

Religion & Spirituality Connect

A person is not identified by religion but religion is the faith in spirituality & God. He may be a beggar on the roadside or a rich man in his mansion or a person in depression, he prays to **HIM**. **He** resides in the garden of love in a person.

There have been many orthodox views in the society like sati, child marriage & discrimination on the basis of birth, race, gender, religion, culture etc. Some people readily adopted them but some rejected them. People like Guru Nanak, Prophet Muhammad, Jesus Christ, Tukaram, Mirabai etc strongly criticized these ideas & focused on the personal God, feeling of empathy, to help their fellow beings & pursuit of active life.

Jesus Christ taught his followers to see God as their true friend or spouse because if we give him the name of a friend he will never detach from us, as we will always seek him for an advice. He told everyone to forgive each other. Same were the teachings of Prophet Muhammad. They both told that there is only one God & people had given him different names as told in thousands of holy books. All their teachings were the same but it was in different ways. Their teachings were compiled in Bible & Quran respectively.

Muslims believe the Quran to be verbally revealed thorough an angel Jibril (Gabriel) from God to Muhammad. They consider the Quran to be a guide to prophet hood of Muhammad & truth of religion.

Bible was compiled by the followers of Jesus Christ, rather dividing people into English protestants & Roman Catholics but over a period of time, a bonding has united them. This can be given by a short story.

“Get up Sam” said Samuel, his father. He was a small boy of 13 years. Life meant a merry deal to him but something happened which destroyed his life. His father was a priest. He was an English Protestant. He disliked the division upon cast and thinking so he allowed both Roman Catholics and English Protestants in his Church. Many rejected his idea, so they raided his house and killed Sam’s mother and father but Sam was able to flee.

Now he was just roaming around the river Thames where earlier his house was, with the Bible of his father. He remembered his father used to say that **only dead fishes flow with the current**. So he had started working at a shop and he came to read the Bible beside the river. One day he was reading it when a knife came along his neck. He panicked and dropped it. “Give me everything you have” said a voice. He retaliated and threw the knife away and kicked the robber in the gut and pushed him into the river. Luckily his father had taught him some self defense moves. The robber floundered to the river screaming “Help me. I don’t know how to swim!” . He went beneath the surface and came up. He caught a fallen tree and begged “please help me”. Sam had read from the Bible, **Do not be overcome by evil but overcome evil with good**. He pulled the man. Drenched to the skin, the boy managed to say “Thank-you. My name is Jack. May I accompany you. I have no job”. He told the story of his life which was quite similar to Sam’s but he was a Roman Catholic. They both were of the same age, 14 years old. “But how can I trust you, robbers are not trustworthy” said Sam. **“A tree doesn’t make a forest”** was the reply. They became friends. They started to work together & live in the same house. They had convinced many people that division was not right & that **single we are a drop & together an ocean**. They united 1, 2, 3... people & so on. They also fend off raids by their mind & wits. Through this Sam thought if Jack

was not there he would have to blend with the society & would have never understood the true meaning of the sentence; **it is good to walk with a true friend in night rather than walking alone in daylight.**

Religion has something related to Spirituality & meditation as some use it to calm the mind & body & others to fight against the discrimination. Religion allows us to grow spiritually by concentrating or meditating on one of the several different forms of the Almighty. Spirituality actually means to know yourself and be at peace within and with the outside world. Many young & working people have given up their city life due to the pressure of modern day living & have adopted spiritual living & give lectures to encourage others.

You are the embodiment of the information you act upon. To change your circumstances you need to change your thinking & subsequent actions.

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