

IMPACT OF SANSKRIT ON GLOBAL SPIRITUALISM

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Abstract:

Sanskrit as a language of Gods and Goddesses is famous in Hinduism for its impact on global spiritualism. We never start an auspicious work without offering a prayer in Sanskrit. We don't have a Hindu wedding or religious activities without reciting a Sanskrit mantra and we don't have a temple without uttering vedic hymns. It is important to see Sanskrit as part of a wider effect on global spiritualism.

Keywords: *Sanskrit, Spiritualism, Culture, Religious Traditions, Illusion, Philosophy, Depression, etc.*

Introduction:

Spirituality is the broad concept of a belief in something beyond the self. It may involve religious traditions centering on the belief in a higher power, but it can also involve a holistic belief in an individual connection to others and to the world as a whole. Instead, it suggests that there is something greater that connects all beings to each other and to the universe itself. It also proposes that there is ongoing existence after death and strives to answer questions about the meaning of life, how people are connected to each other, truths about the universe, and other mysteries of human existence. Spirituality and religious activity have been a source of comfort and relief from stress for multitudes of people. The people use many different paths to express their spirituality towards God.

Purpose of The Study:

Science is always progressing to discover the truth of spiritualism hidden in Sanskrit. If we shall follow the Vedantic thoughts, then we could find some surprising concepts regarding the global impact of Sanskrit on spiritualism. So, the main purpose of this study is to explore the knowledge of Sanskrit responsible for the spread of global spiritualism.

Literature Review:

The main Literature review for this research paper is several religious Hindu scriptures written in Sanskrit including four Vedas, 18 Puranas, 6 atheist Philosophies, 11 Upanishadas, Ramayan, Mahabharat with many other books and secondary

Literature reviews are Srimadbhagavat gita, Manusmriti, and many other relevant Sanskrit scriptures along with morden research articles, journals, translated religious writings.

Definition of Spiritualism in Sanskrit:

The Sanskrit word 'adhyatma meaning Spirituality is derived from two words, adhi and atman. Adhi means pertaining to the topic and atma means the soul. Therefore, Spirituality (adhyatma) means pertaining to the soul (atma). Spirituality thus deals with the nature of the soul and information related to questions such as who am I, from where have I come, where will I go after death, etc. Out of the three qualities of the soul that is Absolute Truth (Sat), Absolute Consciousness (Chit) and Bliss (Anand), only Bliss is discussed here. The word adhyatma is derived from A + dhi + atman. A means upto and dhi means the total energy in the body and atman refers to the soul. Spirituality (adhyatma) is thus the process of leading the total energy in the body to the soul. Only the soul is the absolute, ultimate truth. Everything else being from the Great Illusion (Maya) is the untruth. Humorously we can define Spirituality as speaking the untruth or lying about the truth. On the other hand speaking about other subjects is speaking the untruth about the untruth. 'Speaking the untruth about the truth' implies that Spirituality is about the Absolute Truth which is beyond description in words and has to be experienced. As a result, talking on this subject becomes the untruth. 'Speaking the untruth about the untruth' is with reference to all other subjects from the Great Illusion which itself is the untruth. Consequently, speaking in this regard is the untruth. After all how can one speak the truth about the untruth! It is inappropriate to bring Spirituality on par with subjects such as communism, socialism, etc. by referring to it as Spiritualism; as any concept has an opposite concept. That is precisely why the term Spirituality has been used in the text.

Spiritualism- A Way of Devotion:

Spiritualism in Hinduism is just not a word but it has been defining a way of human life. Several spiritual words have been used with different connotations in various Hindu holy texts. Jagadguru Shri Shankaracharya has said that the

antahkaran comprises of four parts (antahkaranchatushtayam) namely the mind, subconscious mind, intellect and ego. According to another school of thought the antahkaran consists of three components (antahkaranam trividham) namely the mind, intellect and ego. The word 'soul (atma)' is referred to as Brahman (God principle) in some places and as the embodied soul doing spiritual practice (jivatma), the vital energy sheath or mental body sheath in other places. The people who practice spiritualism follow the Path of Devotion (Bhaktimarg) shown in Sanskrit philosophy. Hence, some feel that to make spiritual progress one has to have devotion and since they do not believe in God they cannot develop devotion. Thus they conclude that 'all this is not meant for us'. They do not realize that there are paths other than that of devotion, for spiritual upliftment. Even saints, who followed the Sankhya Philosophy of Sage Kapil, worthy of being the masters of atheists, made spiritual progress and attained the Final Liberation (Moksha). Only 7 out of 195 verses in Lord Patanjali's Yogasutras pertain to God. The remaining 188 verses do not make even a passing reference to God. Should these atheists follow them, then they too could definitely make spiritual progress and attain the Final Liberation (Moksha)! Worldly happiness and sorrow are a result of one's deeds (karma) but Spiritual Bliss (Anand) is not a result of one's deeds but originates from soul. One who experiences spiritual Bliss is unaffected by worldly happiness and sorrow. Hence the Gita (2:4) terms spiritual Bliss alone as 'yoga'. (Samatvam yoga uchyate). Practicing Spirituality with expectation gives happiness and reduces unhappiness as well. That experiences the Blissful state by practicing Spirituality without expectation. One considers the thing that one needs to be of importance whereas; we do not give importance to others. The same holds good with Spirituality. One realizes its importance only when one requires it! One who does not require it says, I am content with my family and worldly life. What will I achieve by repeating (chanting) The Lord's Name, meditating and undergoing suffering? Besides I cannot find the time to spare for it too.

Impact of Sanskrit On Global Spiritualism:

Sanskrit is a spiritual language in Hinduism, Buddhism, and Jainism. This is a Scholarly language of Indian culture. It is an old Indo-Aryan language, originating as Vedic Sanskrit. Presently Sanskrit continues as a ceremonial language in Hindu religious rituals and Buddhist practice in the forms of hymns and mantras. Sanskrit would

remain within our heart and mind as long Hinduism continues. Vedic Sanskrit, language of the Rigveda being the oldest and most archaic stage preserved, its oldest core dating back to as early as 1700 BCE. This qualifies Rigvedic Sanskrit as one of the oldest attestations of any Indo-Iranian language, and one of the earliest attested members of the Indo-European languages. Sanskrit was and is India's National Heritage and belongs to every Indian. Sanskrit as the mother of all languages. "Sanskrit and Indian culture are intertwined as most of the indigenous knowledge is available in this language," The scriptures written in Sanskrit are full of spirituality. While specific spiritual views are a matter of faith, research has demonstrated some of the benefits of Hindu spirituality and its impact on spiritual activities. The results may surprise no one who has found comfort in their religious or spiritual views, but they are definitely noteworthy in that they demonstrate in a scientific way that these activities do have benefits for many people.

The following are a few positive findings Hindu spiritualism related to global spirituality and its influence on physical and mental health:

Spirituality can help people cope with the effects of everyday stress. Everyday spiritual experiences help older adults better cope with negative feelings and enhanced positive feelings.

The older women are more grateful to God than older men, and they receive greater stress-buffering health effects due to this gratitude impact of spirituality. This is the same case for all human beings. Those who were intrinsically dedicated their lives to God or a "higher power," while the extrinsically oriented ones used religion for external ends like making friends or increasing community social standing. This demonstrates that there may be tangible and lasting benefits to maintaining involvement with a spiritual community. This involvement, along with the gratitude that can accompany spirituality, can be a buffer against stress and is linked to greater levels of physical health. Spirituality can also be expressed in ways not considered religious. These are just some of the ways in which people can nurture their spirits. Relating to friends, family, and neighbours in ways that give and receive love, support, kindness, guidance, loyalty, and forgiveness; Expressing themselves creatively or artistically (e.g., woodworking or sewing, writing poetry or making music, painting or sculpting); Appreciating visual or performing arts (e.g., attending a concert, visiting an art gallery, or going to a movie); Reading books and engaging in

conversations about the meaning of life and aim of human life. Paying attention to the movements of their emotional lives, the stirrings of the spirit evident in sadness, longing, love, anxiety/fear, anger, joy, pride, hope, and compassion; Enjoying the natural world (e.g., gardening or hiking, watching songbirds or sunsets, travelling to scenic places, spending time at a cottage, savoring the first snowfall or spring buds); Connecting with their bodies through exercise, meditation, prayer etc.

Findings of The Study:

People may turn to spiritualism because - Having spirituality can help us to find the ultimate truth of the life. Exploring spirituality can help people find answers to questions they have about philosophical questions such as "what is the meaning of life?" and "what purpose does my life serve?" Spiritual experiences can be helpful when coping with the stresses of life. Spirituality can help people develop a more hopeful outlook on life. Because spiritual traditions often involve organized religions or groups, becoming a part of such a group can serve as an important source of social support.

Conclusion:

Sanskrit is worshipped as a language of Spiritualism. It is affectionately known as "the language of the Gods" because of its global spiritual influence. The recitation of Sanskrit mantras creates harmonious vibrations, bringing peace and tranquility to the mind. The Hindus utter Sanskrit mantras before God because to get salvation in this life. At present, this language attracts the people of worldwide for its noble truth of spiritualism.

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