

Spiritual Bridge Connecting Humanity

From the very beginning of life on this planet up to today, human race shares history of around ten thousand years. Within this short spun our very existence, we have developed a lot. From the invention of fire and wheel to today's space adventures, human race has evolved and achieved great success. But, these achievements would not have been possible without the people who knew to think out of the box. The ultimate thrust for the knowledge made it possible for them. The only connection between all of the extraordinary people from the wide range of fields such as science, philosophy, social works, is their spiritual development. All of them vibe in the same frequency. They have advanced their state of mind from the common range to a higher frequency. It is that state of mind when, one do not think of divisions, money or any other negative trait. Being spiritually attached does not mean one is from a particular religion. In real sense, spirituality is more than religion. It is more than one can ever imagine. It is not only a term used by few people; it is the bridge to connect humanity. One need to be fit mentally in order to live a healthy life and being spiritually connected is the only way. Often people mistake spirituality with religion and renunciation. But, in reality, spirituality is centered on the “deepest values and meanings by which people live”. Being spiritually awakened allows one to vibe in higher frequency than the other materialistic people. One needs not to take renunciation to attend spiritualism. Rather, one needs to focus for connecting oneself with the eternal meaning of life. This meaning of life is not concerned with all the miserable aspects of lives of people; this meaning is not concerned with those negative divisions of society. Rather, it focuses on creating a positive mental bridge among all the people. Meditation is one of the most helpful ways to train the mind. The calm state achieved after the process of meditation, allows seeking the deeper meaning of life. One who is spiritually awakened, does not talk about the divisions created by created by caste, religion or politics, nor talks about any other negative traits. Rather, one find ways to be connected with the entire humanity. Ram Krishnan, Swami Vivekananda, Sir Abdul Kalam are few of those great personalities who knew the practical sense of life and importance of spirituality in day to day life. Being spiritually connected helps to have the feeling of being connected to something ‘bigger’ than oneself. This gives life a sense of meaning. It also gives the hope that things happen for a reason; which in turn gives the strength to let go the disappointments much faster. Being connected spiritually also helps to connect with the spirit of truth. Spirit of truth revels the real person within, allowing everyone to make better and wiser decisions.

People always have been misled by the thought that turning spiritual means to leave home and go in to forests. People think turning spiritual means one must not be involved with the process of life. It is because of these kinds of wrong notions; most of common people do not like to talk about spirituality or mental health. Unfortunately, religion has

become the source of all the problems. Religion has become the focal point for all the problems that are being generated on this planet. It needs to be understood that being spiritual is the most intelligent way to exist on this planet. Only when one's intelligence rises beyond the mediocre; one can turn truly spiritual. Spirituality is not for the fake people. It is only for a person who is really capable of looking at his life with more intelligence than the common people, who can turn spiritual. Spirituality helps us to forget against bad habits. It stops moral decay. In a word spirituality necessarily nurtures them who would take up the quest to attend the ultimate thrust of knowledge. It is a bridge of practice and faith which can have appeal across humanity. It represents hope in our common future, hope for the evolution of human consciousness towards that which represents the best wisdom from our common past.