

# Answers to some frequently asked questions

Everybody has curiosity and several questions about our own self and things around us keep cropping up in us. There are many questions which great philosophers and scientists have grappled with and tried to provide satisfactory answers.

In this compilation we try to provide answers in accordance with both science and spirituality to questions which are not normally scientifically analyzed. We hope seekers of knowledge would find this useful not only by being able to find a new perspective but also in being kindled to further explore by themselves more on such questions.

## 1. What is spirituality?

Spirituality is the way of life in accordance with the laws of reality of inner self. The inner reality comprises of time, mind, thoughts and at even deeper level it comprises of timelessness, pure consciousness and blissful experience. The external reality on the other hand comprises of space, physical energy and events. I use the term physical energy to include matter also. The extent of one's spirituality depends on the extent to which the inner reality prevails.

## 2. How do we know that inner reality exists?

To answer the question, how do we know that inner reality exists, let us recall what external reality is: A external reality is defined by space, physical energy and events. Physical energy is contained in the space and events occur in the space. We can perceive the external reality through sense organs. Anything which do not satisfy these but is real and accessible to us can be called as inner reality. We defined inner reality as time, mind and thoughts and then at a deeper level as timelessness, pure consciousness and blissful experience.

We need the concept of time to describe reality. Space cannot be experienced separately from time. Any experience happens in time. Experience also requires consciousness. Consciousness happens when a physical entity produces synergy i.e., its whole energy is greater than the sum of the energies of its parts. Only when the whole is greater than the sum of the parts in this way, a phenomenon such as consciousness can happen. The whole thus has to be greater than the physical entity and has to be a separate reality from it. This whole and conscious entity is the mind.

Just as sense organs perceive space and its constituents, mind perceives time and its constituents and constitute the inner reality.

### 3. Why should we care to know about inner reality?

Because it is knowledge too like the knowledge uncovered by science. Laws of science are universal. Are they also time independent? I do not think so. That there is a time dependent reality would be evident from considering our own brain.

Consider a physical system as a black box. For a particular set of inputs it behaves the same way and repeats the same output. Science depends on such repeatability. But considering our brain as a black box, for the very same signal it can give different outputs. Brain has the capability to evolve with time.

Thus we can say that the laws according to which the brain acts are not confined to the laws of science. There are higher laws than laws of science and so a higher reality. So to possess real knowledge and improve ourselves we need to master the knowledge about this reality.

### 4. Why are many people reluctant to believe in inner reality?

For something to be considered a reality it has to exist, be perceived and offer experiences and so gaining of knowledge. Humans are constantly gaining knowledge and so are perceiving which shows a reality exists.

Many consider the above mentioned reality as physical reality alone and may attribute the gaining of knowledge or our thinking to brain. But as I argued in the previous question, brain itself does not follow universal laws and is something that can evolve. Again, anything that is purely physical has to obey the universal laws which brain does not. That shows there is an influence on the brain that is beyond the physical and that points to the inner world.

So if people stop their strong attachment to the belief that seeing is the only proof of reality, they will be open to accept the existence of inner reality.

### 5. Just like laws of science for the physical reality are there laws of inner reality or spiritual laws?

Laws of science explain the physical reality reasonably well though even the physical reality is not very well understood by us. This reality is confined within the dimensions of space and time. Puzzling questions especially about space and time cannot be answered by science because they are beyond its current purview. To satisfactorily explain the nature of space and time, one needs to rely on a theory of the spaceless and the timeless which exactly what spirituality strives to explain. Whether it correctly explain them is something that can be tested though has not yet been tested.

Since such a theory contains the theories of science because for time to emerge there has to be timelessness, spiritual laws are supreme and are even over the laws of science.

(to be contd)