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Spirituality and Material Life

BLISS

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The distinction between material and spiritual life comes from a certain level of ignorance. What is material? What is spiritual? Can we separate whatever you are referring to as the spirit from the body? How can you separate the material and the spiritual? This separation itself is ignorance. Being materialistic or spiritual is just an idea. There is no spirit without material; there is no material without spirit.

Your homes, your relationships, your money, are all about the external arrangements you make for convenience, comfort and joy. Similarly, you make arrangements for your inner spiritual well-being. Can you live with fantastic external arrangements when internally you are a mess? Does it solve your problem? What if internally you are blissful, but you have no food to eat, does that solve your problem? Both need to be organised, but you have to decide the balance.

The amount of priority given to your external well-being and your internal well-being is your choice. Making a distinction between the two comes from ignorance.

Life comes as a whole. Don't divide life into the materialistic and the spiritual. The very distinction causes an unnecessary conflict. If you make this distinction between the materialistic and spiritual, you'll suffer. It is not divided to begin with. So a question of whether a material and spiritual life are compatible does not arise. When you exist as one life, dividing it and then trying to find compatibility between the two, is a foolish thing indeed.

Free Introductory talk on Inner Engineering on July 15, 2009 at 6:00 p.m. at Gasper Dias club, Miramar, Panaji Goa. Contact 9822-100-305, goa.ishafoundation.org.