



THE SCIENCE OF RELIGION

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That holds man that is Religion. But science is diverse from man's believe, rituals etc. But all are unfolded by men and attached with human life. In the true sense there are no different between science and religion. True religion's developed on science based. So every religion has a science. Tagore, Vivekananda, Roma Rolla, Einstein, Paramahansa Yogananda ...unfolded it. We should be discuss and apply it in our life especially in present context of world. Terrorists are mainly depends on religion and going to destroy the world. That is not a religion at all. So we should discuss it scientifically.

Aim and object:

- 1. To show universal definition of religion.*
- 2. Unfolded the science of religion.*
- 3. To discuss what is means to be religion.*
- 4. To show the universality, necessity and oneness of religion.*
- 5. Upholds that four fundamental methods i.e. 'Bichar Marg', 'Vokti Marg', 'Dhyana Marg', 'Yoga Marg' are develops based on science.*
- 6. To discuss what to be done in present situation.*

INTRODUCTION

Usually man call God personal, some see him as impersonal. Our ordinary conception of God is that He is infinite, omniscient etc. But some see Him with personal interest and use Him very negative purpose that create a crucial situation in the world. There are many religious wars in our history. At present Iraq Iran and some other war show that religion are very narrow. Islamic State wants to make a world on their religion. But Hindu, Christian, Muslim, Buddhist...are community only. God is one and Oneness.

Elaboration

The word 'religion' is derived from Latin word 'religare', to bind. But what binds, whom does it bind and why? There are many orthodox explanations. We should discuss it stately. We, all human are bound. Not chains or shackles or course binds us. Religion may be said to bind us by rules, laws or injunctions only to make us slaves. So call religious disallow us the birthright of free thinking or free action. It is totally unreasonable. Religion may bind us in order that that we may not degenerate not be in misery- in bodily, mentally or spiritually. Spiritual conception is very necessary to us.

The Fundamental Questions of Religion

"What can religion be if it is not somehow intertwined with the deepest-rooted carving of human nature? Religion, if it is to be anything that has life value, must base itself on a life instinct or carving."¹ Actually question is that are man for religion or religion for man? Man makes a rule, so rules are made for us not we for the rule. That is why religion also made for a group of people for their unfolded soul, real life, joyfulness (not happiness)...etc. All religions go to a same pinpoint. Man is the measure of all things. Our savages measure the ultimate truth that is the goal of all human life. The fundamental questions of religion should be what to know, what to do, what to learn and how to live.

The Universal Definition of Religion

The ultimate motives of man are same, to removal of pain and the attainment of bliss. The actions that we must adopt for the permanent avoidance of pain and the realization of bliss or God are called religious. We must understand religion in this way. If we understand that, then universality becomes obvious. No one can deny that he wants to avoid trauma permanently and get permanent joy! So every man has a religion, every man is the religious man. Every man is working for the same goal.

How to be Practice

There are four fundamental methods; the intellectual method, the devotional method, the meditational method and the scientific method of Yoga. Vivekananda directed it in his book, 'The Science and Philosophy of Religion'.² He directed the intellectual method that is commonly adopted from Vedanta. Intellectual development and progression has been natural and common to all rational beings. By our self-conscious we understand that we are different from lower animals. Animals are also conscious but not self-conscious. Yogananda says, 'The consciousness gradually tries to free itself and tries to know itself by itself; thus it is changes into self-consciousness. This change is due to an evolutionary necessity, and the universal urge toward intellectual pursuits is due to this evolutionary tendency.'³ This is very natural that man develop himself through



thinking and reasoning. Here scientific reasoning is working. The more science is that man engages in thought-process utilizing the intellectual method.

The Devotional Method consists attempt to fix our attention on oneness. By this process the spiritual self becomes gradually freed from the disturbance and pain. We should do our every work with devotion. But in the present situation of the world we are working as a machine. 'Karma yoga' is the most vital point in our life. Srikrishna also says in the Bhagavad Gita, 'ultimate wisdom is eternal infinite intelligence'⁴. Ultimate wisdom is found in man's deepest inner consciousness. When man's activities come out of that intelligence then is the real work (Karma). A lazy man or mechanical man cannot be one with Spirit. Without Spirit man will be a beast. So, in which process we done our work? That is very important question! Answer is trough Meditation, by Meditation.....

The Meditation Method is purely scientific and practical course of real life that is prescribe by our sages who personally have realized the truth practically. Felt knowledge is the best proof of validity and pragmatic utility. It is easily acquire through a scientific process of Meditation. There are six main points through which life electricity from the brain is discharged throughout the nervous system. These six points are: 1. Medulla point, 2.Cervical point, 3.Dorsal point, 4.Lumber point, 5.Sacral point, 6.Coccygeal point.

The brain is the supreme power-house and highest point. All these points are connected one with others. The brain cells discharge life current which in turn discharge current to the different efferent and afferent nerves. Left brain and life brain are balanced by deep Meditation. Thinking power and reasoning also increases perfectly. The disturbing reports of bodily sensations must control and concentrate the electrical flow and draw it back from the nervous system as a whole to the six main points and also in brain, the supreme point. It is possible through 'yam', 'niyam', asana, 'pranayama', 'dharana' and 'dhyana(Meditation)'. At first freshness is necessary then seat properly. Breathing control is must to be free our cells, and then a conscious will come to mind. Through Meditation we should concentric our mind. In upper level or super level yogi connected himself with God.

CONCLUSION

Common man does not wanted to Yogi at all, no need at all. We should try to realize ourselves as like as Tagore song, '*APNAKE EI JANA AMAR FURABENA...EI JANAR-E MADHYE AMAR TOMAY JANA...*'⁵ (Our soul is endless, we are spending life by knowing ourselves and searching ultimate freedom by connecting with Supreme Power). Thus, we will find the real religion of man. Actually this is the true Religion (Dharma).

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1. Yogananda Paramahansa, The Science of Religion, YSSI pub., 1990, Kolkata, page-15.
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3. Yogananda Paramahansa, The Science of Religion, YSSI pub., 1990, Kolkata, page-49.
4. The Bhagavad Gita, Yogananda, YSSI pub., 2002, Kolkata, page-330.
5. Tagore, Geetabitan, Visva-Bharati publication, 1338(Bengali year), Kolkata, page- 36.