence that there is life after death. Religious beliefs and practices may help people to cope better with stressful life circumstances, give meaning and hope, and surround depressed persons with a supportive community. In some populations or individuals, however, religious beliefs may increase guilt and lead to discouragement as people fail to live up to the high standards of their religious tradition. The systematic review was conducted as follows. Computer literature searches using Medline and PsychInfo databases were conducted to systematically identify studies on the depression-religion relationship by entering the search words “religion,” “religiosity,” “religiousness,” and “spirituality,” and cross-referencing these with the search term “depression.” There is perhaps no examination of the self that is more important than the consideration of our spiritual beliefs and how these ideas and values affect our religious practices and our daily lives. Later, I would begin to compare this information against my existing fund of knowledge through the process of reflection, often arriving at new conclusions. Specifically, feminist critics and human rights activists, including Moghadam (2005), question the legitimacy of interpretations of ancient Islamic texts that have led to the creation and maintenance of rigid and restrictive social roles, especially those roles that have been instituted in the form of unquestionable gender norms.