

# Regeneration of the World

by Swami Sivananda

Our forefathers would be considerably amused at many of the maladies that afflict humanity today, e.g. inflation, black marketing, smuggling, gun running, etc. These Frankenstein monsters, threatening to destroy us before long, are our creation as they are merely the inescapable effects of our lapse from the spiritual outlook on life and the adoption of a purely materialistic philosophy of living. These and myriads of other similar problems have their origin in a love of luxurious living and are the products of foolish mania on the part of every nation to raise its so-called standard of living over that of its neighbors. The economic blockades, the armament race and the atom bomb embroglio are the resultants of human vanity, greed, jealousy, mutual suspicion and hatred; and as each nation wants to be on the safe side of multiplying its power of destruction, there is a regular scramble and competition for becoming the most ruthless and the most destructive power! "Is there no remedy for this?" has been on everyone's lips for over a generation now; but no one has the courage and the faith for taking the practical steps necessary for stopping the rot,

irrespective of the cost or the consequences. Each nation wants the other nations, each person all other people, to take the initiative; and so the merry game goes on unabated. The vicious circle has to be broken by someone; and why not let it be done by ourselves rather than others? The minimum essentials of the change that has to be brought about should be clearly visualized and consciously and conscientiously pursued by everyone according to their capacity.

The first step to be taken is to change the angle of vision of life. All materialistic ways of thinking and living should be abandoned. A simple, spiritual sense of the values of life should be carefully inculcated by all countries, in all societies. There should be an immediate return to the motto of "simple living and high thinking," with a thorough eradication of greed and fear, which lie at the root of all the troubles of the world.

As a supplement to this, the spirit of selfless service should be infused into every person from childhood. This is the point at which religion meets ethics and sociology; for the first posits that the one Self alone pervades all existence. Hence, every piece of service done to others amounts to a benefit conferred on ourselves. The more this sublime basis of human action is recognized and adopted, the more rapid will be human evolution towards perfection and divinization. ॐ

