

# Spirituality is superior to modern science

## (Incorrect impressions and the correct perspectives)

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(An asterisk (\*) sign has been placed alongside important points)

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## Preface

Most people experience the truth that, 'Happiness seems as minute as a grain of barley, while unhappiness seems as huge as a mountain'. In an average person's life happiness is 25% and unhappiness is 75%. Not only human beings, but other living beings too attempt to obtain utmost happiness. Since most people do not know how to attain Ānand (Bliss), each tries to obtain happiness through the five senses, mind and intellect. However, happiness is temporary and of inferior quality, whereas Ānand is eternal and of supreme quality. The science which teaches us how to obtain Ānand is Spirituality. We can obtain Ānand only if we abide by Dharma. If we hold on to Spirituality and try to obtain Ānand by performing sādhanā (Spiritual practice), then we get the benefit of worldly as well as spiritual happiness.

Even though there is so much importance attached to the Spirituality, most people do not even know the meaning of the word Spirituality. As a result, very few people turn to Spirituality. Ānand is infinitely superior to worldly pleasure. If this is realised then one will certainly make efforts to obtain Ānand. This Holy text elaborates on the hurdles faced during the study of Spirituality. Spirituality is not a subject of study merely at the intellectual level; rather, it is a subject to practice what is learnt and obtaining spiritual experiences. We pray at the Holy feet of Shrī Guru, that after reading this Holy text at least some people may begin sādhanā and due to sādhanā, may they experience a flow of inner Ānand. - **Compilers**