

The Buddha's Middle Way to Knowledge

Bridging Science & Spirituality



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Introduction

Watch Susmita's video Introduction.



There is no greater **agony** than bearing an **untold story** inside you.
- **Maya Angelou**



Forward

Indeed science and education have made extraordinary contributions and transformed society with its humanitarian knowledge. Their universal acceptance and influences continue unprecedentedly. Education has an enormous influence on our lives. It provides the basis of much of modern technology—the tools, materials, techniques, and sources of power that make our lives and work easier.

Education has shaped our views about ourselves and our place in the universe. However, in spite of the many recorded successes, science and education are still struggling to meet the massive challenges of the present age.

Advancement in science and education have given rise to the Information Age; however we still live in a society with little enlightenment or true purpose. Of course, we could argue that we are a “knowledge economy” that is based solely on the production, distribution and the use of knowledge rather than material products. Yet, it is for a fact that many lack that deeper knowledge that connects the dots of life. We are familiar with systems that teach about physical, emotional, and intellectual development; however, there is less familiarity with the knowledge of self-awakening or enlightenment.

That is why some old cultures pride themselves in learning systems that develop the spiritual or higher nature. These cultures, without the Westernized science, have found knowledge in self-awakening or enlightenment. They have managed to fill that knowledge gap many of us today are struggling to fill.

Even for today's scholars and scientist trying to solve the problems of life, that knowledge gap just keeps widening over the years. The reason is simple: we are too busy or distracted. Mindfulness—when you are extremely focused in the present—is a solution. The lack of it has always drawn us a step backwards. It now begs the question whether the lesson of mindfulness need to be introduced into our educational system and workplaces.



All scientific knowledge is provisional. Everything that science “knows,” even the most mundane facts and long-established theories, is subject to reexamination as new information comes in. —*Scientific American* editorial, December 2002