

Science, Religion & Spirituality

- From the Simple to The Sublime

By

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Outline

- **Definitions: Science, Religion, Spirituality**
- **Scientific progress – very advanced and excellent**
 - Yet, no answers to some questions
- **World religions**
 - good intentions
 - organized structure
 - splits into different religious groups
 - between religions and within religion

- Outline (continued ...)
- **Spirituality**
 - inquiry into life, soul, origins
 - philosophical as well as religious
 - Sanatana Dharma – way of life & practices
 - worship, ayurveda, astrology, arthasastra
 - Vedanta
- **Sublime aspects**
 - use all three (Karma Yoga;
 Bhakti Yoga; Raja & Jnana Yogas)
 - Truth, Dharma, Inquire/Meditate, Realize Self
- **Conclusion**

Why This Talk?

- Science has dominated thought process
- Religion & spirituality treated as lacking rigor
- Many Scientists don't spend time to understand , and miss benefits from, 'religion & spirituality'
- This talk will examine science, religion and spirituality in the above context and point out that all three of these have positive aspects worth following.
- Goal: encourage 'inquiry' by scientists & help them achieve benefits from religion and spirituality as well.

- The main theme of this talk
- Sanatana Dharma is the all-encompassing way of life that includes science, religion and spirituality.
- India's 'educated class', or the 'elite', of the 20th Century have not paid attention to this basic and fundamental point.
- Foreign invaders and their paid agents had systematically put SD (and HR) in poor light – which was easily consumed by our 20th century 'elite' (including us!!!!)
- We thus feel that 'science' (and that too western!) alone is what we need (we ignore our traditions and culture)

- The main theme (continued...)
- This talk will attempt to show that
 - SD and Vedic religion and all aspects of our culture have scientific basis and bias
 - The western science, on which we are experts, do not have 'well-accepted' theories to fundamental questions of 'origin of universe, origin of life forms, etc. etc.'
 - The western and middle eastern religions – Christianity, Judaism and Islam – are all of fairly recent origin.
 - SD & HR have been the beacon light to all religions that came during the last 'ten thousand years' or so – which is not well understood by our 20th century elite.

- The main theme (continued...)
- The talk will conclude by stating that
 - The vast treasures of our Rishis require careful study by our 'elite'
 - SD and HR not only will not stand in the way of our pursuing 'science' but also will aid such pursuits.
 - The peace and harmony in life, our birthright, is within our reach