

# Rediscovering the spiritual path



Youngsters, today, are looking up to spirituality for solutions of their problems.

**Neha Madaan**

There is a whole new world to explore once you dive within for the reality that truly matters. Youngsters have perhaps realised the deceptiveness of the worldly mirage and hence, rave parties and revelries have happened to become only the redundant mundanities of existence. For them, soul search and the means to this end seem more significant, even indispensable. And thus, gone are the days when spirituality was merely a phenomenon confined to the aged and ascetics. For, youngsters have woken up to reality.

Sheetal Sanghvi, the founder of Urban Ashram, a centre for inner journey, says, "Every society and generation goes through its cycles. It is interesting for me to observe that, in a way, we are aping the west even in our spirituality. The west took to yoga almost 40 years ago with the hippies adopting it. Now, we are taking it back from them. The 60's revolution in the US was about breaking old authoritarian systems that were stifling to the spirit. And now, young Indians are feeling the same frustration with the prevalent systems. They are experiencing the need to rebel and break free of conditioning." Sanghvi feels that a blend of science and spirituality is imperative. "Since lifestyle changes have increased stress levels, people are seeking alternative ways of coping," says Sanghvi, who left the US after completing his management studies at age 26 in order to discover his inner self. "I started traveling through the country as part of this search. In the process met fellow seekers, visited spaces of spirituality like Rishikesh, Pondicherry, Bodhgaya, and Dharamshala and met gurus at various ashrams," he says.

24-year-old Ishdeep Sahni, a spiritual scientist who conducts spiritual healing sessions in Mumbai

and Pune, refers to spirituality as a basic instinct. If you ask him why spirituality has begun to make inroads into the youth's psyche, he is prompt with the reply, "It is natural for most of us. Our wants have outpaced all practicality. Desires are now running faster than you can even imagine; so, how can you catch up with every wish and fulfil it? You simply can't. Then how does one resolve? Have you ever thought of it this way, 'every quantum of breath that you inhale, is being made available to you without you knowing how it finds you?' This is true for everything-from quantum singularity to collective consciousness. We are being taken care of. It is simply a matter of letting go of the micro management and allowing the universe to open the pathways." He says that a new kind of party is making its way to our reality. "It is called satsanga. Satsanga does not mean going to a gathering of some wise sage or old person. It means a union of resonant energies. So, these parties add a lot to your spiritual, physical and mental quotient and involve getting high in its true sense," he says.

## MYSTIC MODE

**B Kavita Chandrashekhar, a 24-year-old spiritual psychotherapist, says, "I began meditating at the age of 17 to combat exam pressure. Eventually, I realised that doing so gave me prolonged levels of peace and heightened levels of awareness. I completed my engineering and went on to work for a while but realised that my purpose in life was much more than a mundane job. Thus, I began teaching awareness meditation to people." She says that most youngsters who come to her either suffer from depression or relationship problems. "Many of them take to meditation in order to manage stress, and later see the bigger picture. That is when the transition follows," she says.**

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