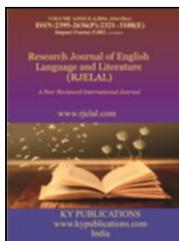




## SPIRITUAL EDUCATION FOR SENIOR CITIZENS

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### ABSTRACT

Meditation and spirituality make the life complete. Meditation reveals the profound truth that there is no death; it makes human being aware of an eternal life inside them. Spiritualism means the growth of consciousness, the growth of soul. It has nothing to do with the so called religion. Spiritual education is needed not only for senior citizens but it is a basic need for all the human being of this hi-tech and modern world. Spiritual exploration does not require leaving the world. It is possible while living in your own homes, doing tour entire chorus and yet qualitative difference can happen. Practicing the eightfold way of Lord Buddha and doing meditation can help the senior citizens to live their remaining life blissfully and with gratitude.

**Keywords:** Spiritualism, meditation, awareness, deathless death.

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### INTRODUCTION

Today's education system is confined to science and information only. Even arts and creativity are given lower preferences while art of living and art of dying are almost ignored. Love and humor together induce new rays of hope to live life well. However, meditation and spirituality leads to a lively and blissful life.

Newer possibilities must be accepted whole heartedly to save ourselves and the planet hearth. Scientific enquiry is the process of active exploration using knowledge, imagination and reasoning. The art of creativity like painting, music, craftsmanship, pottery and masonry should be adopted to make the life meaningful. A man becomes the part of existence only when he learns how to create. Art of living, an important dimension, is often ignored in the present day education system. Love and humor are part and parcel of life.

They are to be learnt and practiced by every child to transform anger, hatred, malice, jealousy into love and affection. The most important dimension of education concerns meditation and spirituality which make the life complete. Meditation reveals the profound truth that there is no death; it makes human being aware of an eternal life inside them.

**Meaning of Spiritualism and Meditation:** Before moving on to the main content. It is first of all very important to know the meaning of spiritualism and meditation. In a simple word spiritualism means the growth of consciousness and the growth of soul. It has nothing to do with so called religion like Hindu, Muslim and Christian etc. These divisions are made by humans not by existence. We have thought about religion as religious scriptures, worship etc. What we have been worshipping as God has not been a benediction in our life. But we still go on in clinging to those religions, those gods, those rituals,

worships, those temples and mosques. That which has not given us bliss, peace cannot be true religion. True religion consists of meditation and until now, we have been thinking of meditation as concentration. These two things are diametrically opposite to each other.

In concentration our consciousness is focused on one point. It is pin pointed but in meditation, it is not pointed in awareness. It is spread all over. It is just like light coming from a candle. Concentration is similar to light coming from a torch, focused on one point, and darkness all around it. Only one part is highlighted, rest of the space is in dark. Meditation is like a lamp or a candle spreading unfocused light. The consciousness is spread all over, the whole being becomes luminous. So meditation is not concentration. Many people have propagated this misconception in past. They have been practicing and teaching concentration in the name of meditation. Meditation is not concentration, but it is completely awareness.

Meditation is doing nothing. It is not an activity but total inactivity with awareness. In meditation a person is in deep inactivity, relaxation, but with awareness. So meditation is not an activity, which we can do, it is not a doing. We can be in that situation but we cannot do it. If we have this idea of doing then we cannot go in meditative state of non-doing. And the various techniques and methods of meditation like kundalini, nadabrahma, etc. are just to create a background in which the real meditation, the real state of non doing may happen; they only create a situation in which the silence may descend. So the techniques and methods are helpful so that we can go in deep silence, in "doing nothing".

**Need of Spiritual Education:** Spiritual education is needed not only for senior citizens but it is a basic need for all the human being of this hi-tech and modern world. The present scenario of life is full of mental and social chaos, fights, disturbances, tensions, restlessness and many such life threatening hazards like mental stress, depression, suppression, conflicts with the self and family, split in personality, anger and violence etc. Human race has fallen in the vicious circle, which seems to end no-where. If we move ahead in the same way of politics, criminal approach, we are soon approaching

to situations of World War III. The number of problems are unending and these problems just make keep us stuck and don't allow us to fly in the sky and know our own existential true self. We all are running in a haste not knowing what do we need?

Now again, we are in a great chaos and man's fate will depend on what we do. Human being has two choices. Either man can commit suicide, or man can be reborn. For both the doors are open. The choice is his. There are so many organizations that are teaching lessons on spiritualism. Like brahmakumari, art of living etc. But Oshodhara is one of the live mystery school nurtured by a trinity of enlightened masters following the teachings of Osho. Oshodhara has scientifically synthesized the samadhi and pragya programs in a sequential manner to reach the peak of human consciousness. One can experience different dimensions of divinity and live blissfully through these programs. Oshodhara's LIMASS courses are there to explore your ways to eternal bliss, peace, silence and beauty. LIMASS i.e. Lessons in Meditation and Spiritual Science offer simple but effective techniques, which eliminate toxins and stresses that accumulate in our systems over time. They are a unique way to harmonize and energize the body, breath, mind, emotions and spirit. **Latest version of Spiritualism:** In today's era, where the science and technology has developed so much, if the spiritualism remains in the old style, it can't have a pace together with the common man. For the common man today it is simply not possible to leave his entire worldly chorus and devote many years for sincere meditation. So there has to be something instant, fast, whose efforts are visible in a short span of time and it must be easy and relaxing from his troubles. Oshodhara offers the latest version of spiritualism for the modern world.

Where spiritual exploration does not require leaving the world. It is possible while living in your own homes, doing tour entire chorus and yet qualitative difference can happen.

Till now, spiritualism was confined to monasteries, Mathas, Peeths, Ashrams, Forests or places like Gurukul. One of the greatest spiritual masters Osho brought a revolution in spiritualism,

by making it so simple and easily available to each of us. He wishes to have combination of worldly life and Sannyas (spiritual life) together. In his entire life he strived to bring a combination of science and spirituality. He gives it a new name: Zorba the Buddha. Buddha is not a personal name, it is a quality. It means the awakened one. Anyone who is awakened can be called the Buddha. And Zorba is a beautiful man- no fear of hell, no greed for heaven, living moment to moment, enjoying small things... food, drink, women. Synergy of the two will make Zorba the Buddha, a complete human being synergizing materialism with meditation, science with spiritualism, art with awareness, technology with thrill and skill with yoga.

**Recommendations:** Based on spiritual science unrevealed by greatest spiritual master Osho and his three Enlightened Disciples called Sadguru Trivir, Twenty eight levels of "Awareness Programs" and twenty one "Wisdom Programs" have been designed and are regularly being conducted at Oshodhara Program Centers within and outside India. One of the basic and first level awareness program is "Divine Life Awareness" (Dhyan Samadhi) consists of two parts- Blissful living Awareness (Anand Pragya) and Divine Inner Awareness (Vipassana Samadhi).

The first part i.e., Blissful Living Awareness is a three days Group of blissful living, which covers the Eightfold path of Lord Buddha and solves most of the problems related to stress, relationship and boredom.

Gautama the Buddha has no leaning towards abstraction, philosophy or metaphysics. He is very practical, down to earth practical. He is very scientific. His approach is not that of a thinker; the approach is existential. Buddha's way is called 'the eightfold way'. He has divided it into eight parts. Those divisions are arbitrary, just utilitarian; the way is one. All these eight steps are concerned with rightness.

1. Right view (samyak dristi)
2. Right intention (samyak sweekar)
3. Right speech (samyak vaani)
4. Right morality (samyak sankalp)
5. Right livelihood (samyak aajivika or sambandh)

6. Right effort (samyak karma)
7. Right mindfulness (samyak jagriti)
8. Right samadhi (samyak samadhi)

The word 'right' has to be understood first because the Sanskrit word 'SAMYAK' is so meaningful. 'Right' is a very poor translation for it for many reasons. Here right implies a state of affairs where you are in tune with the whole. Buddha says: "Right is that which is not your invention. It is already there. If you go away from it you are wrong. If you come close to it you are right. The more close you are the more right you are." 'Right' in the Buddhist meaning of the term means: balanced, centered, grounded and harmonious.

1. First is Right view (right paradigm). In Hindi it is called 'samyak dristi'. Buddha says look at things without any opinion, without any philosophy, without any prejudice, without any dogma, creed, and scripture, otherwise you never look at reality. Just look at things as they are. Be factual; don't create a fiction. Right view is having no prejudice, having no belief, having no opinion whatsoever. And that is the only way towards truth. If we can see things without any idea in the mind, then Buddha says it is right view.
2. Second is right intention or right acceptance. In Hindi it is called 'samyak swekar'. We live result oriented, goal oriented, we live with desire that's why we are so frustrated. Buddha says your frustration comes from your intentions. Your intentions seem to be going against reality; then you are frustrated. Frustration comes whenever there is conflict between you and the real. And the real is going to win. He says drop all intentions, desires and just move moment to moment with reality, wherever it leads. And you will never be frustrated. When you don't have any intentions, you have the right intention.
3. Third is right speech. It is called samyak vani. Buddha says: "Only say that which is true and real. Never move into fictions. Say that which you have experienced, which is

- grounded in your experience, rooted in your experience. Never say anything else.”
4. Forth is right morality or right commitment. It means ‘samyak sankalp’. Buddha says: “The morality that comes from within is the right morality. Morality is possible only when you are totally free, without any conditioning.
  1. Not that you have to follow a certain rule; but that you have become aware. And out of that awareness you behave in a certain way. Awareness is right morality.”
  5. Fifth is right living. It is ‘samyak sambandh’. Right living means art of being with others. A person, who does not keep happy and friendly relationship at home as well as at work place, cannot go deep in meditation and samadhi. Similarly a person who does not know how to be with himself cannot truly relate with others. Inner meditation and outer relationship are interdependent and influence each other.
  6. Sixth is right effort or right action. It means work with all sincerity, but accepts the result with gratitude. Work with joy to achieve the goal, but do not expect that result will always be as per your desire is called samyak karma. Buddha says never strain and never be lazy. Right effort is basically effortless. Means everything that you do should be a joy unto itself. It should be an intrinsic value. It should be playful.
  7. Seventh is right mindfulness or right awakening. It means samyak jagriti. Mindfulness is Buddha’s word for meditation. He means you should always remain alert, watchful and remain in present. Not a single thing should be done in a sort of sleepy state of mind. You should move with a sharp consciousness. He says not even your breath should be allowed to go out and in without your consciousness. This awareness will spread all over your life. It will be a twenty four hour thing. There is no need to keep separate hours for meditation.

8. Eight is right samadhi. So, seven steps ultimately lead to the final step. Samadhi means everything has fallen in tune with existence. Right samadhi is when, in and out, you are totally aware. Not at the cost of the out. Your light of consciousness is burning so bright, it fills you with light. In fact in right samadhi the inner and the outer disappear; there is only light. It is transcendental to both inner and outer.

#### Conclusion

By educating spiritualism to the senior citizen, it does not mean that their all problems will disappear and their ageing will stop but by learning and practicing the eightfold path and doing meditation their understanding will grow, their awareness will develop, able to tackle the problems and they can live their remaining life blissfully with gratitude. It is a birth right for every one of us to be utterly blissful. They can realize that meditation is an art of dying in the inner space, dying in awareness. Meditation is deathless death.

Only meditation can take us beyond the fear of death. The biggest lesson of life is to learn how to die, how to accept death with grace. Our all victories turn into defeat if we do not embrace death smilingly. We can know the beauty of death only if we know the beauty of life.

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