

Articles

Spirituality – the Connecting Link between Religions and Nations

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I would like to start my speech to you with a statement from a very good friend, the founder of the HVP School in Nepal: **Dr Chintamani Yogi**.

Yogi Ji once told an audience a story about a student who went to his spiritual teacher, saying, "I want to do something for humanity". The teacher said, "Become a good human."

And Yogi Ji noted that it's easy to follow a particular religion, to become Muslim, Buddhist, Christian, etc. But first of all it is more difficult to become spiritual, to become a good human.

With that I agree and at the same time I do not. Why is that?

Spirituality is not a matter of being religious or belonging to a religion. We are born as human without knowing about *different* religions **or even about difference generally at all** but we are already spiritual.

Today's scientists say that one month old babies can differentiate all the vowel sounds of which a language consists of. And they can do this for any language in the world. Even for languages they have never heard. Whether Russian, Chinese or an African language, they have no difficulties in differentiating the vowels.

An infant scientist mentioned some years ago: "Babies as far as language is concerned are cosmopolitans."

But why are we not?

Because between the 6th and the 12th month of life babies lose this extraordinary ability and develop the prototypical vowel categories of their own mother language. My very belief is: **these are not the only human abilities that fade away while growing up.**

When asked by a young Brazilian reporter about the meaning of spirituality I answered with a mental picture:

"Every Child is born spiritual. Coming to mother earth, a child has no limitations yet, imposed by other people. Only with his growing up, there starts this sorrowful process.

Humans surrounding the child start to throw sand on him. It starts even with the parents and siblings, followed by relatives, friends and neighbours, followed shortly after by teachers, classmates, priests, trainers, bosses and managers and work companions. The clear view we had been born with becomes more and more cloudy, we become covered with the sand, and the load of the sand becomes heavier and heavier..

When a person is around 40 years old – some may be 50 or not yet 30 – he is completely overloaded. Most people cannot feel their soul anymore, although yearning for a quietness from within. They start to have burnouts or even worse bore-outs and sooner or later they ask themselves,

"What am I doing here? Why am I doing this?"

That is the time when some of them start to sweep away the sand and try to find their way back to where they have come from."

In this sense we can look at spirituality as something inherent within us, which by listening carefully to it, guides us throughout our whole lives, even back to where we all have come from.

Whatever spiritual path we have, whatever religion we belong to, we are all human and spiritual beings and although we accept everyone with his or her beliefs, we should have a focus on what connects us.

When we look at Spirituality in this sense, there is no need to argue over something which other people believe in. Someone may be Buddhist or Hindu, she may be Jain or Christian, and someone else might believe in nature and mother earth. Why should we argue over something which everyone has anyway within himself?

Therefore there is a large opportunity and challenge before us, and for all religious leaders, priests, rabbis, imams, gurus and others.

If there is this level of acceptance, among religions and spiritualities, with each accepting others views, whether religious or non-religious, there is freedom for all involved, thus, bringing people again to listening to the words of God/Allah/Mohammed/Jave/Joshua and others.

The challenge is to reach them with simplicity. With their own, easy to understand words, which most of the time are words from the heart: of love, compassion, awareness... and believing in a *conscious* life.

In this way we see every person as a brother and sister and not as a Muslim, Jew, Christian, Hindu, Buddhist, or other believer or non-believer.

Let's have a look now at the aspect of the nations. We have this same possibility in terms of political and economical points of view. If we start to see each other not as members of different nationalities, but as one human being like all of us, then we have reached the point where the human being is important, not a person's race or culture, but the person is valued in and of herself or himself.

And again, the spirituality, the voice within us, is crucial and important for this open minded approach, with an inner, internal stability we can start to share our knowledge, accept others beliefs, listen to them, exchange and learn, and in the least we will become a holistic person.

It doesn't matter if somebody is getting his balance by praying, meditating or just by being in nature or out participating in sport, for his soul it is fine if he applies the practices he feels within himself.

Here I would like to give you a prayer from Saint Seraphim of Sarov:

"Acquire inner peace and thousands around you will find salvation."

This starts with each person.

Let us enjoy together our mother earth and be careful with this wonderful gift we have received. May I wish you and all humans on this planet a wonderful, peaceful future. Thank you.

In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true.
-Buddha