Spirituality is often equated with miracles. The great saint Vivekananda opined, however, that people should not blindly believe stories about miracles. He said it is possible for everyone to experience them. We may call incidents miracles because modern science is only two hundred to three hundred years old and is not yet able to explain them. Of course, in order to experience miracles, an ordinary person shall have to meditate or follow the paths set by spiritual leaders.

One should not consider spirituality and religion to be the same. In my opinion, spirituality is much more scientific than is religion and 99 percent practical. Physics, chemistry, biology, and so on are, say, 50 percent practical and 50 percent theoretical. By doing mental exercises and using appropriate Sanskrit mantras, one can come to know much more about these so-called miracles. I also put forward that not all stories about miracles are accurate. Some are, of course, while some cause harm to spirituality.

No living body has seen God. The concept, or mere feeling of God, proposes there is always somebody watching me or is there to help me—especially in the time of need. Hence, the feeling or concept of God is much more powerful than what a toddler feels when near his or her mother.

In Karma, Mind, and Quest for Happiness, Dr. Susmit Kumar seeks to explain certain facts of Tantric philosophy, such as the constituent parts of the mind, the effect of mantras on the mind, and how karma may be scientifically defined and explained.

Until recently, people considered units of time and distance in terms of 100–200 years and 100–200 miles; astronomers now measure time and distance in billions of years and trillions of miles. Even so, science can study the scientific laws of only 4 percent of the materials in the universe, as it cannot "see" the remaining 96 percent, referred to as "dark matter" and "dark energy."

Great individuals—such as Christ, Buddha, Moses, Prophet Muhammad, and Krishna—know something about the workings of the Universe that is not common knowledge; this is why we claim their actions to be miracles or religious dogma. Furthermore, during the last 10,000 years, many saints in Asia have explored the human mind and its relationship with the Infinite. Most of them did in after first having established the limitations of physical pleasure and intellectual knowledge. When they started to explore the functioning of their minds and how everything around them was created, they developed a theory called Tantra.

In Karma, Mind, and Quest for Happiness, Dr. Kumar will explore how Tantra is free from the distorting influences of time and place.