

# Christmas Thoughts on How Spirituality Can Help to Create a Safe and Just World

By [Bharat Dogra](#)

Global Research, December 24, 2024

*Christianity is by far the religion with the largest following in the world and Christmas is their most sacred day. In addition a very large number of people of other faiths join happily in the celebration of Christmas. **Hence this is perhaps the most appropriate time for worldwide reflection on how spirituality can contribute to the creation of a better, safer and just world.***

**The need for this was never as great as it is today. Not only have violence, war, injustice, inequalities and environment ruin combined to create enormous distress in world, in addition these are manifesting in the kind of disasters and highly destructive weapons that can wipe out most life on earth.** The more thoughtful, informed and caring people of the world are extremely worried by this state of affairs but have not been able to check the drift towards destruction, as the forces that cause wars and ecological ruin are much stronger.

Hence in these difficult and dangerous times the creation of a safer and just world needs all help from all possible sources and in this context the progress of sincere spirituality and spiritual movements can make a particularly important contribution.



**Spirituality as seen in the life of most revered persons in the world, associated with various faiths, has conveyed important ethical messages based on leading a life of justice, not doing any injustice to others, leading a life of simplicity and limited needs thereby avoiding greed and the tendency of snatching or coveting what rightfully belongs to others.** Not causing any harm to others and not indulging in violence to others is at the heart of these ethical messages. This ethics also includes working honestly for one's livelihoods and bringing one's own welfare in conformity with the welfare of others ie being very careful not to cause any harm to others in the quest for one's own progress. People who are religious in this way, learning these values from their faiths, invariably get a lot of strength from spirituality to lead a life of ethics. When understood in this sense, spirituality has an important role in creating a just and peaceful world.

Unfortunately, however, not all religions and religious leaders have been giving adequate emphasis to these ethical aspects. On the contrary, they have frequently distorted their message in ways that increases intolerance, prejudices, misunderstandings, sectarianism and violence related to this. **Some of the highly unjust acts and destructive wars, even genocides, have been supported by very wrong and distorted use of religious doctrine.**

**It is in this difficult situation that those who believe in true spirituality must be increasingly united, overcoming various divisions and constraints, to increase the possibilities of spirituality being advanced in such ways that this becomes a very important force for world-level peace, justice and environment protection.**

**Spirituality teaches, prepares and motivates us to lead a life of simplicity and ethics which at the ground level increases possibilities of justice, peace and environment protection.** If we have more and more people living and planning their life in accordance with these precepts, then the chances of there being more peace and justice in everyday life increases, and in addition people leading such life have feelings of more satisfaction and of better social relationships. Family life and community life improve. Children brought up in such ways are not only well-behaved but in addition may come up with very heartwarming examples of inspiring work.

Above all this, moreover, such pursuit of sincere spirituality also increases the possibilities of wider peace, justice and environment protection at national and finally at world levels. Of course carefully an agenda must be prepared at world level regarding the proper prioritization of the most important tasks of peace, justice and environment protection, but with the growth of sincere spirituality at various levels the response of people to any such agenda of peace, justice and environment protection will be much better, sustained and stronger.

**Hence Christmas can be and should be a time of reflection for many people disturbed by the present destructive trends in the world to try to consider the possibilities of how united spirituality movements can together contribute to the creation of a better, safer and just world.**

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***Bharat Dogra** is Honorary Convener, Campaign to Save Earth Now. His recent books include *Protecting Earth for Children. Planet in Peril, Earth without Borders, Man over Machine and A Day in 2071*. He is a regular contributor to Global Research.*

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