

Fundamental spiritual aspects of social service

Abstract

The purpose of life according to the Rigveda is that one should strive for spiritual progress to attain God-realisation (the pinnacle of spiritual evolution) and strive for the well-being of society.

Some of those undertaking the noble task of serving society through social service try to follow *Karmayoga* (the Path of Action) which is one of the generic paths for spiritual growth. Those following *Karmayoga* are mainly concerned with two aspects, which are their own spiritual growth and how to most effectively help the people that they serve.

To effectively help the underprivileged, a social-service-worker needs to be aware of a fundamental life concept, which is, the root cause behind people's problems are limited to 3 reasons - physical, psychological and/or spiritual. These are not mutually exclusive and the root cause of problems can be a mixture of all three. Spiritual research carried out in hundreds of case-studies shows that any problem is best addressed when its cause is tackled at its root. For example, if a physical problem such as a skin disease is due to a spiritual problem then it is best tackled at both the physical and spiritual levels. Spiritual research shows that spiritual root causes of problems in life can account for up to 80% of a person's life problems. The destiny that one is born with is a major spiritual cause of unhappiness in a person's life and there is no getting around it through physical or psychological means.

An important question from the viewpoint of the spiritual growth of a social-worker, is how can actions or deeds be performed so that they liberate one from the shackles of the Great Illusion (*Māyā*), i.e., cycles of birth and death? Doership, pride and expectations are serious pitfalls in this endeavour and they can nullify all the good work from the perspective of spiritual growth. MAV advocates that these pitfalls can be minimised by the Personality Defect Removal process. Also, regular spiritual practice undertaken by both the social worker and by those who are being helped is vital to overcome spiritual problems in life.

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