

Relevance of Religion Today

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Religion or “*Dharma*” means Dharna. Dharan Karna or Dharna means practical Inculcation of Knowledge and Virtues in Life. Religion is not just code of superficial things to be followed,

but dharma or true religion is a Knowledge/Code of Conduct that takes you towards the Ultimate Truths of Life and takes you closer to your Higher Self. So what is that truth of Life? What is that Higher Self? What is my Eternal identity and my purpose of life on Earth.

Today when I am asked to introduce Myself or asked “Who I am” I give my name, designation, religion, nationality as my introduction. So whatever Introduction I am giving today about by myself is my acquired personality/self. I am not born as a Doctor but I acquired a degree of a Doctor. Even my name is acquired during a Naming Ceremony.

For eg.

Mr. A: Who are You?

Mr. B: “I am the Chief Engineer”.

Mr. A: “I am not asking What you do? I am asking you who you are”

Mr. B: “Chief Engineer”

Mr. A: “Okay! Who will you be after retiring from this profession”

Mr. B: “Retired Chief Engineer”.

We have become more of Human Doings than of Human Beings. Today I am so attached to the different labels of the body that I have. I existed even before the name and profession.. As William Shakespeare rightly said “That this World is a Stage and we are all merely Actors on this Stage” So I have to play my role in the best possible manner. The Body is my costume /instrument and Spiritual knowledge gives me the understanding of my true identity that I am a Soul, an Energy, Life Force, The Consciousness, or the Conscient Being, an Actor. This body is my instrument. I have the power of Mind and intellect.

Mind power is the biggest power and also the most misused power. Religion teaches to manage this mind, discipline and train your mind. Today we often find our mind caught with negative, waste, stressful, depressive thoughts. So when it goes unmanaged it leads to unrighteous actions. Good thoughts are the seed of Right actions.

As youth we need to lead a Positive, Powerful and Purposeful life. Make best use of our resources such as thoughts, word, time, etc. I need to attain goals and be successful. So using my resources in the right direction is essential. In the journey of life, often times, we pass through difficult situations where we may lose hope, our faith is shaken. So the Spiritual knowledge will guide us, provide solutions. Eg. Whenever Mahatma Gandhi would need to solve a problem or take an important decision he would refer to the teachings of Scriptures. A person asked his Doctor to tell him a place where there are no problems. The doctor showed him the path to the grave and that would be the end of all problems. The E.C.G. with ups and downs represents Life & if it becomes straight means end of life. So life means ups and downs. While going through difficult circumstances in life Religion will show you the path and provide Solutions. Religion gives me that clarity to make the journey of my life more comfortable.

It is said that God made man in his own image

Eg. A Son goes everyday to his father and praises him and says "Father you are very Talented, very Powerful, Intelligent, Knowledgeful, Loving, Successful" So one day his Father tells Him that will you only praise me everyday? Wont you become like me? Every father would like to see his Son Empowered. Similarly our Supreme Father/God would like to see us like Him. God has blessed us with the 7 divine Innate qualities of " Knowledge, Purity, Peace, Happiness, Love, Power & Bliss" Living in the Essence of these qualities and Sharing these with others is True Religion.

Right thoughts will lead to right action called as Dharma. All religions have given importance to doing good actions. When you look at the deities you always see them giving blessings. Religion teaches to "Give". When you give in hindi translated as "Dena" you become like an Angel, A Deity, A Devta – '*Dene Wale*'

Meditation empowers you to practice “Swadharam” i.e the true religion of Every soul which is “Peace” through which you will get “Swarajya” i.e. Self Rule/Sovereignty. Where you become the master of Your own Sense organs. Before we become, Managers, CMD, CEO of others we need to Manage our own Mind and our own Life. Which can be achieved through the technique of Self Contemplation and Meditation. The Swarg, Heaven, Jannat that we wish to see outside has to be within our Mind, Within our Heart first. Such Self Realization will to Self-transformation.