



# 100 Seashells

Suresh M .Deo

## **Introduction**

During the summer vacation of 1952, I visited Bombay (now Mumbai) for the first time at the age of 20. Having lived the first ten years of childhood inland in a relatively small city of Jagdalpur (District population 50,000) in Bastar and later in Nagpur (District population 500,000) in Maharashtra , I was genuinely curious about a large metropolis like Bombay (population 3,000,000) situated on the edge of the Arabian sea. I stayed in Bombay with my elder brother, Sudhakar, who was a bachelor at that time and had just started his first job after graduating from Nagpur University. Sudhakar was employed by Hughes & Davies located in the Fort area of Bombay. He lived in a Western suburb of Bombay called Goregaon, which was a one hour commute by local train to the Fort area.

On every working day, I accompanied Sudhakar up to his office in Fort and then went my own way to explore the expanse and humanity of Bombay which seemed to be throbbing with activity all day long. Since I had not yet seen and experienced the sea and its beach, I asked Sudhakar if

there was an uncrowded beach that I could visit after lunch. He recommended Versova beach, which was conveniently located between Fort and Goregaon. So I rode the local train as far as I could and trekked the rest of the way to the beach; reaching there at around two in the afternoon.

While walking on the beach with limitless curiosity and soaking up all that I was experiencing, I felt the crunchy sand under my naked feet, the constant lapping of the waves embracing the beach, the Sun and the deep blue sky reflecting through the waters. Above all, to my delightful surprise, I noticed a generous sprinkling of colorful Seashells along the entire beach. Looking closely, each Seashell seemed to have a thought provoking beauty of its own. Since this beach had not yet become the paradise of Tourists, the beach was clean, serene, and enjoyable for the solitude that I had sought for that afternoon.

Disregarding any sense of time, I selectively picked Seashells of all possible sizes, shapes and beautiful colors until the Sun started to set on the western horizon against the tranquil background of the Arabian Sea. I paused to watch the brilliant colors over the horizon and witness the gradual setting of the Sun. A few fishermen were returning to shore with their catch on the boats after the day long working trip.

The invigorating experience on Versova beach complemented with the thought provoking Seashells has been permanently etched in my consciousness; which is expressing itself 62 years later in the form of the title for this book.

A thought is like a Dewdrop that condenses on a leaf or a blade of grass and embraces the environment in ways unfathomable. Similarly, a beautiful Seashell appears on the sandy beach to invigorate and challenge our imagination.

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Lapping waves of the ocean constantly deposit infinite variety of beautiful sea shells on the beach and the sands of time; where as Humans treading the same beach trash emptied pop bottles and cups.

To provide an equal opportunity for both sexes, since men have been granted the right to stone a woman to death for committing adultery, then women should have an equal right to stone the participating male partner to death in the same crime.

First God created Man. Then Man created Religion and promised Heaven; that is when Hell broke loose.

Using the mental freedom granted by God, Man created Angels, Heaven, Hell, Missionaries, Mercenaries, and Robots for playing the politics of life.



The most profitable business in the world is Religion, which does not require even producing a product and offering warranties, which are honored only after the expiration date of the faithful client.

Birds, beasts and other creatures on planet Earth behave differently than humans. They do not have any issue with sex differentiation or equal rights, simply because they believe in utilizing a natural product to its maximum utility.

The most profitable business on planet Earth is Religion, which harps on the weaknesses of humanity and has spun off a large number of ancillary industries ranging from Weapons of Mass Destruction (WMD) to religious trinkets.

Normally, a shepherd leads the flock of sheep to greener pastures. However, when the flock tries to lead, chaos reigns.

It is only a matter of inner experience to realize that “The outside universe is identical, in every respect, to the universe that lies within us”.

Logic, Reason, and Self-Affirmation have equal bearing in experiencing the quality of human life. However, logic and reason do not have the self-enriching energy of introspective affirmation.

Deeds judge better than words, while Silence reinforces it.

The attitude of colonizing foreign territories and minds is utterly self-defeating simply because, bottomless greed is the predominant factor of that endeavor.



For ever unsatisfied with the bottomless pit of greed, the human mind tries to colonize other astral planets under the pretext of science stretching its horizons of consciousness.

Geography of an ocean is different than the depth of its spiritual content.

God and Dog are Man's two most reliable friends, because when God gives bread, the Dog wags its tail in thankfulness.

Once the kite catches the wind and starts soaring higher and higher enjoying the freedom, the only restriction for it is the thread of attachment with the kite flyer on the ground.

God and devil, male and female, heaven and hell, good and bad, are amongst the several dualities of life that hamper the freedom of mind to explore the enormous possibilities of life.

Teacher = One who stands in front of an audience to communicate available information in language audible to the students.

Preacher = One who stands on a higher pulpit facing audience and tries to convince the printed message of knowledge; without having direct experience in it.

Prophet = One who is grounded on bare feet and communicates universal wisdom that is presumably granted by an intangible Authority.



Self-enlightened Master = One who radiates universal wisdom through sheer personal presence; because the wisdom is based on personal inner experiences; while cognizant of the fact that the inner Universe is identical to the outer Universe.

First at the fetus stage, we have silence and then out of it gradually emanates sound, word, and language to accumulate intellectual knowledge and subsequently experience its utility and futility; finally struggling back to Silence again in order to seek our true self-identity with Mother Nature.

Mind is like a monkey sitting on our shoulders that cannot sit quietly even for a moment.. One Moment = One thousandth of a second !

The simplest unassuming individuals that we meet and experience in life and our most vehement critics teach us the most precious lessons of life and enrich us in immeasurable ways; surprisingly, we find them both in our very living environment without the need to travel far.

I seem to have lost the distinction between Al Qaeda and Missionary because both claim to be devoutly religious and God fearing.

Ignorance is when we are not even aware of our ignorance. Animals, birds and other living creatures never feel ignorant because their life energies are effortlessly in harmony with Nature; whereas a human's ignorance is not even being aware of ignorance, in spite of its superior brain.

Human minds are pollutants depending on how they are engaged with life.

When three Gods collide for supremacy, maybe what remains is only the Devil.



Oh! God!, it seems that only when we humans comprehend the effects of God concept created in our own earthly image, we may begin to understand ourselves and the non-duality between You and Me; U and i.

Minority and Majority is a inbred disease of numbers, which manifests amongst humans; its mindset is disastrous to the well being of the human society as a whole.

All of us seem to habitually repeat some words, expressions or opinions, and start believing in them without direct experience; not realizing that wrong ideas and opinions extract a heavy emotional toll in the long run.

Right or wrong is relative perception and always an individual specific experience, which behooves us to maintain some loose space in our consciousness for favorable adjustments.

Hanging a murderer adds up to at least two deaths, which do not seem to resolve any problem or issue.

Besides humans, none of the living species commit a premeditated murder; they simply like to eat fresh food!

A universal thought claims no religion nor nationality and therefore it is freely accessible to anyone desirous of it.

Each religious organization in the world, without an exception, bears the signature of mortal humans, its inherent fragilities and limitations..



Rudimentary religious thoughts encapsulate God, Heaven and Hell as the ultimate destinations of human consciousness; thereby limiting exploration of the immense possibilities of life.

Universal Truths are not enunciated or created by any one but simply exist eternally without a beginning or an end; and an integral part of their very existence.

After successfully undergoing an open heart bypass surgery, and opening your heart to the world, you wear the stitches on your bare chest as Medals of Honor that you have earned for constantly running the race of life under highly stressful conditions.

The universal law of equal and opposite forces applies to all situations in life; pleasure begets pain and you defy the universal law at your own cost.

A couple takes wedding vows in presence of the priest; while the priest is silently praying “ Lord, forgive them for they know not what they are doing”.

When one spouse is deaf and the other spouse speaks in an inaudible pitch, both carry out two independent monologues harmoniously in parallel.

Comedian Red Skelton quipped “When a newly married couple walks together, you cannot sneak even a blade of grass between them; a few years later, a truck passes between the two and they do not even know”

Learning precious lessons of life from humans, the beasts and birds do not exchange wedding rings, nor take any vows that they cannot keep.



Do not dream to become somebody; instead dream to do something worthwhile and you will become what you deserve to be.

You can become truly devotional to your commitment only when you become devoid of yourself.

If the idea of God could be split three ways, it could also be split six (6) Billion times to enable each human on planet Earth to have a God of personal choice; while being cognizant of the fact that the entire Universe is its manifestation.

Most people struggle with anger to attain perfection in endeavors of life, while only a few slide into it effortlessly; although both have to work hard to accomplish their tasks.

Man + Assesses = Masses

There is always a fine line between intellectualizing a thought and experiencing it.

If you have a brilliant new idea, you should be able to explain it very briefly; Albert Einstein wrote down his idea as  $E=MC^2$ .

When we intellectualize life, we raise questions. When we internalize life and embrace silence, we find answers.



Spirituality seems to be the manifestation and expression of an individual's state of conscious awareness.

Prophets claim to reveal the word of God. Self-enlightened Masters unravel the mystery of God.

Give your thought the freedom of a bird and just watch where it flies.

It behooves us to see, not with our eyes but with our heart because what is truly important in life is invisible.

Ego is made of stuff that dissolves very slowly.

Spirituality is an unwritten Epic that silently guides and challenges each one of us to become fearless, devoid of ourselves and our personal ego, so that universal wisdom may surface and bear fruit.

In the next 1000 years, all current religions that claim their God through a Prophet will become irrelevant, and humanity will rise to a level of consciousness in which duality about God will cease to exist.

An absolute Truth is that which is eternal, not created, unchangeable, stands on its own weight and therefore universally and unconditionally acceptable to everyone.



Religious conversions are the manifestations of ego and ignorance on the part of those who try to convert and those who get converted from one brand of religious belief system to another.

Each human on Planet Earth entertains similar aspirations, frustrations, fear of the unknown, struggle for peaceful resolution of inner conflicts and hanging on to a thread of hope in life.

Some experiences of life touch us; where as others challenge our thoughts and transform us.

God is claustrophobic and therefore does not like to dwell within the walled-in minds, temples, churches, or mosques.

The literary phrase “Our Father in Heaven” is often repeated like a parrot with the result that the deeper meaning of the words “Father” and “Heaven” gets lost in the ignorance of blind faith.

Mother brings us in this world and has the capacity to guide us to Heaven, if a place exists by that name; and alternately also has the capacity to guide us attain that level of consciousness in which we may become Self-enlightened.

Our journey of life begins in Mother's womb and ultimately transitions to the Universal womb; while we remain cognizant of the fact that Mother and Father are two sides of the same coin representing our consciousness.

It behooves us to learn to grow beyond barriers that others may have built around us because our innate spirit of natural freedom knows no barriers or limitations.



A complex system is one in which every variable affects every other variable and challenges a resolution; the human body is the manifestation of it, Universe is another example.

An unbalanced act called disease always provides progressively audible warnings, its just that we choose not to hear them at our own risk.

A superstitious person digs a hole around Self and eventually cannot climb out of it without someone else's help.

Every element of Nature co-exists in harmony with each other; Humans dare to disturb the harmony and pay the due price.

It is so easy to spot the ego of others, and yet so difficult to become aware of our own.

“If I cry, I cry alone. If I smile, the world will smile with me”; those were the words of my friend John just one month before Cancer claimed him.

Carefully soak-up and appreciate the essential nature of freedom, interdependence, and balance in the kingdom of Nature all around and within us.

Premarital sex is like portland cement that loses its ability to bond if it has been exposed to water prematurely and can no longer become cement concrete; marriage is an inner commitment without the need for a word.



Effective communication is not necessarily a well spoken or written word; invariably it is empathy and body vibration without a word.

Information and knowledge is what we accumulate all the time, whereas wisdom is how to internalize and apply it.

An open unbiased mind suggests that “God neither proposes nor disposes”; suggesting an honest effort for a clearer understanding of our very existence and the reason for it.

Adversity is a noble teacher that enables us to pause, look back and count our blessings.

Revelation is a self-assuring answer that surfaces unexpectedly after conscious inner search.

Total Silence of Mind is a synthesizer of wisdom in the framework of human consciousness with the energy to reduce life to its utmost simplicity.

Universal Truth does not change ever, can withstand the utmost scrutiny by anyone at any time; because it is not created and simply exists eternally.

A sincere teacher is always willing and happy to help a student willing to learn and feels blessed when an ardent student seeks guidance.



My mother wrote “Life is not determined by the outward circumstances, but by the thoughts that habitually engage the mind”.

Calm mind and balanced health are automatic side benefits of meditation, where as the core of meditation aligns and harmonizes the energies of the body, mind and intellect to reveal the identity of Self.

Inspiration rides on a frequency that cannot be tuned in.

Faith is about invoking the inner powers for unconditionally believing in your own Self; and its non-duality with the Universe.

Be a graceful receiver and always cognizant of the fact that we receive what we deserve and not what you desire.

Living in the past and the future is so very easy because it requires no effort; whereas living in the present requires purposeful effort.

Our previous births and future births are intricately intermeshed with the consciousness of the present.

Heaven, Nirvana or Immortality are innate human thirsts for unconditional freedom from all wants. Self-enlightened Masters suggest, just remove the “I” and “Want” from “I Want Peace” and you shall have only Peace.



Every human is born naked, fully assembled and ready to breathe life, but after death the kith and kin dress him/her up to negate the reality of death.

Every element of Nature including all life forms on planet Earth are manifestations of the universal principle (not Principal) called God; consequently you may pick any favorite element of Nature to address the God principle.

If laughter takes effort to display natural emotions, you have become over civilized and a detriment to yourself.

When lying becomes an obsessive compulsive habit, you stand the risk of blurting the Truth in half-sleep and your neighbor can hear it.

Violence and nonviolence is all about the intent behind an act. A Lion hunts only when hungry.

Desire and Greed are both bottomless pits and therefore difficult to climb out. Just don't fall in them.

Looking at humanity, God is wondering “What in the world have I created”; because the human has already cloned in laboratory a lamb, a cow, and a whole range of living organisms and may make me a No Body.

The Creator and Creation are like mirror images; one does not exist without the other; Cause and effect play the same game with each other.



Innumerable water streamlets originating from independent sources flow down the slopes, meeting and mingling in a common stream, enriching the soil, vegetation and all life forms along the path and subsequently merge effortlessly in the ocean of universal consciousness. The Ocean crafts aesthetically colored Seashells and spreads them randomly on the sands of time along the beaches for us to adore and wonder in awe.

## **Acknowledgments**

The desire for internalizing life experiences comes naturally for each individual. Some experiences of life touch us; where as some challenge our thoughts and change us. However, the common denominator in all life experiences are our interactions with living beings, including people and pets, with whom we share our life intimately. I express my gratitude to each and every living being with whom I have interacted with as I have journeyed through life. Each individual interaction has brought forth a different dimension of life to observe and learn from. The cumulative influence of all of these interactions continues to enhance my life consciousness, for which I am eternally grateful. Daily experiences in life continuously teach us “What life is” and prompt the wisdom “What life should be”. Ultimately, each one of us is a beneficiary and an integral part of a grapevine of relationships and friendships. My wife Usha, sons Deepak, Vikas, and Sagar; and Miss Arshi Chetal have empowered me in their own genuine, individual, and affectionate ways to present this edition of “100 Seashells”.

## About the Author



Suresh M. Deo was born in Nagpur, India, on 4th December 1932. He has lived his first 25 years in India and the latter 56 years in the United States.

Suresh's passion for writing stemmed from the simple desire to better understand "That" which he had previously taken for granted.

His past education saw him through Nagpur University in India to the University of Mississippi, affectionately known as Ole' Miss to its alumni. From there he went on to work in the Plastics and Composites industry for forty years. In hindsight, he realized that he had learnt enough about Chemical Engineering to confuse a chemist, enough about

engineering to confuse an engineer, and enough about people to confuse himself.

He recalls one of his most memorable moments in life to be a six-month trip around the world at the age of 30. It was then that he saw how all of us experienced the joys, aspirations, frustrations, and bewildering fears of the unknown in life.

Suresh, and his wife Usha, spend their summer months in their home in Addison, Illinois, where they live in close proximity to their three sons. In the winter, they migrate to India where they enjoy the pleasant weather of Pune, Maharashtra.