

# The Essence of Spirituality

— Ashrit Verma, New Jersey

Spirituality is defined as the quality of being concerned with the human spirit or soul as opposed to material or physical things. However, there is so much more to that definition than meets the eye. The definition of spirituality implies a realization of the meaning of life. That meaning of life is based on a constant acknowledgement of something higher than oneself.

Spirituality gives human beings a purpose in life. After discussing with many saints and studying the teachings of many philosophers and prophets, one gets an answer to the reason(s) for mankind's existence. One distinct reason is mankind's collaboration in the betterment of all of humanity. Another reason that explains why humans were brought to existence, is that they were destined for self-realization through God knowledge. In addition to these two purposes include existence of humility as well as death of ego.

Throughout literature, humans are explicitly defined as story-telling creatures. John Steinbeck, a renowned author, says passion distinguishes human beings from all other species on this planet. Most

people think of passion only as a strong tendency to love someone. However, passion can be any strong emotion one feels. This strong emotion can be love, but it can also be hate. William Shakespeare, one of the most famous English playwrights, always portrayed humans in his works as 'beings' who go out of their ways to control their own fate.

Human beings try to plan for the future so that their expectations are fulfilled, even though the Almighty has already done that for them with His plan. So, where does spirituality come into play? In the realm of spirituality, there is neither hate nor passion – only one strong feeling of abundant love.

This means that if passion is the defining characteristic of human beings, then who or what are saints? By following the path of spirituality, they are in constant connection with Nirankar and the first principal automatically takes effect.

There is no way that human beings would or can control their own destinies. Is this the fine line between human beings and spiritual beings? The importance of spirituality is more than being good or doing good to one another. Spirituality with God knowledge is the path to a higher meaning in life. May Nirankar shower all

with blessings so that they may continue their journey of life not just as human beings, but as spiritually enlightened sober beings.

