

## **Science, Spirituality and Values for Peace and Prosperity**

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### **Abstract**

In the age of fast-changing science, technology and globalization, it is high time that Academia, organizations and companies must recognize the importance of the values and role of Ancient Indian wisdom in the implementation and practice of spirituality which aims at personal well-being ultimately helping and restoring the humanity and human values.

As far as the external world is considered, Science, technology and materialism is important to survive and to live comfortably, but at the same time science and technology alone will not bring fulfillment. Connection with the search engines alone will not bring authentic experiences but connection with life will help in order to be in contact with the inner aspects of existence. Also, transformation of toxins into nectars helps a person rather than cultivating mere outward actions; hence, spirituality is required to bridge the gap. Ruthless competition among the individuals, institutes, corporations and countries are impeding the human values. In this context, spiritual values are gaining importance as it is essential to harmonize between science and spirituality to imbibe the essence of spiritual teachings scientifically and practically in order to improve relations, develop healthy environment rather than entering into the violent competition in one's home and work place.

With this background the paper focuses and observes the relevance of these teachings from the ancient Indian wisdom to enhance quality of life among students, employees, Heads of the institutions, officers, professionals and homemakers as they can perform better with

the help of the wisdom as they enhance their physical, mental, emotional and energy levels by using them to help individuals experience health, happiness, love, contentment and connection.

**Key Words: Humanity, Meditation, vision, Transformation, and Ancient wisdom.**

## **Introduction**

Albert Einstein (1954) says, “The whole of science is nothing more than a refinement of everyday thinking.” Life has become more comfortable due to the advancement of science and technology. Science can be helpful to humanity only with wisdom. Today, apart from latest technology, people are suffering from challenges like excessive stress, lack of peace, health and happiness on one side and on the other side, people are suffering from various modern ailments. It is not only farmers who give food to others are committing suicide but also scholars from top universities. What will help people to live a satisfactory life?

If the intake of food, physical as well as mental is not healthy, then how can we think of a great future? Usage of pesticides may give an illusion of economic boom but experience says that it is harming the individual, society, environment and economy in the long run. Similarly, if there is fierce competition in academics, then what will be the fate of a child? Hence, spirituality helps to dissolve into one’s core and connecting oneself with one’s original source.<sup>1</sup> It helps to look at things completely rather than superficially and to overcome challenges constructively without exploiting others.

### **What is spirituality according to Scriptures?**

- The Bhagavad Gita says, “Spirituality means diving deep into inner-self and realizing one’s true-self (Atman).”
  
- The ShvetashvataraUpanishad says, “Amritasya Putrah” (Sons of immortal)

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<sup>1</sup> Realising the authentic face

- The Upanishads talk about Advaita or non-duality and it is the highest flowering of Indian spirituality. The ultimate, the truth is not just outside like an object but pervades everywhere and everything.

### **Aims and Objectives of the Research**

- Inculcate ethics and values among people
- Promote scientific temper to live a quality life
- Protect and preserve the country and its ancient eternal cultural values
- To realize the contribution of wise in order to bring quality in our perception
- To inculcate and empower physically, intellectually, creatively and spiritually strong individuals

### **Values**

Values ought to be based on inner light must be nurtured. There are some values which are toxic in nature; but temporarily they flourish for some period and are confined to particular time, place and gender. For example, in the olden days a woman was not supposed to laugh in public and a man was not supposed to cry. As tear glands exist in both genders, it is natural for a man to cry and laugh for a woman. Similarly, in China, importance was given to a small feet<sup>2</sup> rather than the longer one. No one would marry a girl who didn't bind her feet. In Africa, long necks were considered as beautiful. Similarly, in sub-Saharan and Northeast Africa, and to a lesser extent in Asia, the Middle East, Female genital mutilation (FGM)<sup>3</sup> is practiced as a cultural ritual by ethnic groups in 27 countries.

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<sup>2</sup> Millions of Chinese women were binding their feet to turn them into the prized "three-inch golden lotuses."

<sup>3</sup> Female genital mutilation (FGM), also known as female genital cutting and female circumcision, is defined by the World Health Organization (WHO) as "all procedures that involve partial or total removal of the external female genitalia or other injury to the female genital organs for non-medical reasons."

### **Spirituality in action**

These days, a woman has to balance her life at work and at home. But, unfortunately, the crime rate is increasing on women. India boasts of oldest spiritual texts and numerous women Sages<sup>4</sup> and also Devi<sup>5</sup> is worshipped as Mother of the entire cosmos as per the ancient Indian scriptures, but in reality, it has witnessed lots of extreme violence and exploitation of women. The Upanishads and the Tantra<sup>6</sup> too mentions of Ardha Narishwara<sup>7</sup>. It means 'Man is half of woman.' To tackle all these, there should be inclusion of spirituality in the Education system to help women to learn science, martial arts, music, dance and individual enhancement etc., for the amalgamation of left and right brain to make them strong and well-balanced.

One more feature is attaching great significance to pomp and show. Spending lakhs for small parties and crores for marriages have become common among the rich. According to a survey by DNA<sup>8</sup>, people spend Rs 5-15 lakh on an average even among middle class weddings. An estimated wedding food worth Rs 339 crore goes waste. Times of India report (2012) says, "This is enough to feed 2.6 crore people a normal Indian meal," a study by a team of 10 professors from the University of Agricultural Sciences (UAS), Bangalore, has concluded. In our country it is estimated that 67% population is under poverty even as per planning commission's report that Rs.33 per person in city does not come under poverty line. An article in India Today says (2013), "Is Rs.33 enough to keep an Indian floating above the poverty line? Government branded 'crazy' over ignorance of reality."

In religious beliefs too there were some concepts. If someone could perform some stunts, they were known as 'Godly men' as people entrusted in them without seeing their reality. Hence, there

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<sup>4</sup> Ghosha, Lopamudra, Sulabha Maitreyi, Gargi etc.

<sup>5</sup> Devī is the Sanskrit root-word of Divine, its related masculine term is Deva. Devi is synonymous with Shakti, the female aspect of the divine, as conceptualized by the Shakta tradition of Hinduism. She is the female counterpart without whom the male aspect, which represents consciousness or discrimination, remains impotent and void. Goddess worship is an integral part of Hinduism.

<sup>6</sup> It is an eastern scientific approach and alchemy to transform one's centers.

<sup>6</sup> Ardhanarishvara is depicted as half male and half female, split down the middle.

<sup>8</sup> www.dnaindia.com

were numerous incidents of exploitation due to the gullibility and weakness of people. They must be wary and must see the authenticity of the person who claims to possess supernatural powers. On the other hand there were people who did not claim any supernatural powers but changed the human consciousness like the Buddha, The Jaina in ancient India and Kabir, Mira Bai, Rai Das, Basaveshwara etc in the medieval period. People who are vulnerable are the prey to false Masters who are ready to trap them and cheat.

One of the core values in spirituality is responsibility. It is not only one's responsibility to save oneself, others around him/her but also the future generation. According to a survey, in Hyderabad itself there were 3084 lakes<sup>9</sup> in HMDA<sup>10</sup>'s core areas itself. Now, it has come to 325<sup>11</sup>. The reduction of trees, flora and fauna is making the city a concrete jungle. In search of luxuries, power and position, some vested interests not only want to control others but also nature too. The hundreds of festivals suggested the importance given to nature but now, the essence of celebrating a festival has come down. Festivals can be celebrated with hygiene, intelligence, aesthetics, responsibility and awareness (personal as well social) For example, Holi can be celebrated with natural colours, Diwali can also be celebrated without loud busters and also at late nights, especially at residential areas where it is dangerous to birds and street animals. Ganesh chaturthi can also be celebrated by immersing earthen clay idols. Using natural colours, flowers, leaves and such substance which can be melted easily rather than using non-biodegradable substance<sup>12</sup> which takes 1000 years to decompose. As per a website, "Approximately 1 billion seabirds and mammals die each year by ingesting plastic bags. Not only that, these poor animals suffer a painful death".<sup>13</sup>

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<sup>9</sup> [http://cseindia.org/userfiles/anjali\\_prakash\\_hydlakes.pdf](http://cseindia.org/userfiles/anjali_prakash_hydlakes.pdf)

<sup>10</sup> Hyderabad Metropolitan Development Authority

<sup>11</sup> <http://www.thehindu.com/news/cities/Hyderabad/hmda-to-document-325-lakes/article4548249.ece>

<sup>12</sup> plastics metals, ceramics, foams, glasses, circuit boards/silicon based materials etc

<sup>13</sup> [http://loveyouearth.org/Plastic\\_Bag\\_Facts.html](http://loveyouearth.org/Plastic_Bag_Facts.html)

Hence, in order to live wholesome life i.e., materialism coupled with responsibility, ethics and values can help. In other words, science with spirituality alone can save humanity.

Osho Rajneesh (1987)<sup>14</sup> says, “One thing: you have to walk, and create the way by your walking; you will not find a ready-made path. It is not so cheap, to reach to the ultimate realization of truth.” Spirituality cannot be an organized event. It is an individual phenomenon. In ancient India, the Sages went beyond Dharma<sup>15</sup> and that is liberation (Moksha). It is beyond words (Shabda) and beyond scriptures (Shastra). If there is division there is no liberation. The Sages talk of non-duality (Advaita) There is freedom (Swatantra) in non-duality. There is no need to leave anything or leave anyone but to work with joy and love will immensely help the humanity.

In the past too, there were many incidents that degraded humanity. Now, one can bring transformation in himself and the society by transforming the poisons into nectars. It is the right time now to accept others instead of abuse; to share instead of looting; to rectify mistakes. The Rigveda says, ‘All paths lead to one reality’. Whatever is the path but ultimately it should help an individual to maintain humanity. Each one is unique and can contribute to society creatively. In this regard, Ralph Waldo Emerson (1837)<sup>16</sup> says, “Each age, it is found, must write its own books; or rather, each generation for the next succeeding.”

## SUGESTIONS

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<sup>14</sup> Rajneesh Chandra Mohan Jain (1931 – 19 January 1990) also known as Acharya Rajneesh, Bhagwan Shree Rajneesh and as Osho was an Indian mystic, guru and spiritual teacher.

<sup>15</sup> In Hinduism, dharma signifies behaviors that are considered to be in accord with the natural order. In Buddhism dharma means "cosmic law and order", but is also applied to the teachings of the Buddha. In Jainism Dharma refers to the teachings of the Jinas and the body of doctrine pertaining to the purification and moral transformation of human beings. For Sikhs, the word Dharma means the "path of righteousness.

<sup>16</sup> Ralph Waldo Emerson (May 25, 1803 – April 27, 1882) was an American essayist, lecturer, and poet, who led the Transcendentalist movement of the mid-19th century.

While offering rituals, one can avoid spoiling of the sanctity of rivers, temples and Thirthas<sup>17</sup> like usage of polythene bags to maintain hygiene, health and aesthetics.

- Sanctity must be prevailed. Ganga<sup>18</sup> is considered as sacred. But dumping of drainage water, washing clothes etc in river is found and in some river banks even excreta is noticed.
- Upliftment of humanity and human values must be given importance rather than deception, falsity and corruption in sacred places.
- In the temples also, the essential part of spirituality should be prevailed rather than commercializing of rituals and culture.
- Incorporating spiritual values in everything (Education, family, politics etc) by combination of technology like videos, music with Meditation for spiritual development.
- Getting rid of bad habits and balancing of one's mental levels by elevating one's energy levels by spiritual methods like Yoga <sup>19</sup>
- Connecting oneself with the nature and higher energies.

### **Conclusion**

An individual, a family, a company or an institution can sustain properly with the assimilation of scientific temper combined with ethics, values and responsibilities bring balance not only individually but also in their profession. An individual with right approach cannot cheat others in business or any profession because in the first place s/he will have to reduce himself to lower levels and lose peace within. Also, s/he cannot truly enjoy life in its bounty and cannot even truly

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<sup>17</sup> Auspicious ponds

<sup>18</sup> A sacred river

- <sup>19</sup> Ancient India's contribution to the world is Meditation (Dhyan). It is vital to realise oneself. It helps to be conscious (Saakshi Bhav) as liberation (Moksha) is the ultimate goal. As everything undergoes change but not witness.

contribute to one's own family, as the path is destructive. The spiritual person rises up against exploitation, superstitions, discriminations, violence and lives for the freedom of all kinds of slavery and lives for the truth. The Upanishads<sup>20</sup> too mention Truth, Consciousness and Bliss (Sat-Chit-Anand); Truth, Godliness and Beauty (Satyam-Shivam-Sundaram); finally, everyone is entitled to Bliss, peace, silence, being at ease with oneself and the existence.

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<sup>20</sup> It is also known as Vedanta. It means to be taken into the world of the master and it is the work of a mystery school.

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