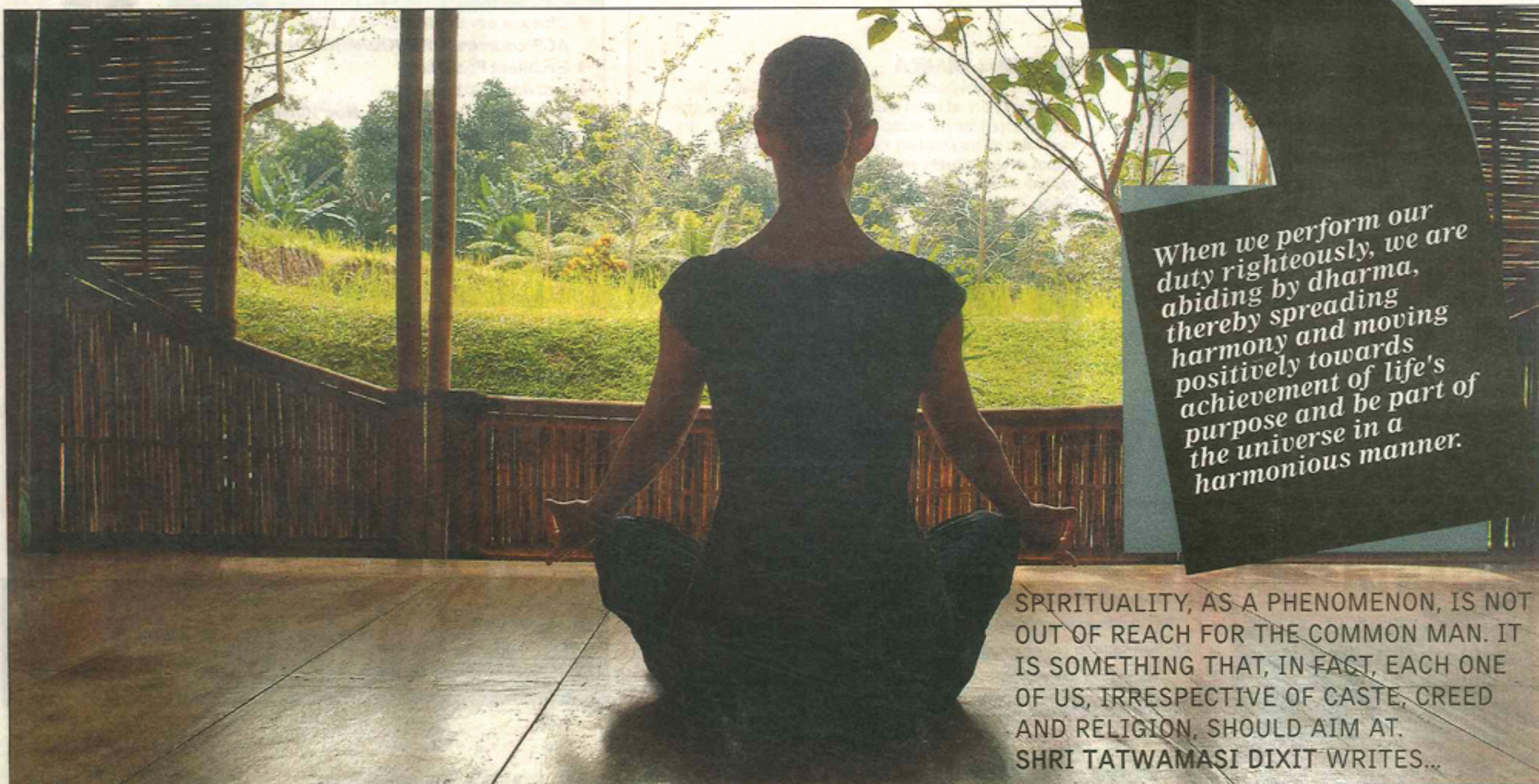


# 06 spirituality



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## Spirituality in Thought, Word and Action

Why does a person shy away from the topic of spirituality? Is it because he thinks it is only for the yogis, or those trying to run away from his life's duties? Spirituality, as a phenomenon, is not out of reach for the common man. It is something that, in fact, each one of us, irrespective of caste, creed and religion, should aim at. Understanding the spiritual implication of each of our actions, thoughts and the words we speak, would take us closer to achieving that oneness with the true self that we yearn. Spirituality can be made a way of life by understanding and interpreting whatever we do in relation to the whole - the supreme Brahman. Brahman or Isvara is in every particle in this universe. The first verse of the Isavasya Upanishad of Yajur Veda says:

*Om Isyamidam sarvam  
yatkiñca jagatyam jagat |  
tena tyaktena bhurijitha ma  
grdhah kasyasvid dhanam*

This entire universe is pervaded by the Isvara/Brahman, for the reason that it is dependent upon primordial nature, which in its turn is also pervaded by Him. He alone is thus independent. For this reason, enjoy whatever is given to you by Him, and do not seek wealth from any other source.

### SPIRITUALITY IN THOUGHT:

The purpose of our discussion is to try and induce spirituality in our daily existence. Spirituality in thought deals with immediate perception of person, act or activity. Each of us is strongly based on past conditioning and our thoughts are invariably steered towards comparison with oneself which thereby leads us to become judgmental. The first step towards spiritualising our thoughts is transcending beyond oneself and allowing an alternate perception to exist in our thought process. Instead of jumping to conclusions, it is better to give the benefit of doubt to others and understand their perspective and intent

### SPIRITUALITY IN WORD:

Spirituality in word is the ability to relate and connect beyond oneself and our strong beliefs. We often have a transactional existence, which naturally fails to bring

in the required genuineness and depth in our communication.

Spirituality in what we think and speak is of great importance and often go hand-in-hand. It is said that a word aptly spoken is like apples of gold in settings of silver. When we understand that there is no difference between the Atman or consciousness in us and others, why would we defile or hurt another with our words



or thoughts? Communication in any form therefore should be looked upon as an engagement with divine. This association of divinity in one another is a key step to spiritualising our connection through communication. We must learn to love one and all with purity.

### SPIRITUALITY IN ACTION:

Every action of ours has a spiritual dimension. Let us

analyse a person's daily activities and understand the inter-woven spirituality in it. A person starts his day by waking up, which has a spiritual reason to accomplish the ultimate and immediate purpose of the life. We have taken birth on this earth in the human form for a purpose. Every day we are doing something which will help in the direction of our purpose and for that, we need to wake up. Brushing of teeth

Working, earning one's living, doing one's duty at home and otherwise are all contributors towards movement and channelising of the energy. This keeps the world going. When we perform our duty righteously, we are abiding by dharma, thereby spreading harmony and moving positively towards achievement of life's purpose and be part of the universe in a harmonious manner. At the end of the day, when a person retires to bed, he enters into sleep and experiences eternal bliss or 'Ananda' unknowingly, which is a spiritual experience.

Interpretation of every thought, word and deed is therefore the key to understand spirituality, for which you have to first look within yourself. This does not mean you analyse every moment of your life, thereby complicating it immensely. All you need to do is to start introducing baby steps into your life at all the 3 levels and experience divinity everywhere.

### TO DO THIS, YOU MUST:

- learn to appreciate all good things,
- respect nature,
- be grateful to God for the blessings you've received,
- live a life based on values and principles,
- abide by your duty; and
- not complain for whatever troubles you face as there is a karmic theory behind everything that happens.

With this core principle you can initiate yourself into a beautiful spiritual journey. It would lead to the right connectivity with everything and everybody and once you connect at a spiritual level, you only strive to do your duty to the best of your ability without seeking rewards or awaiting the result of whatever is done.

Therefore, living meaningfully with a sense of purpose is spiritual, accepting people for what they are is spiritual, and respecting karma and its consequences is spiritual.

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