

## Peace through spiritual discipline

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My Dear Souls!

Gladly I am welcoming this auspicious occasion provided by the Inter-Religious Federation for World Peace. This is a great opportunity for all religious, saintly people and wise men to discuss global disturbances and the restlessness of mankind. It is a well known fact that these disturbances and restlessness are not the cause in itself but the effect of some deeper and more subtle cause.

My innermost wish is that we may jointly explore and discover the root cause of this undesirable situation and search solutions to remove them and create a peaceful atmosphere in the world in which human kind can live happily and lead prosperous lives.

As we all know, man's inner demand is to achieve eternal happiness and that happiness is the result of inner peace. This is not only the individual's demand, but that of the family, states, nation, and world as a whole. Our every effort is directed at fulfilling this indispensable inner demands, but resultantly we are receiving the reverse of our inner wish in the form of tension, anxiety and numerous other kinds of miseries.

Herein lies an important question that must be addressed. When mankind is directing so much effort and energy in an attempt to achieve peace and happiness, why is it receiving the opposite? Why are we getting results that are against our will, our nature, our inner demand, our deeds, our activities or our action itself. A great, ancient seer once said that if one tries to remove any disease without searching out an understanding of the root cause of the disease, one cannot be successful. So, it appears we are not aware of the problem on the level of the root cause of suffering, anxiety, pain and calamities. Therefore without knowing the root of our restlessness and disturbances, we are trying to remove them, this is not possible. In my opinion, such kind of circumstances are not new in human history. This pattern repeats itself over and over again. According to Samkhya philosophy, the root cause of all misery is residing in the human intellect, but mostly mankind is not aware of this fact. People are searching for answer on the surface of life and outside of themselves in the world.

Mostly people are busy with their individual interest or selfish motive. They believe that they will achieve peace and happiness through this process. Others believe that not just momentary enjoyment but the accumulating of the object of worldly enjoyment as well as the increase of wealth

will guarantee their peace and happiness. These two ideologies are commonly known as individualism and capitalism.

Some modern thinkers believe that individualism and capitalism are the root cause of miseries and restlessness.