



Clean the Mind to Clean the World

By: Brahma Kumar Brijmohan on Oct 16, 2014



A clean space signifies a kind of order, harmony and sanctity that facilitates healthy, creative and constructive activity. Hence the adage, 'Cleanliness is next to godliness.'

Of late there has been a lot of buzz about cleaning up our cities and towns to clean-up India. The Swachh Bharat campaign is an initiative aimed at clearing all the dirt and rubbish that one sees around us in neighbourhood, streets, markets, offices and public places. We do need to promote good sanitation. However, we need to look deeper at the mindset that creates rubbish and allows it to remain that way.

Spiritual Values

At a deeper level the problem of environmental pollution is related to the decline of spiritual values. It is not just a debate of depleting natural resources and non-renewable energy. It stems from the core of human life – the soul – which has been polluted with vices like greed, ego and anger.

Till now governments have been adopting the superficial approach to fix environmental problems. Enforcing laws and integrating technologies that promote a clean environment are good steps to contain dirt and pollution but they appear to be like varnish on cracked surface.

Outer cleanliness can be achieved but it may still hide many dirty things. There are many countries in the world that are clean but the way they dump toxic waste, the practices they employ to slaughter animals and sell meat products as well as arms that kill, are not supportive of sustaining a clean world.

Nature reflects human nature. The violation of the innate qualities of human soul such as truth, purity, peace, love and respect has led to the violation of natural law and order. As inner harmony got disrupted the harmony between nature's forces also

got disturbed. Poisoned feelings in the human heart have also poisoned the air, water and soil on earth. All the dirt outside is a reflection of a stained human soul.

People often pray to God to cleanse their mind and heart of all impurities. A clean mind is a dwelling space for godliness. Cleanliness is a major part of most religious customs and rituals. On Diwali people clean their entire house and their homes look spanking new with fresh paint – all in preparation of welcoming and receiving the blessings of Goddess Lakshmi. Bathing and cleaning the physical space and physical body is considered a prerequisite for any kind of worship or prayer at religious places.

Pure State of Being

Cleanliness is connected to the original pure state of being of all human souls. It is hard to imagine garbage bins and rubbish dumps in Paradise or Satyuga. We can endeavour to clean up the ground space but what about cleaning up polluted air, water and soil? How is it possible to achieve this humungous task?

Spirituality has always played a vital role in sustaining a clean and healthy environment. All ancient societies in India supported their environment with lifestyles that were based on values like respect for nature, simplicity and harmony.

A spiritual lifestyle is based on purity, respect, balance and harmony. When we learn to de-clutter our mind we also begin to live a simple and pure life. Becoming aware of our innate values and spiritual identity as well as staying connected in pure remembrance of God helps to cleanse our heart and mind of all vices. Only inner cleanliness of the soul can create outer cleanliness.