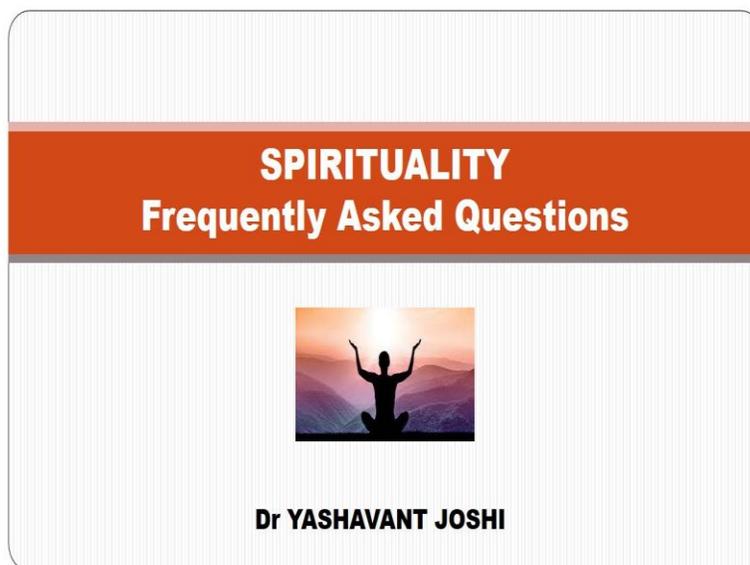


Basic Certificate in Palliative Care
Dr. Geeta Joshi
Dr. Piyush Gupta
Dr. Col. Yashavant Joshi
International Institute of Distance Learning
Indian Institute of Technology, Kanpur

Week-04
Lecture 03: Spirituality (FAQs)

Week number 4, lecture number 3. Hello friends. In this lesson, we will be talking about spirituality and most of us have lots of questions regarding that, frequently asked questions.

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Generally, they say what is spirituality, what is the difference between spirituality and religion, what is better spirituality or religion. Some people say why we should talk about spirituality when you have got the religion, you know. So, some of these things let us discuss, we will come to know what is exactly spirituality, what is the religion, what are the differences and all other nitty-gritties of the subject.

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Why is it important to know the difference between spirituality and religion?

- I don't think religion is going to die out anytime soon, but I do think that **an emphasis on the values of religion, rather than the rules, is going to help to heal the world.** And I don't think anyone's going to argue with me that the world doesn't need healing.
- Because, while spirituality and religion both have their place in the world we live in, **spirituality is going to heal the world a lot quicker than religion will.** And people are becoming more and more disillusioned with religion but still want to identify as spiritual beings.
- But don't just take my word for it. Ask anyone who has been caught up in someone else's religious war, or any victim of an injustice due to sex, color, or belief. **Find the answer for yourself!**

First, let us know why is it important to know the difference between spirituality and religion because most of us do not know really and we do not know a particular thing. It is better that we get enlightened, we go into details. Instead of talking from half knowledge, it is better to acquire fuller knowledge so that you are better equipped to understand the subject. These are some of the things.

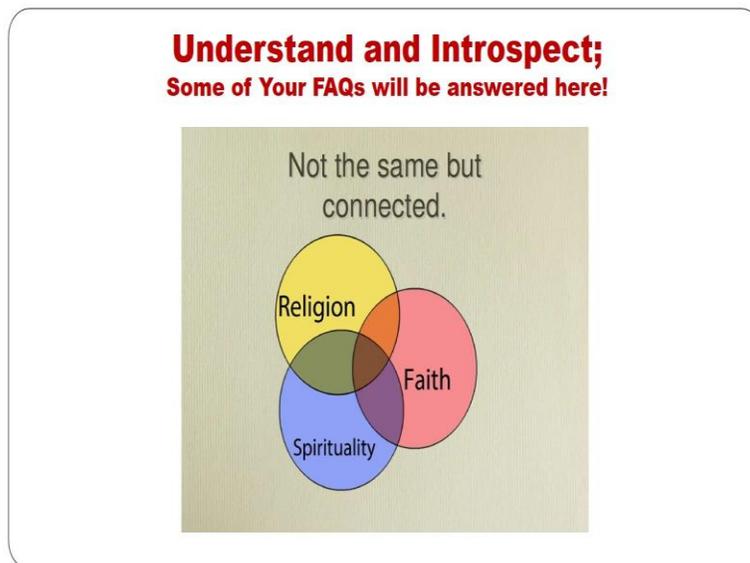
I don't think religion is going to die out anytime soon. But I do think that an emphasis on the value of religion rather than the rules is going to help to heal the world. You see, world is undergoing so many problems. It had been undergoing. It is not that, you know, we are facing such crisis, wars here or there, you know, it had been there since times immemorial.

But nowadays, the differences in religion, terrorism, border expansion, all these issues at world level, world politics, they have come up and we do not find any solutions. And therefore, these governments who are generally concerned with these issues, they opt for military options, they go to war and the people suffer. So, people ask in how to heal the world, how to spread love and peace among all countries of the world like that is what we say. That is the motto of our Indian culture, Vasudhaiva Kutumbakam the whole world is one family. But how to do that, that we can bring up healing to the whole world? Is it possible? While spirituality and religion both have the place in the world we live in, spirituality is going to heal the world a lot quicker than religion will.

Because most of the time, people are fighting on the religion, on the basis of religion, on the basis of ritualism. Whereas for spirituality, there are no rituals involved. There are certain values, there is a purpose of life and that purpose of life is always positive. So, if you want to heal the world and if you want to take out all these problems and issues and difficulties from our lives, then it is better to listen to the spirituality, it can heal the world better, better than religion. But don't just take my word for it.

Ask anyone who has been caught up in someone else's religious war or any victim of injustice due to sex, colour or belief, find the answer for yourself. Think worry about it. After today's lecture, just understand what is the difference between religion and spirituality and then we will come to know what is better. If we want to heal ourselves, what is better? Is it religion or spirituality?

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Understand introspect and some of the FAQs. If you think about all these three things, some of the questions might be coming to you and I am certain some of those questions will be answered in this particular lesson.

They are not the same, but they are connected. Religion, spirituality and faith. And if you see these three roundles and if you see the interactions, intersection, then see certain reason of these three roundles are common to all. Some are common to religion and spirituality, some are common to religion and faith and some are common to spirituality and faith. And one reason in the centre is common to all three, that is religion, spirituality and faith.

So, what does it say? There are certain things which is there in all the three things, faith, religion, spirituality. There are certain things which are common in religion and spirituality and there are certain things which are common in faith and spirituality. Let us find out what are those things.

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**Understand and Introspect;
Some of Your FAQs will be answered here!**

- 1. Spirituality:** Spirituality is composed of three aspects: **relationships, values, and life purpose.**
- 2. Religion:** Religion is a **personal set or institutionalized system of religious attitudes, beliefs, and practices.**
- 3. Faith:** A Belief and trust in God based on evidence but **without total proof.**

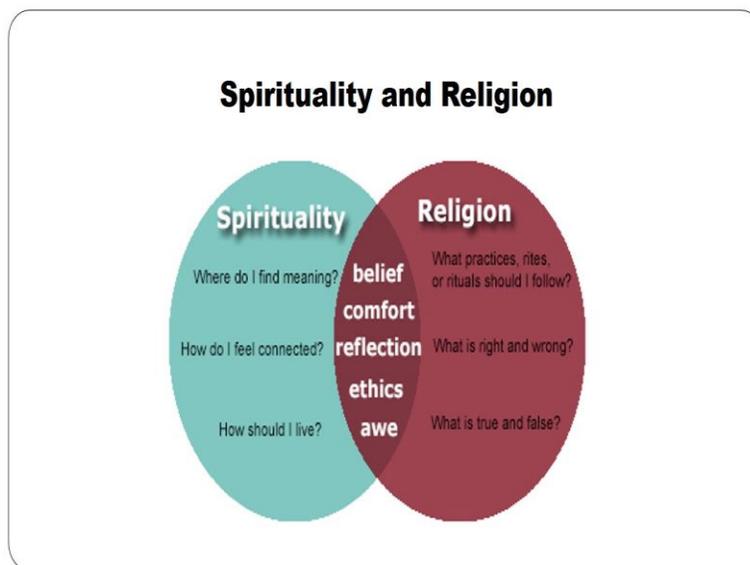
What is spirituality? It is composed of three aspects, relationships, values and life purpose. When I say, when I am telling you about relationships, it is a positive relationships, not for fighting purpose, like family relationships, relationship between friends, between countries, between societies.

So, we have got three aspects of spirituality, relationship, values and life purpose. There are no rituals involved. Of course, some of the spiritual people do resort to rituals, but it is for themselves, for them only they are doing it. It is just a part of the spirituality because they come up to spirituality on the ladder of religious rituals. What is religion? It is a personal set or institutionalized system of religious attitudes, beliefs and practices.

In religion, we have certain attitude, you have got certain beliefs and you have got certain practices. We all there, we can call them rituals as such. And faith, it is a belief and trust in God based on evidence, but without total proof. I mean, if somebody asks, I do believe, I 100% believe that there is God, I call it a God, some people call it superpower, someone will say something we do not know, but there it exists and it controls the whole world and not only world, everything, the whole universe is being controlled by that power, you know, that power being almighty. But if somebody says, yes, give me proof, I cannot give the proof.

So, these are the three things, understand it, what is spirituality, what is religion and faith and let us move further.

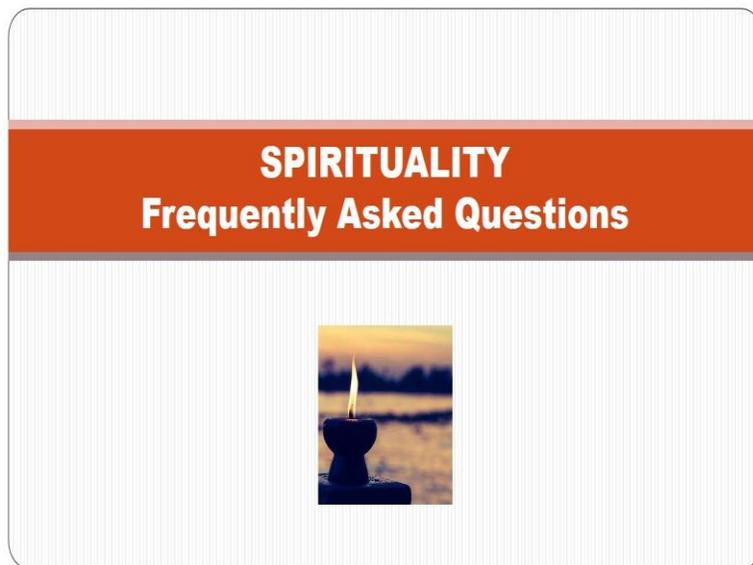
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So now, if we compare spirituality and religion, there are certain things common between them, belief, faith, comfort, reflection, ethics, love, value. So, all these things are common between religion, where I find meaning, where I find meaning means what is the purpose of life, why am I here, why did I come here, what is the purpose of coming here, how do I feel connected with the superpower, how should I live so that I can achieve self-actualization. In religion, we are talking about what practices, rites and rituals should I follow. In every religion, they got certain rituals to follow, be it Hinduism, Christianity, Sikhism, Mohammedans, anything, what is right and wrong.

In religion, we always find, like at our home also, the father, mother, they generally say, this is right, you do this way, don't do that, it's wrong. What is true and false? So, this is the domain of religion and certain domain is common between religion and spirituality.

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Let's go over to frequently asked questions.

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1. What Is Spirituality?

Spirituality involves the recognition of a feeling or sense or belief that there is something greater than myself, something more to being human than sensory experience, and that the greater whole of which we are part is cosmic or divine in nature. ... An opening of the heart is an essential aspect of true spirituality.

What is spirituality? It involves the recognition of a feeling or sense of belief that there is something greater than myself, something more to being human than sensory experience and that the greater whole of which we are part is cosmic or divine in nature and opening of the heart is an essential aspect of true spirituality. If you start believing that there is somebody, somebody greater than me, you call anything, Ram, Krishna, Christ, Mohammed, Guru, anything you just call.

Some super power is there which is greater than me and it exists there. And if your heart believes in that essential aspect, then automatically you start with true spirituality. You try and achieve that. When you believe that we are a part of the cosmic divine nature and this divine nature has been created by that greater soul, then you start becoming spiritual.

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What Is Spirituality?

A Definition of Spirituality

- There is A GREATER REALITY beyond the one we witness with our senses
- We are ONE
- Reality is LOVE, WISDOM, PEACE....
- SPIRITUAL PRACTICE gives access to this greater reality and to this sense of our inherent connection

Read more at
www.a-spiritual-journey-of-healing.com



What is spirituality? There is a greater reality beyond the one we witness with our sense, with our five senses.

Our power to witness, our power to experience is very limited. It's very, very limited. But when we start with that there is a greater reality beyond our powers and our powers of five senses, then we start understanding what is reality. Spirituality says we are one. Whole world is one family.

Vasudhaiva Kutumbakam. There is just no division on the basis of religion, on the basis of country, on the basis of language. There is just no division at all. We all are one. That single brotherhood, universal brotherhood what we talk about, not Muslim brotherhood, not Christian brotherhood. We talk about universal brotherhood and we are one.

That thing is a part of real spirituality. Reality is human values, love, wisdom, peace. Not those fighting qualities, not hatred. And spiritual practice gives access to this greater reality and to this sense of our inherent connection with God.

Aham Brahmasmi. I am a part of Brahma, the divine. I am a part of the divine. That is the reality which takes us towards spirituality.

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What Is Spirituality?

Mahatma Gandhi

- Gandhiji said it quite succinctly, I believe. Spirituality is a part of you, it's something that cannot be separated from your thinking, action-taking, self. It's who you are, your morals, your values, what brings you joy.

Martin Luther King, Jr.

- “Any religion that professes to be concerned about the souls of men and is not concerned about the slums that damn them, the economic conditions that strangle them and the social conditions that cripple them is a spiritually moribund religion awaiting burial.”

What Mahatma Gandhi says, quite succinctly, I believe spirituality is a part of you. Aham Brahmasmi, it's a part of you.

It is something that cannot be separated from your thinking. Therefore, in Hinduism we say it's a body which is dying. After death we are burning the body and which is being, which is died, which is being cremated. We cannot kill the soul.

Soul does not die. It just merges with the super soul. Atma merges with the Paramatma. Spirituality is a part of you. It is something that cannot be separated from your thinking, action taking self. It is who you are, your morals, your values, what brings you joy.

This man whom we call Mahatma was not a Mahatma when he went to South Africa for the practice of law. He went to South Africa for livelihood way back in 1893. He had just gone on a contract of one year, but he stayed there for almost 22 years. When he went there, he went as Mohandas Karamchand Gandhi. And when he came back to India, he was, people affectionately used to call him Mahatma Gandhi.

So, that journey from Mohan to Mahatma, that is the journey of spirituality what we are talking about. He was talking about love. He was saying, why are they whites are superior to the black people? Who has given them the right to rule us? Even if they are

ruling, there should be equality about rules, about system and everything. Why should we pay more? Racism.

So, this is what he was against. And he fought for almost nonviolent, non-cooperative movement for 22 years. He won also up to certain extent. And then thereafter he came to India and he applied the same things, same techniques, same tactics, same strategy and that is how in 1947 we could achieve our independence. He was the leader. There were so many leaders, the masses were there with him.

But Mahatma Gandhi was a true example of spirituality. Another side, Martin Luther King is there, US citizen. He also, people call him junior Mahatma Gandhi, Gandhi of America. He says, any religion that professes to be concerned about the souls of men and is not concerned about the slums that damn them. The economic conditions that strangle them and the social condition that cripple them is a spirituality more even religion awaiting burial.

He was talking from his own experiences because in America in those days, there are lots of differences between white people and the black people and he was fighting for the rights of black people in America. Like what Mahatma Gandhi fought for the rights of Indians in South Africa. And therefore, he said the religion which supports the system of racism, black versus white is not to be called religion because it does not give equality to all Christians, you know. So, in spirituality we have equality, we have got love, we have got purpose of life and we do not support any divisive forces. Inequality between the people on the basis of race, money, power, no it does not have any place in spirituality.

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2. What is a Religion?

Religion, according to the Merriam-Webster Dictionary is a *personal set or institutionalized system of religious attitudes, beliefs, and practices*. In other words, if you actively follow a particular religion, you adhere to its rules, you practice its rituals and you usually (though not always) associate with other members of the same religion.

- Many of us grew up with religion as part of our family culture. Depending largely on where you were born, you called yourself a Hindu, Sikh, Christian etc. Often with no real understanding of what the term meant.
- For some, it meant they went along to Temple, Gurudwara etc. with their parents. For others, it meant they attended a service on Christmas Eve and at Easter. Some offered a Namaz!
- **For some, it had a deeper meaning.** They genuinely believed in God, his teachings and the teachings of their religious leader.
- As they got older they may have become more immersed in their religion, or they may have delved into other religions as an attempt to discover what they, as a thinking adult, believed.
- Or they may have rejected religion altogether and began to identify as an atheist. *Incidentally, choosing not to believe in something? That's a belief in itself.*

What is the religion? Let us see the dictionary meaning. Dictionary says it is a personal set or institutionalized system of religious attitudes, belief and practices. In other words, if your activity follow a particular religion, you adhere to its rules, you practice its ritual and you usually associate with other members of the same religion. Like in all the religions, there were certain things, certain rituals they do and most of them they follow. And many of us grew up with religious, religion as part of our family culture depending largely on what, where you were born, you called yourself a Hindu, Sikh, Christian.

Often with no real understanding of what the term meant, when you are bringing up, we did not know at all. It is that culture what we are seeing, it is the culture in which we are born and we grew up. That told us about the rituals, systems, rules of our religion. We go to gurudwara, people go to temple, mosque, churches.

For some it had a deeper meaning. They do believe in God and then they go over there. But some of the people, they just go there because their parents are going it and their parents are told that you also should go. They have a social, they have got a Sunday service in Christian Church. So, they had been going earlier, they are going now.

When they get older, they still go. So, these are the ritual they are following in that particular religion. There are some certain people who reject the religion altogether and begin to identify in an atheist. They don't believe in any God, they say, I am an atheist. But my dear friends, by saying this, incidentally choosing not to believe in God or not to believe in something, that is a belief in itself by the way. When you say I don't believe in God, means God exists.

God exists. But you don't believe it.

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What is a Religion?

- The moment man became religious, it should have been the end of all conflict. Unfortunately, religion has become the main source of conflict everywhere in the world. This is because a **religion is essentially coming from a set of belief systems.**
- Where does belief comes from? Belief means you do not know. If you know something, you do not have to believe it, you simply know it. For example, do you *believe* that you have two hands or do you *know* that you have two hands? Even if you have no eyes to see these hands, you still know you have hands. With hands you know, but with God you believe – why?
- The moment you believe something, you can go about with a certain level of confidence. **Confidence without clarity** is a disaster. This is exactly what you see in the world today. Belief systems fire people up with a great sense of confidence and this confidence without the necessary clarity is a huge disaster on this planet. The conflict in the world has always been between one man's belief versus another man's belief. The moment you believe that your way is right, and someone else believes his way is right, you are bound to fight.

Religion is essentially coming from a set of belief systems. And where does belief comes from? Belief means you do not know. You know something, you do not have to believe it. You simply know it. For example, do you believe that you have two hands or do you know that you have two hands? Even if you have no eyes to see these hands, you still know you have two hands.

With hands you know, but with God you believe. Where does belief come from? This is very important. Understand this belief means you do not know. I don't know where the belief comes from. The moment you believe something, you can go about with a certain

level of confidence. Confidence without clarity is a disaster because you do not know the origin of that belief.

Belief, faith, you can produce some evidence, but no clear-cut proof at all because you do not know, you do not have the clarity. This is exactly what you see in the world today. Belief systems fire people up with a great sense of confidence and this confidence without the necessary clarity is a huge disaster on this planet. The conflicts in the world has always been between one man's belief versus another man's belief. The moment you believe that your way is right and someone else believes his way is right, you are bound to fight.

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What is a Religion?

- **Spirituality isn't as ritualized as religion.** That's not to say that if you're a Spiritualist you don't participate in rituals, but rather that your rituals may change or fluctuate, depending on what your goal for practice is.
- If you're a Spiritualist, you may or may not believe in a God, Goddess, or the power of the Universe. Think of it this way: spiritualism is more of a *practice of behavior* rather than a *practice of worship*.
- You know how some people seem to just radiate peace? These are the people we love to be around because they have a calming presence, an aura of tolerance about them, for everyone and every situation they meet.
- These are spiritual people, whether they use that word to identify themselves or not. These are the people that are confident in their core beliefs, are quietly getting on with things. They usually find themselves in a corner at social events, offering advice to all that ask for it.

Spirituality is not ritualized with religion. It doesn't have any rituals. Of course, some of the religious people, they were some of the spiritual people, they are religious. Now also they are religious. So, by matter of habit and faith, they keep following certain rituals, but their main attention, their main focus is on spirituality. And thus, think of it this way, spiritualism is more of a practice of behavior, that behavior of peace, behavior of brotherhood rather than a practice of worship.

In religion, but through the means of rituals, you worship a particular god or goddess. But in spirituality, we worship a particular set of behavior which is humanistic in approach, which teaches us, which guide us to find out the purpose of our life.

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Spirituality in Hinduism!

- Traditionally, **Hinduism** identifies three marga (ways) of **spiritual** practice, namely **Jyana**, the way of knowledge; **Bhakti**, the way of devotion; and **Karma** yoga, the way of selfless action.
- In Hinduism, there are 5 spiritual Elements namely **Earth, Air, Water, Fire** and **Spirit**. Each have a different meaning and a different purpose. They are used in spells, rituals and prayers. Although in different cultures, each have a different meaning, purpose and even more elements.

Traditionally, Hinduism identifies three ways to lead a life, to lead a spiritual practice, namely Gyan, Bhakti and Karma. Gyan means the knowledge, Bhakti means the way of devotion and Karma means yoga, Karma yoga.

We call them Gyan yoga, Bhakti yoga and Karma yoga in Gita. This is what Lord Krishna told in Gita. And the five spiritual elements in Hinduism, they are earth, air, water, fire and spirit. Each have a different meaning and a different purpose. They are used in spells, rituals and prayers. Although in different cultures, each have a different meaning, purpose and even more elements.

This is what I am talking about rituals of an understanding of religion in Hinduism.

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3. What Are the Components of Spirituality?

- The healers, sages, and wisdom keepers of all times, all continents, and all peoples, in their ageless wisdom, say that human spirituality is composed of three aspects: **relationships, values, and life purpose.**
- Many of the behaviors associated with wellness are key components of a healthy spiritual life. Examples include volunteerism, social responsibility, optimism, contributing to society, connectedness with others, feeling of belonging/being part of a group, and love of **self**/reason to care for **self**.

Third question, what are the components of spirituality? The healers, sages and wisdom keepers of all times, all continents and all people in the raceless wisdom say that human spirituality is composed of three aspects, relationship, values and life purpose. They believe in a life purpose and that life purpose is always seriously positive to bring up universal brotherhood. Many of the behaviours associated with wellness are key components of a healthy spiritual life.

Examples include volunteerism that is what called service. Therefore, we say service to the poor is service to God, service to humanity, service to God, social responsibility, optimism, contributing to society. So, this means the thing what you can do for others, when you forget yourself and you start doing for others selflessly, then it becomes a part of spirituality. You get connected with others, feeling of belonging of a particular group and love of self, reason to care for self, you know. So, these things these are the components of spirituality.

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4. How misconceptions regarding Spirituality arise?

- One should generally not speak on a subject of which one does not have adequate knowledge. Despite this rule several prominent personalities from other fields in society talk on Spirituality even when they have had no spiritual experiences.



How misconceptions regarding spirituality arises? One should generally not speak on a subject of which one doesn't have adequate knowledge.

A person who has got half knowledge generally speaks more. Despite this rule, several prominent personalities from other fields in society talk on spirituality even when they have had no spiritual experiences. Anybody, they can talk on any subjects and when we say why you are doing this, they say okay, this is democracy. We have got freedom of speech, it's our right. This is what is happening. And in that situation, people speak on religion, people speak on spirituality, otherwise they know nothing about it.

So, my dear friends, whenever you speak on a particular subject, it is better to study. It is good deeper into the subject. It is better to seek the help from some gurus, some experts who have done lots of experimentation, personal self-experimentation, meditation in this path of life. Never speak anything when you do not know. So, this misconception basically comes from those people who had not studied spirituality, who have not practiced spirituality because they know nothing about it.

So, forget about those misconceptions, do not bother about them. And if you want to see really what is spirituality, study, go deeper and start practicing, then only you will realize what is spirituality.

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5. What are the means of obtaining bliss?

- Only when the impressions of desires and instincts, likes and dislikes, temperamental characteristics, etc. are wiped off from the subconscious mind, that is only when nescience (ignorance) is destroyed can one experience the **Bliss** lying dormant within oneself.



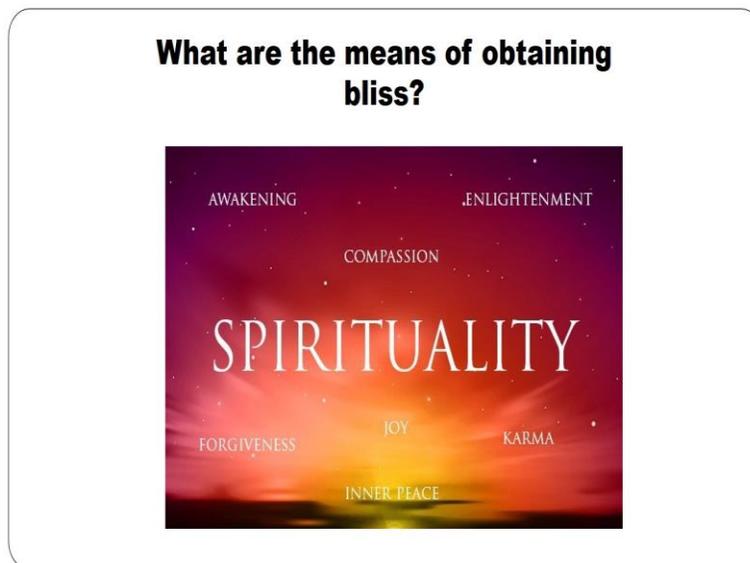
What are the means of obtaining bliss? Bliss means Kripa, Param Kripa that all the four hands, six hands of God are on you. Only when the impressions of desire and instincts, likes and dislikes, temperamental characteristics, etc. wiped off from the subconscious mind, it is only when ignorance is destroyed, can one experience the bliss lying dormant within oneself.

Bliss is not anywhere else. Like we say, joy is not anywhere else. Happiness is here within. Why do we become unhappy? Unhappy because we cannot cope up with the surroundings and surroundings are not as per our liking and therefore we just cannot cope up. Bliss, happiness, it is within us. We don't have to go out and search somewhere else. When we start thanking the divine nature for everything what he has provided to us, when we say that everybody is equal here on this planet, we start loving anybody, we stop hating anybody, we stop wishing more and more.

So, then a stage will come that you are just satisfied. We call it Santosh. You are contented. You don't have any desires, more desires, you know. You are fulfilled. Whatever you have within you, you are just happy that you are under bliss and that means is you will start realizing the, what can I say, the real spirituality. Bliss comes from within when you start accepting what is available with you and you start realizing how much happier you are within.

Start finding it out.

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Means of obtaining bliss, awakening, compassion. What is compassion? We have been talking about since last three weeks. There is apathy that you don't like anybody, you neglect others. There is sympathy, you sympathize the people. A higher grade is empathy. You feel the way the other person is feeling and experiencing and then comes over it comes a compassion, kindness of God.

Not on one, it is all everybody in this world. Enlightenment, karma, you believe in the theory of karma, joy, inner peace, forgiveness. So, these are the means of obtaining bliss.

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6. What is the ideal spiritual practice for the current era?

- When Spirituality is practised in a sect the same practice is recommended to all. Just as it would be wrong for a physician to prescribe the same drug to patients suffering from different ailments so also it is wrong to recommend the same spiritual practice to all. This is specially so when the three components (trigun), five elements, accumulated account (sanchit), destiny and willful actions (kriyaman karma) are different in every individual.

What is the ideal spiritual practice for the current era? When spirituality is practiced in a sect, the same practice is recommended to all. Just yet it would be wrong for a physician to prescribe the same drug to patients suffering from different ailments.

So, also it is wrong to recommend the same spiritual practice to all. This is especially so when three components, trigun, five elements, accumulated account, sanchit, destiny and willful actions, kriyaman and karma are different in every individual. Spiritual practice is not the same for everybody. Simple as that, all individuals are different. When they are different in their characters, in their constituents, so those practices are totally different.

They have to start finding it. It is better that they find guru first. Guru will be able to give them the path on which to travel. But it is definite that the practice is an, is a property, individual property.

For me practice is different, for Mr. A is different, for Mr. B is different.

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7. What is the key to obtain everlasting happiness?

- **Every living being (jiva), from the smallest insect or ant to the more evolved human being, is constantly in the quest for the supreme quality of happiness.**



What is the key to obtain everlasting happiness? Everlasting happiness is bliss. You don't want anything else. But is it possible for us? We living being Jiva we call it, every now and then we keep desiring something more and something more and something more. If we buy a motorcycle, then we say we want to buy a car. And thereafter we will say no, no this car is just of rupees 10 lakh only, we want to buy Mercedes and BMW, no, 1 crore or 2 crore rupees.

Then after few years, you will say no, no, no, not car. I got to have a helicopter also. So, this desire I would say, it just carries on. You cannot satisfy a desire provided you seize them all of a sudden. No more desire. And when you seize, when you get cut off from such desires, then my dear friends, you will start experiencing bliss.

That's the happiness starts. Because when I don't want anything, so I am happy with whatever I have. Every living being from the smallest insect to ant to the more evolved human being, it's constantly in the quest of supreme quality of happiness, but not getting it because desire does not end. And with desire does not end, you keep working hard, you keep finding it difficult and you get involved into this worldly life. No bliss comes to us.

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8. What is the spiritual principle behind sacrifice (Tyaga)?

- One needs to give up the attachment to the body, mind and wealth in order to make spiritual progress. Of these, sacrifice of wealth is the easiest as it can be done physically.



What is the spiritual principle behind sacrifice? Tyaga. Tyaga is always for somebody else. One needs to give up the attachment to the body, mind and wealth in order to make spiritual progress of this sacrifice of wealth is the easiest and it can be done physically. You have to sacrifice, you have to give it away. Tyaga, you can, it's a sort of dhan, you have to donate it to something. So, when you start sacrificing everything of yourself, then spirituality starts entering into your personal life.

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9. Which Name should one chant if the Guru has not imparted a Name?

- One should repeat (chant) the Name of the family deity (kuladevata), which refers to both the male or the female family deity. Depending upon which family deity's worship is conducive for his spiritual progress, an individual is born in that particular family.

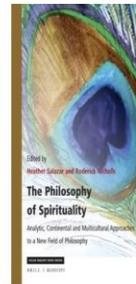


Which name should one chant if the guru has not imparted a name? One should repeat the name of the family deity, kuladevata, which refers to both the male or the female family deity, depending upon which family deity worship is conducive for his spiritual progress and individually born in that particular family.

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10. Why is intellect (Buddhi) an obstacle in spiritual progress?

- For spiritual progress one needs to practice Spirituality and in order to be able to practice it regularly, **faith is essential**. The faith of a seeker in the primary stage grows with intellectual knowledge. However, for a seeker in the advanced stage, faith increases with spiritual experiences which are beyond the comprehension of the intellect.



Why intellect? Intellect means buddhi, an obstacle in spiritual progress because buddhi keeps on asking, buddhi wants a proof and evidence. But in matters of religion and spirituality, there is no evidence available, there is just no proof. You have to experience it. For spiritual progress, one needs to practice spirituality and in order to be able to practice it regularly, faith is essential.

The faith of a seeker in the primary stage grows with intellectual knowledge. However, for a seeker in the advanced stage, faith increases with spiritual experience, which are beyond the comprehension of the intellect. Intellect does not work because it is the faith which works over there.

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11. Why is it important to understand implied meaning in Spirituality?

- In Spirituality, an attempt is made to express verbally that which is beyond words. Consequently, there is a difference in the literal and implied meaning. That is why as the spiritual emotion of a seeker rises according to his spiritual level, he comprehends the same point differently.



Why it is important to understand implied meaning in spirituality? In spirituality, an attempt is made to express verbally that which is beyond words. Consequently, there is a difference in the literal and implied meaning. That is why as a spiritual emotion of a seeker rises according to his spiritual level, he comprehends the same point differently.

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12. Why is Spirituality classified as a science?

- Just as theories in chemistry, physics, and medical science etc can be proven again and again. To cite an example; oxygen supports combustion. This was proven decades ago and can be still proved today. Similarly, everything that comes under Adhyaatm Shastra (spiritual science), can be proven time and again.



Yes, spirituality is classified as a science. Just as theories in chemistry, physics and medical science etcetera can be proven again and again to cite an example, oxygen

supports combustion. Without oxygen, the fire does not catch up, fire does not live up. This was proven decades ago and can be still proved today. Similarly, everything that comes under Adhyaatm Shastra, that is spiritual science, can be proven time and again by the spiritual gurus.

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What's the best way to heal the world?

- I don't want to sound like a sage here but, **we heal the world by healing ourselves**. And that's where our faith in religion and spirituality come into it. We have to heal our own souls if we want to heal the collective soul.

"Because I'm a doctor, I know when you have an injury it will heal if it's clean enough to heal; if your injury is dirty, it won't heal. And so when you are talking in societies, we are also talking in healing processes, and for a good healing process, you need to make things right."

_Michelle Bachelet

And lastly, what is the best way to heal the world? We heal the world by healing ourselves. If we as an individual of the society, we are perfectly okay, we do not have any problem with ourselves, we believe in well-being and we are leading a life of well-being, then automatically the world will be healed. Because I am a doctor, when you have an injury, it will heal. If it is clean enough to heal, if your injury is dirty, it won't heal. And so, when you are talking in society, we are also talking in healing processes and for a healing process, you need to make things right in our society. So, this is what all about spirituality, some of the frequently asked questions I put across, there may be many more.

Keep asking to the elders and particularly who believe in spirituality, who are practicing spirituality. Thank you, thank you very much.