

# Sachin Pilot

Congress MP

'There was a time when I didn't care much for these questions'

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**Sachin Pilot, Congress MP.**

**What does spirituality mean to you?**

It is something very intangible and very personal, outside of any religion or ritual. There is no textbook to learn how to practice it, it is something in one's heart not to be displayed on one's sleeve as many do. It is about my own belief and experiences, my own consciousness, my own relation to the environment and the universe. Also, it is about the connection to a higher being – no matter if one believes in Allah, Ram or Jesus, I feel that faith is important as it gives you centeredness and roots, a sense of balance and clarity.

**Do you believe you are guided and protected by a superior force?**

I definitely feel there is such a force. I do question things all the time and very much believe in science and empirical evidence, but I also believe there is a force somewhere that cannot be defined, which shapes our lives and this universe, which is the reason why we are here, and which inspires our path.

**Do you believe you have a special mission or purpose in this life?**

I think that we are all here for a certain reason, and that everyone has a calling. Those who realize it earlier in life can achieve more with their time on earth. What I am doing now in politics is of course part of my mission. As I have been exposed to politics since I was a child, I felt it would be a platform I could contribute from significantly. But the mission is not limited to politics, it is also a way of life, of interacting with all things and beings. Karma though is only a potential. If you actively work at doing what you are meant to, it is the most significant way of leading your life. But you can choose not to do it, no one will do your homework, and in that way, you can change your destiny and fate.

### **What is spirituality for you in your day to day life?**

It is easy to get caught up in the daily proceedings of life and the very intense pace of things. I do not meditate or pray daily, but there are moments of reflection – especially on flights when the mobiles are off!

### **What is the role of spirituality in the world of politics?**

In politics like everywhere else you have to make certain choices and you are answerable to your conscience. If you have faith in a higher being, it all becomes easier. There is a guiding voice within which helps you making those daily decisions. Otherwise it all derives from sheer, dry calculations in your brain. Also, politics is a people's profession. I constantly interact with human beings of all walks of life. Thanks to each of those encounters, I learn so much and feel I understand life better. So in a very concrete way, it informs my whole view on spirituality. Both are very connected.

### **Can you tell us about a unique experience that changed or shaped your spiritual beliefs?**

There were times I would not care too much about those questions. But then some events triggered a different approach for me, in particular the death of my father when I was quite young, and the many responsibilities that were imparted upon me thereafter. It meant a changed awareness about life, wondering why all of that happened to me, why then and there, how I fit in the universe, how I am to fulfil what I am apparently meant to do. The intuition of a higher being came with it all, over time.

### **What are your spiritual inspirations?**

I think that the consciousness one has about what is right or wrong, good or bad, is the most concrete aspect of spirituality. And I very much got it from my parents. Though not very religious in the ritualistic sense of the word, they did impart us with the feeling that if you do your karma, it strengthens you, and it is the way to go.

### **If you were to be reincarnated, what would you like to be reincarnated as?**

First of all, I am not sure what to think about the idea of reincarnation. On the one hand I believe in the soul and the idea of journey it is on, on the other my practical side hesitates. And in any case, I have way too much on my hands in this life to think of the next one!

### **If there was one question you could ask god, what would it be?**

What happens after death, where does the soul go, is that the end of the journey?

### **What is your idea of happiness?**

A feeling of contentment. It can come from anything, but maybe more than anything else, from contributing to keeping a smile on the face of the people I care most about.