

## Dharma And Religion



PROF M M GOEL

To stop war of words and blame-games among various religions, my conviction as a president of a national level organisation 'An-tarjyoti' for promoting spirituality is that ignorance is the root cause of all evils. Dharma as psycho-spiritual discipline leads to perfection whereas religion is the box of karamkand or methods. Dharma

is based on love, commitment and equality whereas religion is based on illogical dogmas creating fearful faith. Dharma is fixed, stable, constructive, and progressive and development-oriented whereas the theories and laws of religion keep on changing with time, place and people.

To my mind, the report of the US Commission on International Religious Freedom (USCIRF) mentioning the deterioration of religious tolerance in India in 2015 is mischievous with vested political interests. It deserves to be ignored by Indians who believe in 'Dharma' which is one for all and unites people and not religion which divides people by the self-styled religious leaders. Dharma is based on logical implications and practical experiences. This is a rational path of getting to reality whereas religion is based on emotional faith based on epics with man-made differences. Dharma is universally accepted notion achievable with use of spiritual *sanskara* whereas religion is suffering from narrowness of locations, languages, castes and customs.

Dharma is free from exploitation and individual selfishness whereas religious leaders are free to exploit. Dharma is inner voice having no relationship with external goods whereas religion is based on external goods and emotionally surcharged situation. To reduce if not remove our problems, we need to convert religion in English language to spirituality - the science of soul, the spirit to know actuality.

To understand, analyse, interpret and adopt Dharma as spirituality, we need to read and reread Bhagwad Gita which is a neutral religion-free treatise on management. It promotes spiritual mathematics (Yog- summation) as 1+1=1. One soul added to God becomes one. Soul does not die and death rate is zero in this science, then why fear death. As physical body everybody is to die and death rate is 100 per cent, then why worries. To fulfil the desires, wants and demands of all kinds, one needs to unite with God. This is the only path to be followed for peace, progress and prosperity.

Let us improve the quality of democracy by avoiding the war of words on issues such as religious intolerance which has no relevance in the science of soul- spirituality which promotes peace and non-violence in all activities including social, political and economic. Economics of needs is to be understood as non-violence in economics. We have to believe that India (as independent, non-violent democracy with integrity and amity) possesses sufficient to satisfy our needs and not greed. Therefore, we need to follow spiritually guided materialism (SGM) strategy which is necessary and sufficient to say no to all the socio-economic problems including terrorism and corruption of all kinds spreading hatred, discontent and discrimination in my beloved Bharat - the knowledge-seeker economy enjoying the status of Vishav Guru based on Dharma (not religion).

SOULMATTERS