

The Spiritual Scientist

An ezine for those who think!

Give Yourself A Chance



"By intelligence, know yourself to be transcendental to the body, mind and senses, and situate yourself in the self and thus conquer the formidable enemy of selfish desire, lust." (Bhagavad-gita 3.43).

We are all looking for pleasure and the whole world promises us pleasure with its hi-tech products and gadgets. As per our mind's fancies and our pocket's means, we try as many of these avenues in the quest for pleasure, but none of them live up to their promise. And dissatisfied individuals create a troubled world.

We give so many things a chance to give us pleasure, but we rarely give our own selves the chance to give us pleasure. God comes to this world to give us real happiness, but it is up to us to accept the chance that he offers us.



The Vedic texts explain that our current existence is two-dimensional; we are spiritual beings living in material bodies.



Imbalance occurs in the cosmic order when humankind lives in disharmony with either of the energies of the cosmos. When the material concept of life prevails over the spiritual, *dharmasya glanih* - the decline of spirituality, results. Spirituality may decline when one neglects its religious aspect, its philosophical aspect, or both. Srila Prabhupada remarks, "Religion without philosophy is sentiment, or sometimes fanaticism, while philosophy without religion is mental speculation." And the absence of both religion and philosophy marks the degeneration of the human species to the animal platform, where humans pursue pleasure primarily in animalistic pursuits - food, sleep, sex and show of strength.

When humanity degenerates to the animal platform, the law of the jungle – survival of the fittest – prevails. And just as peace is impossible in a jungle, peace remains a utopian dream in the concrete jungles of today, despite all sorts of "landmark summit meetings."

The way to restore global peace is by redirecting our individual quest for happiness from the mundane to the spiritual. Our true self is naturally joyful; all we need to do is harmonize with our own spiritual nature by adopting time-tested techniques for self-actualization.





All over the world people are finding inner peace in spirituality, in meditation, yoga, prayer and *kirtan*, which is a testimony to the transformative power of spirituality. Especially powerful as a means to inner happiness is the process of mantra meditation, the chanting of the mahamantra ***Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare***. Peaceful people alone can pave the way through a grassroots level change the formation of a peaceful world.

Why not give your self - and your world - a chance?



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