It was for knowing ourselves and the universe around that I started to study philosophy and religion and only with this view. Whatever I could know and understand about that I have tried to explain in this thesis.

In the outset, we saw that contemporary man lives in the age of science and technology. Progress by the modern scientific and technological advancement has reached almost to its peakpoint. Man has seen the maximum utilisation of the material resources and has tried to gain maximum pleasure out of it. In every field of his day-to-day life this brought an overall change and betterment.

Science has brought to man the possibility of a new kind of life and perhaps new ethical, spiritual, social and political values. But the misuse of the scientific discoveries has created a world-wide fear and a sense of insecurity. We have developed in all aspect of our social life but we have no confidence in each other, science has minimised other burdens but we are full of tensions, worries, conflict, complexes and so on.
The development of nuclear power has created like a world-wide insecurity and an iceberg we live in peace only in uneasy, disgusted and insecure conditions.

Since man is a rational animal, this means that through his mundane life he should be satisfied rationally. The sciences of inner matter have made immense progress while those of living beings remain in a rudimentary state. So unless man increase in wisdom as much as in knowledge, increase of knowledge will be increase of sorrow. And the development of wisdom is not possible through science alone but religion - the spirituality, the spiritual balance - can alone release him from his tensions and increase his wisdom.

Such problems are man-made so they can become man-solved. Their solution is spirituality, the age old quest of man. The Perennial philosophy which man has to seek for except it there is no go.

On this firm ground I developed my thesis step by step explaining what we mean by the Ultimate Reality. Once we know the need of it, then naturally on the scientific ground we can understand the whole foundation of religion. Spirituality is not only the raw material of all sciences, but all the most profound insights of religions truth have their origin in the
mystical experiences of those who led the spiritual progress of the human race. Every man has to progress in this field because the destiny of man is not limited to his existence on earth.

As God has made man in His own image, then man has to be faithful to the intentionality of this image and has to discover its Original. It is the chief end of man's earthly existence to discover and identify himself with his true self — by doing, he will come to an intuitive knowledge of the Divine Ground and so apprehend Truth as it really is.

This religious Truth is such that spiritual experience alone can prove it. God cannot be shown to an atheist as through demonstration. One has to develop oneself in the actual treading in the spiritual quest.

This Ultimate Reality is the basis of almost all religions of the world. And it is the basis of all their developments. So very profoundly this Ultimate Reality is explained in all religions e.g. in Chinese terms it is, Tao, in Hinduism it is Brâhman, in Judaism it is Yahweh, in Zoroastrianism, it is Ahura Mazda, in Christianity it is "the Father-God", in Islam, it is Allah etc. All these terms, though apparently different, are basically one and differ only due to cultural, social, political, historical, geographi-
This Ultimate Reality is not an Utopia, a mere imaginary concept, but there were and there are various people all over the world who themselves have realized this Ultimate Reality. Jesus says in St. John's Gospel, "I am the way, the truth, and the life". "In the Veda, I am proclaimed the Spirit Supreme", Shri Krishna says. Al-Hallaj says "I am the Truth". In Hinduism we find "Aham brahma asmi", or "Tat tvam asi" etc. All these expressions are of the same Reality as realized by great religious men.

Since these people could realize the Ultimate Reality, they help us to do it ourselves. According to their own understanding, and also taking into consideration all the factors of human life, they are showing the path of realizing this Ultimate Reality. The way they lived their lives, its if is an example for others to follow and so it is said "take your cross and follow me". Krishna says, "He who serves Me unfailingly by the yoga of devotion (bhakti) he, crossing beyond the qualities, is fit for Brahman immerging". According to the various persons' temperament there are various paths as explained by the realized persons. So we have shown different methods, such as prayer (mainly in Christianity) or meditation (in Jains yoga)
or devotion (in bhakti yoga) etc.

These are the ways to personal experience oneself whereas mere theoretically understanding will lead us nowhere. And so it is mainly the practical aspect of this that is discussed in this thesis. I have tried to study all the religions in such a way as to bring them together by considering their basic and fundamental problems which are similar in all the religions the world over.