



SPIRITUAL APPROACH FOR CONTORTING VIOLENCE IN STUDENTS COMMUNITY

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Abstract

An attempt has been made to explore the possibility of developing a spiritual approach in controlling violence in the students. The approach is based on unity in diversity on the basis of three parameters. Firstly, all the human beings contain same five gross elements: earth, water, fire, air and ether. Secondly, same soul, an essence of God/Lord resides in all the beings and thirdly, creator of all the beings is God and he is one and the same. This knowledge of oneness leaves little scope for violence, if properly conveyed not only to students but to the whole of mankind.

Key words : spiritual approach, violence, youth

Introduction

The worldwide violence among the student's community calls for developing alternative approaches to control it. So far, the social, economic and political approaches have been tried but have not yielded desired results. It is very common

to come across the news of events of violence like murders, rapes, acid attacks, agitations and strikes in the educational institutions. Although, the world has achieved grand success on the scientific or physical plane, yet violence is still rampant. This raises some doubts on our education system. It appears that these systems have not been able to inculcate the element of non-violence in the mind of youngsters.

All living beings are in search of peace. Human mind is always searching new paths for itself to reach this state of peace and happiness. Some search it in wine, wealth, name, fame, social status and other worldly possessions. Each person has a different personality and hence a different way of thinking and addressing his problem. Infact, this uniqueness brings about lot many problems and it has rather further aggravated the problem of violence by creating a wide disparity between the human beings. Poor think that the rich are enjoying at their cost and this way the divide is always increasing.

Keeping in view above facts , an attempt has been made to develop a spiritual approach for controlling violence in the students community who are the backbone of any nation and especially India which has the highest population of youth in the world.

The violence is caused by the element of separation, based on nationality, religion, caste and create region, state etc. this separation is due to ignorance of oneness. This ignorance may be discussed in the following section.

Human body consists of two components

- 1) Inanimate – physical body
- 2) Animate- soul/spirit, and essence of god or lord
(Bhagvad Gita Chaper 2 Krishna’s discourse)

Human body: the human body consists of five gross elements:

- i) Earth
- ii) Water
- iii) Fire
- iv) Air

v) Ether (Akash/space)

All these five gross elements contribute to physical body as described by twenty five prakrities (Handiwork of god)

They are described in table 1.

Table 1

Twenty Five Prakrities(Attributes) of the Five Gross Elements

Main element	Prakrities
Earth	Bones, flesh, skin, veins and hair
Water	Vital fluid, blood, fat, urine and saliva
Fire	Hunger, thirst, sleep, personality and laziness
Air	Running, walking, smelling, contracting and expanding
Ether	Desires, anger, bashfulness, fear and infatuation

Source :Singh 1967

These five gross elements are further manifested in sensual organs, working organs and sensual subjects of sensory organs. They are described in table 2.

Table 2

Manifestation of Five Gross Elements in Different Sensory, Working and Sensory Subjects

Gross Element	Sensory Organs	Working Organs	Subject
Earth	Nose	Anus	Smell

Water	Tongue	Urinary organ	Taste
Fire	Eyes	Foot	Beauty (Glow)
Air	Skin	Hand	Touch
Ether	Ear	Mouth (speech)	Word (sound)

Source : Swami Ram Sukh Dass 2005.

Besides, above there are three internal organs and are:

- i) Mind
- ii) Intellect
- iii) Ego

Mind

It is known as factory of thoughts. It is consistently creating, both in awakened as well as in dream state. Mind is fond of better things/subjects. The moment it gets a better thing compared to the already existing one, it gets attached to the latter one. So it is always making desire in the form of passions, which are:

- i) Hate
- ii) Anger
- iii) Greed
- iv) Attachment
- v) Pride or egotism.

All these five passions lead to violence in one form or the other.

Intellect

It is faculty of discrimination. It distinguishes between good and bad; truth and untruth, riches and poverty; pleasures and pains, right and wrong; tall and short; white and black and other pairs of opposites. This intellect does not allow the person to exhibit his negative deeds or one's negative tendencies. Intellect in turn leads to pretension, making excuses and passing the buck on other shoulders and shierking from one's responsibility.

Ego

Mind produces thoughts while intellect analyses them and decides which through needs consideration or adoption and gives its views to ego. The ego endorses the views of intellect and becomes doer, or in other words, claims doership. The egotism could be of any thing of any worldly thing like intelligentsia, hardworking, honesty and serving attitude etc.

Creation of Violence in the Mind

It is typical of the mind to make consistent endless demands. Any individual, who satisfies its demand, becomes his friend. In contrast, a person becomes enemy if he is not able to meet ones demands. He develops hatred. This hatred takes the form of anger, rage, violence, suicides etc. If a person, creating hurdles is superior, one develops fear but internally he is restless and develops revenge. Whenever, an opportunity is available, such individuals take revenge and one adopts all the techniques to justify one's violent action.

All the passions are harmful to one self and later on, it is reflected on fellow students. Among, all the passions, anger and ego are obvious. If we knew how much harm, anger does to liver and heart and other organs, we would never lose temper. Ask a physician and he will tell you how the blood gets poisoned in a fit of anger. It is anger and ego, which is leading to strikes and violence in the student community. So let us live in harmony and peace with ourselves and others.

Soul

It is the animate entity in the body. It is formless and invisible. Its presence is felt in body as it provides the attribute of livingness in the body. The moment it leaves the body, body becomes dead. So it is because of the soul that our body exists and keeps all the five gross elements (earth, water, fire, air, ether) together. All the five elements are immortal and connected to each other. The water dissolves earth, fire destroys water, air extinguishes fire and ether swallows everything. Not only do the gross elements exist together but they also work in co-operation.

All the organs of body are helping each other. A liver cell is co-operating with the lung cells so on and so forth. Heart is supplying blood to all the organs while digestive organs are digesting food so as to supply all the essential nutrients to each and every cell for its proper functioning. The eyes see and guide the path of the legs and help in working so much so, each and every organ or cell helps each other for the proper functioning of body. So let us to live in co-operation as our body lives.

Do the human beings or students reflect the basic nature of soul? The soul is a source of power, peace, love, knowledge, equanimity, contentment, acceptance etc. (Table 3). The soul conscious beings operate from sufficiency or fullness as the soul is an essence of god, so is characterized by the qualities of god although at a micro level. So let us live with the attributes of soul, so that there is no place for violence on this planet essentially in the educational institutions. It may be maintained that these attributes of soul are inherent (not to be acquired). They are already with the soul but we have forgotten due to ignorance, we consider ourselves to be the bodies only instead of soul conscious beings. Lord Krishna tells that he looks upon all the souls equally (Gita 9/29). None are more dear or less dear to him and that all must live in truth. A truth loving person maintains equanimity or harmony between his thoughts, speech and actions. We say something and do or speak something. It amounts killing our own thoughts. Such person possess contradictory personalities and lead to violence. On the other hand, egoistic persons operate from insufficiency and such persons can go to any extent in fulfilling their motives (Table 3). They are not at peace with themselves. How can they help in controlling violence?

Love is another attribute of the soul. In love, one loses his identity and gets merged with the object of love. In love, one does not expect anything in return. Otherwise, it becomes business. In love, there is no place for hatred or violence. Love means active acceptance to favourable or unfavourable circumstances or persons etc. as the loving person lives in wholeness and in abundance. Since love is without expectating anything, it helps the students in achieving higher

concentration in the students. On the other hand, egoistic students suffer from resentment, hatred, lack ness and low concentration or interest in students.

3. God

Our god, creator of the universe is one (Gita 7/4-5). All the religions of the world are unanimous on this version that god is one and He is taking care of everything.

Conclusions

From the above content it can be concluded that there is an urgent need to acquaint the students regarding the basic knowledge of working of human body. The gross composition of body, the working and sensory organs, organs like mind, intellect and ego as well as co-operative nature of body shows that we are all one. In addition, soul, an essence of god, is present in all of us and our creator god is one. So there is not even an iota of scope of violence. So let us all live in peace and pledge not to hurt anyone through the medium of body, speech and mind.

References

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