

Holistic Approach toward Spirituality

From an intellectual viewpoint, our living God can be considered the finest spiritual scientist. In Him, we discovered a perfect blend of spirituality and science. First, one should have an appropriate perception of spirituality and science before entering into the realm of brilliant thought. Albert Einstein once said, “Everyone who is seriously involved in the pursuit of science becomes convinced that a Spirit is manifest in the laws of the universe, a Spirit vastly superior to that of man, and one in the face of which we, with our modest powers, must feel humble”. A brilliant mind such as Albert Einstein noticed the underplay beneath the cosmic fabric of spacetime. To understand spiritual thought, one element that is required is what we call the true scientific spirit. Science is an abstract apparatus that is systematically and rationally organized and aimed at understanding knowledge. Newtonian laws provide an ideal form for such applications. The beauty of science lies in the fact that it has certain crucial features, such as wonder and curiosity, that go beyond mere knowledge. Science, with its hard, cold objectivity, acknowledges a fact or its interpretation, whether we like it or not, and whether it agrees with deeply held beliefs. However, true spirituality imparts meaning to both life and existence. Life would have little value if it lacked meaning; therefore, it would have lacked significance. Spirituality is the root of our being. Resembling Einstein’s spirit, our early ancestors also saw the spirit in everything and as the ultimate source of everything. They saw everything alive and every individual as part of it. However, with the progress of time, it is a tragedy that the superior minds engage themselves solely in that part of science, which is devoid of its holistic approach and, hence, devoid of spirituality. Scientists began by assuming that the universe is an inanimate machine, and everything could be explained by considering the universe in that way. Even a Nobel laureate scientist such as Steven Weinberg, one of the leading physicists of our time, said that the more we look at the Cosmos, the less we see any evidence of meaning. Here lies the difference between the visualizations of Einstein, who adopted a holistic approach, and Weinberg, who adopted a truncated atomistic view. Quantum theory suggests that the basic movement of matter is a process of unfolding and enfoldment. In quantum mathematics, a set of waves unfolds from a whole into each region of space and enfolds from each region back to the whole. Any manifestation is constantly sustained by unfolding from the subtle in the recurrence process. Listening to Thakur’s Holy name transports us to a higher stratosphere of consciousness, transcending all our limitations and boundaries. Reiterating Thakur’s comments

on religion and spirituality, anything religious or spiritual should be firmly based on a scientific spirit. Any inquiry into spirituality must be conducted in the scientific spirit of freely acknowledging or rejecting any facts or interpretations. It is 'coherent wholeness', not just 'wholeness'. The concept of coherent consciousness helps us perceive everything from the platform of a new kind of intelligence that is capable of thinking holistically. What underlies consciousness, as we perceive it, is an infinitely subtle spirit that cannot be defined in all totals, out of which the ultimate meaning and purpose of creation emerge. In our living God, we see the highest manifestation of the subtlest consciousness. His narration infuses the entire universe with coherent, dynamic, and creative meaning. We generally give our prime times and quality times to our families and dear ones and the leftover times to the Divinity. We should understand that divinity also deserves a prime time for our existence. We should be smart enough to offer our prime times to the Absolute Divinity with all our devotion and faith. The true devotion is inner-flowering. In authentic devotion, longing arises inward, and true prayer occurs by itself.