

The Power of Spiritual Divinity through the Scientific Method

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Hinduism: arguably the oldest religion in the world. Unlike any other major religion, Hinduism has no specific founder. Nevertheless, it is still the 3rd largest religion in the world (after Christianity and Islam). Hinduism is, surprisingly, both a monotheistic and polytheistic belief. Such, that the prime belief is in one supreme, all pervading being, known as “Brahman”, who is so great and powerful, it’s impossible for “Brahman” to be simplified into one, specific being. Thus, he is shown in a multitude of forms. Although the exact idea is very vague, this is what most yogis and rishis have decided upon as the most proper way of idealizing a Supreme Being.

Hinduism is a religion that is based off of not only faith, but science. Most religions don’t get along with science, in fact, during periods of middle age Europe; scientists were persecuted for committing heresy and witchcraft by the Catholic Church. However, if studied carefully, many a rishi and yogi have found scientific discoveries within ancient Hindu texts. The Vedas, the backbone of the Hindu scriptures, is what is considered the main scripture (Similar to a Bible in Christianity or a Koran in Islam) for the Hindu religion. The Vedic texts contain valued information on science, math, philosophy, and medicine, and still to this day are used to help people throughout the world, through the healing powers of yoga and meditation, both exercises considered to be supplements to a healthy life and have numerous health and mental benefits. Another major scripture, the Bhavagad Gita, states how people have moral obligations to their family, country, and society, and how maintaining those obligations are a key part to the maintenance of society. In the Ramayana, the importance of protecting ones family and loved ones is stressed. Throughout these examples, and in countless others, the philosophical and scientific importance of society and family are stressed and help play an important part in the development of the Hindu culture.

Ask most religious scholars what their opinion on science and religion is, and they will tell you that they are polar opposites. However, in Hinduism, religion and science have often gone hand in hand. The first scholars and philosophers of Ancient India were rishis and yogis, and many of the beliefs in Hinduism have and are scientific concepts. Let’s look at 2 main concepts in Hinduism: Karma; the idea that what comes around goes around, and Punarjanma, the idea of reincarnation.

Let's begin with the philosophical and scientific reasoning behind karma. First, though, let's explain the reasoning behind karma. The main idea of karma is that everything you do has a consequence. Whether or not that consequence is good, that depends on the action and the person at hand. The action could be verbal, physical, physiological, etc. Therefore, if I do something bad, then something bad is supposed to happen to me. There is a very clear and obvious scientific reasoning to the idea of karma. According to Newtonian Mechanics, specifically Newton's Third Law of Motion, **every action has an equal and opposite reaction**. Sound familiar? That's because that's the same idea behind karma. The idea that if you do something bad, something, of equal level will harm you is the basics of not only a major religious concept, but is also one of the most fundamental laws of physics. Clearly, the Newtonian Laws of Motions were discovered thousands of years afterwards, but the concept can be applied to both physics and religion.

Now we move onto a vaguer and less concrete topic, punarjanma. The basis of punarjanma is that every living creature is, can, has, and will die and be reborn as something else. Punarjanma, also known as reincarnation, is the most popular and mainstream of all the Hindu beliefs. There is more to reincarnation than meets the eye, though. The whole point behind reincarnation is that every living thing has a soul, an *atman*. This *atman* resides inside all of us, and when our mortal body is destroyed, it lives on, whether that be to attain moksha, or freedom from the cycle of reincarnation, or to be reborn as something else entirely, whether as an animal, a plant, or another human. This can play into the idea of instinct. A good example of instinct is the ibex, a type of mountain gazelle that knows exactly what the predator looks like, and knows how to react, **even if it has never seen it before**. How could that be? Through instinct, people say. But what is instinct? How do we know that instinct isn't just knowledge from our past lives, telling us what to do? True, instinct is a largely vague subject, but the theory of reincarnation playing into something as commonplace as instinct isn't that much of a stretch. It's a perfectly logical idea that everything continues in a circle, everything dies and comes back, then dies, then comes back, etc. After all, matter can't be destroyed or created; it can only be transferred from one form to another. The idea is the same with *atman*, the idea that the soul travels from one form to the other in an endless cycle.

As one can see, there is more to the idea that religion and science can be linked than meets the metaphorical eye. Though the ideas can seem like polar opposites, don't forget;

opposites attract. Science and religion, when worked hand in hand, can produce a society that benefits from peace of mind that comes from religion while quenching their thirst for knowledge with the power of science. The power of spiritual divinity, when seen through the eyes of scientific theories, is truly magical.

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Dated: 7/31/2011 : 3:12 PM