

## When Dhruv Rathee interviewed Acharya Prashant: Spirituality sans Superstition

Lifestyle



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In a thought-provoking interview with popular YouTuber Dhruv Rathee, Acharya Prashant, a renowned spiritual teacher and philosopher, offered a fresh perspective on spirituality and religion that resonates with today's scientific and logical mindset. The conversation, which touched on various aspects of contemporary spiritual practices and ancient wisdom, revealed Acharya Prashant's unique approach to addressing life's fundamental questions.

### Challenging Religious Orthodoxy

Acharya Prashant didn't mince words when discussing outdated religious practices. He unequivocally rejected regressive laws like triple talaq and halala, asserting that any practice hindering an individual's potential, regardless of their background, is untenable. "Anything that stops anyone from expressing their full potential, regardless of their religion, gender, caste, class, or nationality, cannot be supported," Acharya Prashant stated, extending this principle to all living beings and the environment.

### The Persistence of Spiritual Charlatanism

Addressing the prevalent issue of fraudulent spiritual leaders, Acharya Prashant noted that while this phenomenon isn't new, its social acceptance has increased alarmingly. He expressed concern over the growing endorsement of such figures by those in positions of power, contrasting it with past eras when educated elites were more skeptical of superstitious claims.

### A Call for Spiritual Revolution

Drawing parallels with historical reformers like Sant Kabir, Gautam Buddha, and Vardhman Mahavir, Acharya Prashant emphasized the ongoing need for voices that challenge false religious narratives. He argued that human progress, whether physical, mental, or spiritual, has always depended on individuals who prioritize collective well-being over personal interests.

### Redefining Revenge and Violence

In a striking reinterpretation of revenge, Acharya Prashant cited Buddha's transformation of the murderer Angulimala into a monk as the truest form of vengeance. "The best revenge would be to end ignorance," he explained, asserting that all violence and atrocities stem from ignorance.

### Demystifying Spirituality

Acharya Prashant debunked common misconceptions about spirituality, clarifying that it has nothing to do with supernatural forces or detachment from worldly affairs. Instead, he defined spirituality as the pursuit of self-knowledge, intrinsically linked to understanding the world. "The self can be known only in its relationship with the world," he said, quoting philosopher Jiddu Krishnamurti.

### The Importance of Diverse Knowledge

Emphasizing the value of broad intellectual engagement, Acharya Prashant advocated for reading beyond spiritual texts, recommending fields such as psychology, philosophy, evolutionary biology, and neuroscience. This multidisciplinary approach, he argued, is crucial for a comprehensive understanding of oneself and the world.

### A Pragmatic View on Religious Practices

On the contentious issue of idol worship, Acharya Prashant offered a balanced perspective, acknowledging its historical value while cautioning against mistaking means for ends. He stressed that all religious practices are methods to reach the truth, not the truth itself.

### Spirituality for the Here and Now

Perhaps most strikingly, Acharya Prashant dismissed concepts of afterlife, heaven, and hell as irrelevant to true spirituality. "Spirituality is not to make your afterlife better," he asserted, emphasizing its role in addressing present suffering and achieving liberation in this life.

### Conclusion

Acharya Prashant's dialogue with Dhruv Rathee presents a compelling vision of spirituality for the 21st century – one that is grounded in reason, focused on practical outcomes, and committed to personal and societal growth. By bridging ancient wisdom with modern knowledge, Acharya Prashant offers a path to spiritual fulfillment that is both accessible and relevant to contemporary seekers.

As religious dogma and spiritual charlatanism continue to challenge society, voices like Acharya Prashant's serve as beacons of clarity, guiding individuals towards a more enlightened and fulfilling existence. His teachings remind us that true spirituality is not about escaping the world, but about engaging with it more deeply and consciously.
