

Also by Suresh M. Deo
Lightning Bugs
Seamless Generations
Dewdrop
Twinkling Stars

Holdall Copyright 2014 by Suresh M. Deo

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This book is dedicated to my wife Usha and our three sons
Deepak, Vikas and Sagar.

Also dedicated to the Life Energy that enables us to soak
up vast amount of information and impressions from our
environment to enhance our vision. Through self
introspection, the information gradually condenses into
wisdom that enables us to discover ourselves in the
dynamics of the ever changing universe.

Introduction

Holdall was an older version of the modern sleeping bag. Stitched out of canvas, it was commonly used in India for travel. Symbolically, Holdall is the flexible storage of personal experiences during the journey of life. It also represents a global village platform to give an all-inclusive dimension to a thought. It is not the intent of this book to prove or negate any thought, but rather to represent those thoughts that are readily understood and acceptable to everyone, irrespective of ethnic origin. It is these thoughts, when embraced by the global village, that become self enriching experiences for us all.

With the opportunity to experience this ever changing and wondrous life, some thoughts progressively surface. Simply intellectualizing a thought often raises more questions. It seems more fruitful to experience and embrace a thought; much like a child embraces a parent. Some of these thoughts have found expression in the following pages of this book.

Coming straight out of the University, I was applying for jobs that interested me and noticed that each one of them required the applicant to have some work experience in industry. I had none. That made it difficult to write a resume to impress the potential employer. Now, several decades later I don't have a need to write a resume to impress someone, not even myself. In this new mood and mode of life, I have ventured into writing just for the heck of it, which has

unconsciously taken the shape of Holdall.

Holdall is a biography of conscious awareness. In the journey of life we observe and soak up the world around us. We watch with interest and awe the chirping sparrow, the eagle flying high in the sky with a bird's eye view of the world beneath, the uninhibited kingdom of diverse living species, the beauty beneath the still waters of lakes, the beauty of the rising and setting sun and moon, the ebb and tide of the sea waves, the ferociousness of Tsunami and volcanic eruptions as well as the the mass, mess and beauty of humanity with its innumerable modes of interactions with each other and Mother Nature.

It seems that irrespective of our individual location on planet Earth, the local environment that nurtures us becomes the unwritten scripture through which we draw the wisdom of life. Each individual is like a twinkling star in the sky, which occupies its own unique space and has a story of conscious awareness to share.

This book is trying to communicate with the common Man in each one of us that is silently but consciously seeking individual connectivity in the broader context of our lives, while realizing that we are an integral part of the Universe.

Grab my Holdall and travel! That was me traveling then. Now our children travel only with a Backpack! A true spiritual seeker who explores the full dimensions and immense

possibilities of life travels with no luggage or baggage.

Suresh M. Deo

From this page onwards, feel free to open this book to any page and dip into its thoughts. Each independent title represents a thought of the moment that is eager to be experienced before absorbing or trashing it.

Wings of Thought



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

On a Father's day when our whole family had assembled together in Fremont, CA at Mohnish Harisinganey's residence, we let a Helium filled balloon free from its string and watched it rise slowly upwards. The balloon made of silvery foil was clearly visible as it reflected the rays of the setting sun. Gradually, the gentle wind guided it up and away. Our eyes fixed on the balloon, we kept on watching as it bobbed farther and farther away from us, looking smaller and smaller until it disappeared from our sights towards the horizon. We could only bid a friendly bye to the balloon with a touch of sadness.

Kite

Interesting experiences in kite flying during childhood string interesting memories.



Initially as the kite struggles to lift off in the air, the string tied to it needs to be pulled and jerked gently to help the kite rise and lift itself. Once the kite catches the wind, it begs for more and more thread to rise higher and higher. Similarly, a child also asks for more and more freedom to rise and climb on its own.

The parent of a very young child learning to fly a kite subconsciously holds the thread just to make sure that the child is playing within a safe distance. The kite merrily frolics in the sky as long as you let it. When the sun begins to set, the parent rolls back the thread, signaling to the child that it is time to return home. The child grudgingly but obediently complies. The thread holds the kite at one end and ensures a durable bond between the child and the parent.

While living in Baroda, India during 1957-58, I had witnessed with joy the Festival of Kites held during the spring season.

On that day, the sky is filled with thousands of kites expressing their own pleasure of freedom. While flying the kite and sensing the kite's constant enthusiasm for managed freedom, the human spirit also seeks its own self-uplifting freedom.

Memories



Childhood memories seem to get permanently etched and integrated in the foundation of individual consciousness. These include the pleasant and the unpleasant, which affect the pattern of life that follows. Old memories are sometimes blocked and later revived but cannot be destroyed. Psychiatrists, Psychologists, and Psychics try to unravel and resolve the effects of memories.

As the sun sets, the shadows of our memories become longer. Memories of good old times make us feel happy. But simultaneously, we feel afraid and lonely because some of the people with whom we have shared the good old times are not alive now. When we feel lonely like this, we feel a vacuum in the stomach and then it is difficult to lie down comfortably. A deep breath inhaled to vent the vacuum provides relief. Then a realization dawns that breath is what connects us with everybody, past and present.

Unscrambling the Oblivious

There seems to be a time and space in which the seemingly oblivious becomes obvious. It is like a fog that clears with the rising sun's delicate rays. Nature prompting, it is ultimately the individual's experience that reveals. A piece of writing becomes an evergreen epic only when and if it invites open inquiry. Every individual transitions through various levels of inquiry ranging from intellectualizing to experiencing life and ultimately unscrambling the oblivious. That is when the seemingly oblivious becomes obvious.

A Word

A spoken word is a vibration that resonates in the ear like the string of a musical instrument. Resonation of a string depends on the sensitive touch of a musician's fingers.

The evolution of a language seems to have followed the sequence of first imitating the sounds of nature, then speaking words and connecting them to form or give shape to a thought. Initially in the absence of written language, assembling thoughts and words together in the form of poetry seems to have been the most preferred way to recite and pass it on to the following generations. Most ancient scriptures in Sanskrit, Pali, Greek and Latin are in the form of poetry. Poetry has an enormous capacity to condense and encapsulate thoughts, which can be opened up and expanded later as desired. Subsequently, etching writing on stones, writing on dried barks of trees and leaves, paper, and finally electronic media has brought us into the 21st Century. Pertinent knowledge is soaked up in the consciousness of Man. Ultimately, the usefulness of a word lies in the experiences it enables.

A Sufi poet sings and dances in ecstasy experiencing a fusion in love that removes the duality between a lover and the beloved. This is not the love depicted by Hollywood and Bollywood on the movie screen.

A self-enlightened Master silently and effortlessly experiences

vibrations that remove the duality between creative force or energy and its creation. Tuning into its rhythm and vibrations, the Master experiences the word Universe.

No word of any language can ever surpass the wisdom that silent introspection enables to experience universal consciousness. Just as silence seems to be a silent or frozen vibration, introspection seems to be a vibration without a word.

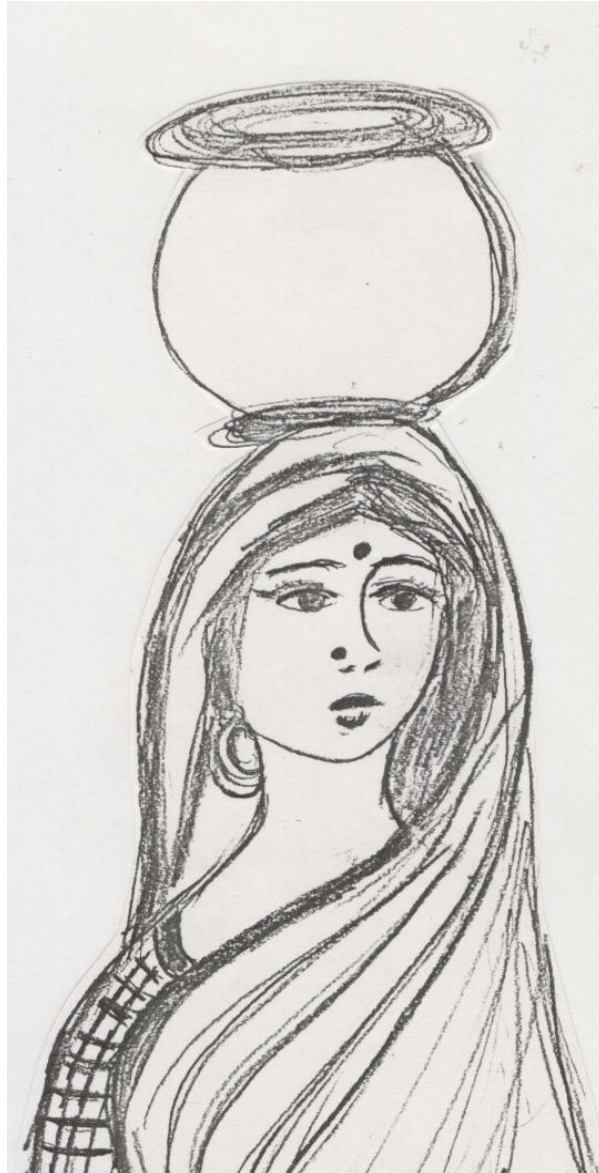
Each one of us is born free and has full responsible freedom to entertain a word or toss it out of the playground of life. Some words and their vibrations enslave us, whereas others set us free.

Words such as Spirituality, Guru and Universal Consciousness seem to be vibrations within us. Our ability to tune into these vibrations seems to depend on the intensity of our thirst or lack of it.

Guru in the role of a spiritual guide is a Source that ignites a spark in an individual to seek Universal Consciousness, which is all-inclusive and acceptable to everyone at their own level of consciousness. Acting primarily as a catalyst, Guru is not necessarily a person. Guru can be either a written or spoken word, an experience, or another Source that enables us to transform our consciousness to the simplicity and harmony of Nature all around us. In order to seek the simplicity and harmony, we do not necessarily have to go to either Harvard

University or Holy places such as Haridwar, Jerusalem, Mecca-Medina, or climb Mt. Everest. It is an individual's responsibility to identify the Source within the confines of personal abilities. Nature offers us this wondrous and ponderous human life to experience the three words Spirituality, Guru and Universal Consciousness. Universal Consciousness may be the only common thirst or desire in each one of us although it remains so oblivious in our daily run-around.

Crescent of Innocence



In the innocence and wisdom of inner simplicity may lie the secrets of life. Philosophy of life seems to be mostly about

simplicity and clarity of thought. In the journey of life, ultimately each one of us finds and experiences the convincing answer in individual specific ways.

Innocence is an ornament that is not worn or put-on. Its beauty is self-revealing and surpasses all ornaments.

A Coast Line

The waters it borders define a coastline. Waters of an ocean kiss the coastline in various moods ranging from ebb, tide, storm, and silence.

On a quiet day, the lapping of silent waves seems to merge effortlessly with the coastline. When the mood of the ocean changes and winds blow loudly, the storm rages violently and the waves run over the coastline leaving debris and destruction behind.

One day walking leisurely along the coastline on a clear sunny day, I collected beautiful seashells of various sizes, colors, and shades that seemed to define the intricacies and beauty of Nature. How we interact with the ocean and its moods defines us.

Indian Holdall



During 1900-1950, Indian Holdall was a fluffier version of sleeping bag. Typically Indian, stitched out of khaki or olive green canvass, it was designed with multiple pockets and pouches to hold a variety of useful items for the journey. In the absence of zippers or Velcro, it was designed to roll up and then held tight with two leather belts provided with large buckles. Connecting the two straps was a leather handle that enabled lifting or lugging it around. The contents of the Holdall included a thin padded mat and pillow, linen, towel, shawl, toiletries, footwear, socks and garments that could take the abuse of being crumpled. Any last minute additions to the traveling luggage were ultimately stuffed in the Holdall.

Physically and literally the word holdall implied hold-all.

A journey without the Holdall was unthinkable for a common Man in India until the 1950's. Although clumsy to grab and lug around, you could sit on it in absence of a seat. A Holdall along with a metal tiffin-carrier, a water bottle and a metal trunk was the typical luggage of an Indian family traveling by train in a Third Class compartment. The train compartment was identified on its outside with large Roman numerals III along with the lettering, Third Class. The other two classes of compartments in the train were identified as II (Second Class), and I (First Class).

Traditionally, the seats and benches in the III class compartments had closely spaced parallel wooden slats and the Holdall spread on top of the hard wooden surface provided some degree of soft cushioning for the common man. In contrast, the seats and benches in the II and I class were provided with soft upholstery, but even on top of that upholstered surface the spread of Holdall provided personalized and additional comfort level.

Embarking on a long over-night train journey, some experiences are quite common. During the first few hours, we engage in assessing our space amidst the co-passengers. After that time, most of us gradually retreat in the comfort zone of our silence. As we look outside the window, our eyes gaze at the horizon, which appears to race in the opposite direction of the train. Gradually our stare becomes blank as

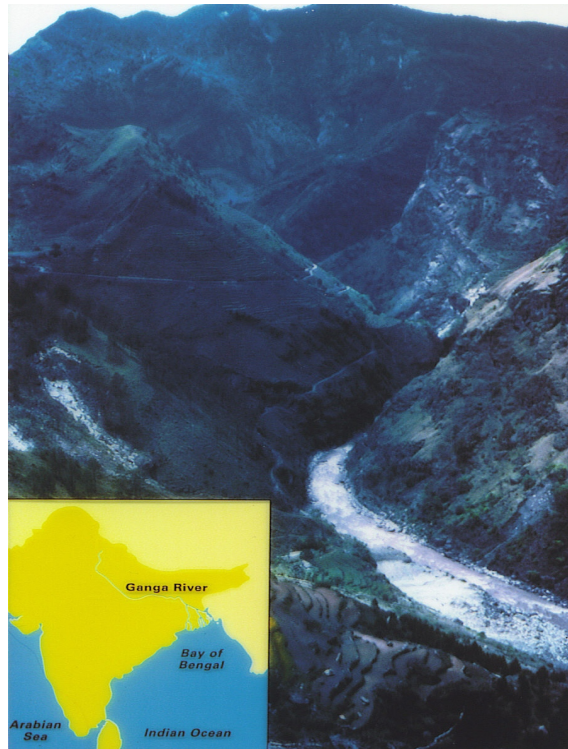
our present moments take a back seat in favor of connecting the dots and dashes of our past experiences and memories, and we try to dig into their meaning and connectivity with life.

Until 1950's when telephones were not common in every home in India, it was not uncommon to have a guest appear at your front door unannounced. In some instances a post-card mailed by the guest earlier lost its way and the guest arrived before the letter. If the host did not have an extra bed for the guest, the Holdall rolled out on the floor and quickly became a sleeping arrangement. The guest would then comfortably lay down and snore away.

In the journey of life, each one of us packs unique experiences and memories in our respective Holdall of conscious awareness. While absolute necessities are essential during a journey, some memories tend to become baggage and add undesirable weight to the Holdall.

As time moves on, traveling habits change and so do the designs of Holdall.

Ganga



My name is Ganga and this is my autobiography. The English-speaking people call me Ganges. But that does not matter or bother me.

I am a river. My birthplace is the Gangotri glacier on the majestic Himalayan mountain range. I start out as a narrow stream of pure water flowing freely wherever the mountain slopes lead me.

Meandering along the mountain slopes and the planes, I come

in contact with several common folks, some learned ones, and the self-enlightened Masters who live along my banks; my interactions with them enables me to soak up their wisdom as well as concerns. The wisdom enables me to stay grounded and flow freely all the time. No obstacles in my path dare stop me because I flow around them effortlessly.

Along the way, several tributaries ranging in sizes from very narrow and shallow to relatively wide and deep join me. I welcome and accept each tributary with open arms irrespective of its size and place of origin. As I move forward without ever looking back, my flow widens and deepens. I always try to stay relatively pure, while my depth enables me to carry the silt in different layers. I deposit select portions of the silt along my riverbed and the banks on both sides.

People living along my banks depend upon me in various ways. My water quenches the thirst of many living species, including humans. The flora and fauna around me beautifies the landscape. Maybe that is why some people address me as Ganga Ma, which translates to Mother Ganga. I like that expression.

My flow continues to widen and deepen while getting constantly enriched.

As I approach the sea, I deposit all of my silt to enrich the delta region. The silt embodies all of the stuff that I have received and accumulated along my flow path from the

mountain to the delta region. I deposit the entire burden of accumulated silt in the delta as I merge effortlessly into the sea, and then I loose my entire physical identity including even my name.

I am Ganga, the river of consciousness that eventually merges effortlessly in the sea of universal consciousness. I own nothing. Whatever I accumulate during my entire journey, I have received from here. Therefore, I simply give it back at the end of the journey and feel eternally freed.

Sharing

Knowledge and material wealth is to be honored, experienced and shared, but not hoarded. Anything when it is hoarded or boarded develops a bad odor making it undesirable.

Phobia

God is claustrophobic and therefore does not like to dwell inside of walled-in minds, temples, churches, and mosques. The word God simply represents harmony, union and an experience of togetherness.

It seems that Man creates God and Devil in his own image. Therefore the ideas and ideals identified as God, Goddess, and Devil are manifestations of humanity's creation and its limitations.

Universe

The Universe may not have a creator. The Universe may be capable of creating and recreating itself in an endless cycle. Man lives and gets to experience it for only 100-120 years; whereas the Universe seems to keep on going endlessly. Who really knows? The wise keep on raising questions and the ignorant seem to have all the answers from a secondary

source.

Tripod of Life

Reason, Faith, and Devotion represent the three legs of a tripod. The tripod loses balance even if one leg is short or broken. Therefore:

Reason with logic.

Have Faith in your own Self.

Have Devotion to your purpose in life.

Nectar of Life

We can never refill the glass in our hand with the nectar of life...seemingly given only one life to live. So let's enjoy the drink remaining in our glass.

Universal Energy

Whatever we see, feel and touch in the universe, including ourselves, seems to be manifestation of the Universal Energy. It is the energy that creates, maintains and transforms every conceivable phenomenon. The Universal Energy seems to be eternal, which means it is without an end and therefore without a beginning. Energy is simply a vibration and when we tune in, we become witnesses to it.

Loneliness

Loneliness in different moments has obviously different reasons. A person can feel lonely even in the midst of a crowd. Loneliness feels like an empty space within, which is difficult to point out or fill. Invariably, the feeling of loneliness seems to be a negative expression of life. Addressing the loneliness with a drug is a crutch. Dependence on drugs of any kind seems to simply increase the intensity and pain of loneliness. Dependence seems to temporarily drown the pain of virtual reality.

A self-enlightened individual spends a lot of time alone in silence, but never in loneliness. The real silence begins when senses and mind are voluntarily silenced.

Death

Death seems to be not an end but the beginning of a transition beyond human consciousness.

Perception

Maybe we got it all wrong. God did not create Man to disappoint himself. God has to be much smarter than that. On the other hand it appears that Man creates God to manipulate

and gets manipulated.

Philosophy of Life

A useful philosophy of life may be to de-identify our own Self from our body so that we begin to ask simpler questions and not confuse ourselves as we continue to experience life.

Pity

Self-pity is a pocket of vacuum in the consciousness of an individual that constantly begs to be filled.

Castles

Politics is an art of building castles on weak grounds and then leasing them to creditworthy clients.

Home

Some people transform a house into a home. Some break a home and make it into a shelter.

Experiencing a Concept

It seems wiser to experience the concept called God rather than describe it with bookish words such as merciful, benevolent, omnipresent, and omniscient. Experiencing is self-revealing. Claiming to know God seems to be a display of ego and ignorance.

Blind Faith

If you follow your faith blindly, the ditches in your path may become invisible and you may take a bad fall.

Limitations of a Language

The concepts of wisdom and spirituality cannot be encapsulated in the words of any language.

A Good Question

Haresh Harpalani asked “Does wisdom come with age, or are some blessed with it from birth, while others are without it always? This world would have been a boring place for everybody if every one were born with the same attributes.

Wisdom

Wisdom is not to be confused with knowledge, intelligence and scholarship. It is a faculty that is sometimes witnessed in the simplest of simple individuals. It seems that wisdom is emitted effortlessly by the wise and soaked up by the thirsty.

Witnessing Faults

Neetu Gurbani wrote, “Lucky is the one that knows his faults and works to improve upon them”. Those who witness their own faults are capable of witnessing and experiencing the good qualities of others.

A Bounty of Gems

Hareesh Harpalani wrote, “I find that the wisest people are often the most understated. That is, they make no fuss or noise about their knowledge. Thus, it's sometimes difficult to access their wisdom. But when I can open them up, it's a bounty of gems within!”

Wise Individuals

The wise individuals know when to stay quiet.

Aura of Silence

Raman Maharshi and Meher Baba were two saints of the twentieth century India. For two thirds of their individual life span, each one of them observed “Mauna Vrata”, which is a self imposed discipline of Silence (not speaking). Their faces reflected and radiated an aura of Silence and their writings have enlightened humanity.

Haresh Harpalani, a devout teacher in high school, who is born and grew up in the USA wrote about Sri Raman Maharshi’s book entitled "Be as you are". Harish commented that it is a most lucid explanation of the Infinite. Reading it is like having a ball of golden light in your hands. Sri Raman Maharshi was a sage of India (1879-1950).

Embracing New Experiences



In the early hours of dawn, our ship was slowly making its approach to dock at Hoboken pier in New Jersey on 21st January 1958. This was the end of our journey from South Hampton, England to New York. Excitedly we huddled on the open deck of the ship. Frozen crusted ice floated on the water and chilled air brushed our skin. Full Moon in full view was still lingering over the western horizon and the Statue of Liberty stood majestically nearby. Simultaneously in the opposite direction, brilliantly colored crest of the horizon was heralding the rise of Sun out of the Atlantic Ocean. It was a magnificent sight to behold, which is permanently etched in my conscious awareness.

A flock of squealing birds, probably Seagulls or Albatross, flew circling over the ship looking for food as we started preparations to disembark and embrace new experiences.



By the time we stepped on the Hoboken pier, the gentle daylight was showing us the way. The Statue of Liberty, the lingering full moon, the soft morning sun and the exhilarating air seemed to say, Welcome Y'all. They were witnessing us embracing new experiences.

Experiencing Life

Emotions are an essential part of life experiences.

If you are sad, feel and experience it.

If you are angry, feel and experience it.

If you are happy, feel and experience it.

But limit the burst of emotions to a shorter and reasonable duration of time for your own sake.

Nature has put a practical limit of 100-120 years max. for Man to experience life. Do not argue with Nature!

Not even for a Moment

You can fool the world all the time, but you cannot fool yourself even for a moment. You can hide from others all the time, but you cannot hide from yourself even for a moment. Peek-a-boo is a game only to entertain an infant.

Ego

Ego is often made of stuff that dissolves very slowly. When it does not dissolve, it is very toxic.

Judging

Constantly judging others becomes a vice.
Judging yourself may become a virtue.
Judging nobody could be self-enlightening.

Reality

Dogma, ego, and ignorance of Man blind reality.

My Cup of Tea

While making my morning tea (with tea bag suspended in hot water) I tend to pick one particular cup over all of the others because for some unknown reasons, it seems to brew tea best. For this simple reason, that is my cup of tea!

Our Breath

Our breath seems to connect the universe that lies outside of us to the universe that lies inside of us. Both universes, the inside and the outside, seem to be identical in all aspects. The meditative vibration of “Om” is one way to experience the non-duality between the two universes.

Step in His Shoes



They say, step into the shoes of the other Man to know how he thinks. But if the other man does not wear shoes... Sensitivity is a common denominator amongst all human beings. It stays dormant if not used.

Mere Numbers

An individual's faith is not supported by the number of followers, just as numbers does not fill the loneliness of a Man either. When a Man feels complete, he is alone and happy. That is not being selfish.

Ground Zero



Ground Zero is a place in the hearts of men on either side of a human tragedy. How can there be a winner when both sides lose!

Constant Change

While living in a sea of constant change, Man seems to be afraid of change. It is like a fish being afraid of living in water.

Moral Bankruptcy

The 21st Century world faces bankruptcy in moral leadership. Moral bankruptcy is the ultimate form of poverty for a nation as well as an individual.

Responsibility

Individual freedom automatically implies responsibility. One is not complete without the other.

Changing Weather

Heard the other day that the weather pattern is changing constantly these days. Ever since I was born 80 years ago, the weather pattern has been changing every year. As a result, the weather conditions inside my body also seemed to have changed constantly. What can I do about it?

Sincerity

When husband and wife cannot talk with each other, they seek a psychologist. When two neighbors quarrel, they go to the city council to complain about each other. When two neighboring countries quarrel, they take their dispute to a larger and more powerful country that trades with both of them. The real problems are never solved until the two opposing sides learn to communicate and negotiate with each other sincerely. Sophistication of diplomacy cannot substitute for sincerity of intention in reaching peace accords between two opposing or different views.

Proof

God has been reinvented several times over. There will never be a proof of whether God does or does not exist. Instead of indulging in this endless and futile debate, it may be wise to experience the idea and ideal called God at the individual level of consciousness. No one else can help you until you begin to understand what you are looking for. Any outside source of knowledge can only guide you to steer yourself.

Expectation

Always expect the unexpected to make your ride smoother.

Texture of Thoughts

My mother wrote “The texture and quality of thoughts condense into actions and consequences”.

New Consciousness

While life is in constant motion and transition, death seems to mark the beginning of a new consciousness, which is beyond human emotions.

Prayer



The most desirable place for sincere prayer is the human heart. Every heart beats to the rhythm of the Universe. Praying in public places to display religiosity negates its purpose.

Outsourcing

Outsourcing is not a new phenomenon. Mankind has practiced it throughout its entire history. Now, aliens may be arriving to outsource their needs from us earthlings. Living species besides humans do not seem to practice outsourcing.

Devil

Each individual is sum total of devilish and divine tendencies in varying proportions. As the conscious awareness of individual progresses, the devilish tendencies are cast off.

Contradictions



The picture above is our own image of contradictions ever present and dueling in our conscious awareness. Our thoughts condense into actions either to construct or annihilate our own Self. Both, the terrorist and the anti-terrorist within us share a common word, which is "Terrorist". Both claim to fight for the freedom and dignity of Man! Terrorism is a sad reflection of contradictions and the texture of human consciousness even in the 21st Century.

Selfless Love



It may be difficult to understand the concept of selfless love through the word of any language. One aspect of selfless love is that it is unconditional. A mother's affection for her infant provides a glimpse of selfless love that everybody is capable of understanding. Every living being experiences it in its mother's care.

Festival of Lights



In darkness, the light of an oil lamp shows us the way. In India the term Festival of Lights automatically implies Diwali celebrations. One day of the Hindu celebration marks the worship of the goddess Laxmi. Traditionally, an idol of Laxmi takes center stage in each Hindu household and worship is performed at dusk time. Oil lamps are used to light up the ambience of the occasion. Fireworks after the evening worship are also traditional. People possessed by wealth seem to be particularly more respectful of Laxmi as compared to other God or Goddess, which defeats the basic concept.

Worship of an Idol is symbolic of an Ideal that is pursued with devotion, dedication, and reverence. In this case the idea and ideal is wealth, which is incomplete without including good health, happiness and harmony in family as well as community. Value of wealth multiplies by sharing, which empowers the giver and the receiver. The worship of Laxmi serves a subtle reminder that experiencing wealth is healthy, but being possessed by wealth is always toxic.

The Devil

Devil and Satan (Shaitan) are little worms creeping through the human mind harping on weak links.

A Man and Woman

By nature, men and women are built poles apart. A woman inherently loves besides being caring and accepting, whereas man is inherently aggressive. That may be the reason why it takes constant effort on the part of both to come to a mutually acceptable understanding.

Auspicious Occasion

Our son Vikas asked what is the meaning of the word auspicious? He had heard the word used commonly in conversations amongst Indians born in India.

Astrologers talk about identifying and choosing a suitable time to perform an important ceremony such as a wedding, coronation, and every other emotionally charged occasion. Astrologers claim to identify a favorable day and specific time for celebrating the occasion. The word auspicious is used for the occasion as well as the chosen time.

Life seems too short to make avoidable mistakes or wait for the planets to arrange or rearrange themselves to create an auspicious occasion for humans. Pardon my ignorance about astrology.

Make every special occasion auspicious with your sincere presence and willing participation. Making life simple is an art; every one seems to know how to make it complicated even without trying.

Smile



A warm smile can disarm mighty opposition. A frown is self-incriminating and may cost a bundle.

Body Language

Children soak up important lessons of life from what they see. The body language of adults around them provides important clues for them. Children understand and rely on the language of gut-feeling.

Miracles

Miracles constantly occur in Nature. Man is able to witness only a few because of limited conscious awareness. Life in itself is a miracle.

Holy

The word holy has implied to me a sense of purity. From this perspective rainwater, which is purest of all waters can be considered holy. However, religious people tend to give the word holy a different dimension altogether. How does a Man make water holy when the only capability demonstrated is to make water dirty; unless it is distilled. From a personal perspective, water that quenches our thirst is Holy. Man's innate and supreme thirst is for experiencing knowledge.

Holy water is used by devotees to wash off sins. Are sins toxic particles that settle on skin that can be washed away with Holy water? It seems that the aspects of devotion are stretched too far and contribute to ignorance and blindness of different dimensions. Developing reverence for water and its conservation can be a self-enriching social concept for humanity.

Manifestation

Our body seems to be the manifestation of our consciousness. Death of our body may mark the beginning of newer and progressive experiences of manifestation.

A Bath in Ganges

Water becomes Holy with the devotion of Man. Taking a bath in the Ganges (Ganga) river to wash off past sins or worshipping an Idol of God is the path of “Devotion”. Comprehending and experiencing the meaning of devotion is the path of “Knowledge”. Eventually, the two seemingly different paths merge together effortlessly losing their individual identity, and a singular path of “Self-enlightenment” emerges leading to the ocean of Universal Consciousness.

Every person seems to have an individual-specific way of life, which is religion. Each individual claiming to be religious has a God of personal choice, which is usually symbolized by a name, appearance, or sound. Self-enlightened Masters allude to an ultimate realization that reveals God as an eternal universal principle that always was, is, and always will be.

Blessing and Curse

Blessing as well as curse is silent vibration. Such vibrations manifest as subtle experiences in life. Blessing is a positive vibration, which empowers the initiator as well as the receiver. Curse is a negative vibration that will adversely affect only the initiator. Some people are afraid of witches because they are afraid of themselves.

The Messenger

If God sent his Son as his messenger to deliver his message once, why hasn't he presented himself personally as yet? We earthlings desire and deserve his personal touch.

The problem with a single Prophet based religious philosophy is that "If you take the Prophet out of the picture, the entire religious structure falls apart". It need not be so. Religion is all about experiencing life and not establishing socio-economic organizations separating Man from Man. A sincere spiritual guide acts simply as a catalyst and guides willing followers to realize and experience universal consciousness in which all dualities of life cease to exist. A spiritual guide also stresses that the message is immensely more important than the messenger.

Writing

Writing is naturally rooted in the writer's soil of birth. Freedom of mind enables a writer to breathe the dynamics and wisdom of life.

Sacrifice

Through centuries, Man has followed the practice of “Sacrifice” to please the God(s), Goddess(es) and the Spirit(s) to obtain personal favors in exchange. The sacrificial animals have been innocent sheep, goats, bulls, camels, and in some cases even humans. This is a naked revelation of the Devil or Satan in Man. Even in recent history, innocent teen-age children have been armed with lethal weapons and used as fodder on the front lines for fighting Man’s war in the name of God. This is yet another form of sacrifice fueling the greed and ego of Man. Fortunately, there are the sane amongst us that serve selflessly and sacrifice their lifetime to uplift humanity.

Complete Package

Motherland is the place/country of your birth. Mother tongue is the language of tender loving care. One does not get to choose mother, mother tongue, and motherland separately, because all three come as a complete package.

Personal Affirmations

Taking full personal responsibility for our thoughts and their direct consequences enables us to move forward. Our personal God does not play any role in this game because he has fitted us with a brain to freely make our own decisions that will determine our abilities and limitations. We ask God to forgive us whenever we make a gross mistake in understanding the divine interventions for steering us... without us even asking for it.

Don't blame your life's problems on the stars, planets, destiny, and others. That is avoiding responsibility for your own actions. Life is too short and precious to play the blame game.

Silencing Our Senses

Total "Silence" as well as "Darkness" appears threatening because our senses are not used to them. Similarly, silencing of the mind seems to be an impossibility because in conscious state as well as sleep, the mind appears to be constantly busy. Zipping up our lips and not talking for an extended period of time is also a challenge. Self-enlightened Masters allude to the wisdom that progressively silencing our senses open up new dimensions of life experiences.

Economically Challenged

They have lived in abject poverty through generations. Such economically challenged individuals in society deserve to receive extra help and attention because of their inability to lift themselves out of the vicious cycle of poverty, ignorance, and absence of hope. This does not apply to lazy beggars (buggers) that put on an act of impoverishment.

Vibrations

Thoughts are vibrations, which are universally accessible to all without any reservations. Every individual has full freedom for receiving, interpreting, and experiencing the vibrations of life.

Hard of Hearing

Partial deafness becomes a social impediment. Speech of others sounds like mumbling and gibberish. Often, you may be charged guilty of selective hearing; especially so in spousal interactions and relationship!

Awe!

Although we are an integral part of the Universe, its functioning seems like a miracle beyond human comprehension. Naturally, we hold it in awe!

Be Yourself

Every star in the sky twinkles differently and has its own unique space in the universe. Similarly, each individual is unique and special in the universe. Do not compare yourself to anybody else. For your own sake, always be your own Self.

Making of a Man

What progressively changes and defines a Man is the texture of thoughts.

Mother Nature

Every human is a child of Nature. Some grow up enlightening themselves and in the process enlighten others.

Common Sense

Every human that lives in flesh and blood is born from the miracle of a fertilized egg. There are no exceptions. There is no Immaculate Conception. After death, the human body reverts back to its basic earthly elements; and there are no exceptions to it either.

Killing

A self-respecting Man would neither kill nor ask anybody else to kill. Killing other people under the pretext of safeguarding a religion is one of the most barbaric acts of humanity. Unfortunately, this barbaric act has perpetuated through centuries. Does a religion protect you or do you protect a religion? What is being protected? Humans tend to spend an entire lifetime in meticulously preserving their ignorance.

Self-enlightened Master

A self-enlightened Master is one who has attained control and mastery over his/her sensory perceptions and as a result “experiences” universality in all aspects of life. When we meet a person of this stature, we feel humbled and blessed.

Rattling a Weapon

Saber rattling was a term used when sword was one of the prime weapons in battlefields. Now in the 21st Century, nations rattle nukes and ICBM (Inter Continental Ballistic Missile) to intimidate or maintain a status quo. Unfortunately, there is enough stupidity in pockets of humanity that may unleash a nuke. A kid innocently plays with father's loaded pistol in house without understanding what comes out at the other end of the barrel.

Quick Gratification

Desire for quick gratification is a habit as well as a weakness. Effort for taming personal desires seems to begin only after experiencing the utility and futility of quick gratification.

I Am the Domino



Medical science explains to us that Type-2 Diabetes is caused by malfunction of the Pancreas and treats it accordingly. However, realize that the real cause for failure of the Pancreas and the resulting random fluctuations in blood sugar levels (Diabetes) is due to the Domino's effect of physical, emotional and resulting chemical imbalances within. Only the diabetic can identify these internal imbalances to launch effective corrective actions. The internal Domino effect is the real cause, whereas the disease is the effect. Every disease manifests in the human body due to the Domino effect.

The above paragraph appeared in my Journal titled " Dialogue with Diabetes" which is based primarily on my ongoing personal experiences of 35+ years as a Diabetic. I am the Domino's effect.

Any malfunction in the body that persists for more than 6 months is a chronic condition that needs to be addressed from within. It amounts to mindful intervention and not necessarily intrusive procedures.

The time to intellectualize and assign the cause to external factors is over. The external factors or causes usually heard are genetics, fate, negative effect of planets misaligned in your disfavor, the effects of lines etched by fate on your palm and wrong medical diagnosis or treatment. Get to your basics and try to take full responsibility for the inner emotional imbalances and the resulting effects, which manifest as continued pain and suffering. The doctors medications and therapies may be essential but will offer marginal relief.

Since we live in our body all the time, we are the main and only force to identify the inner issues. We cannot push or delegate this responsibility to anyone else.

Each one of us has two separate accounts in our Emotional Bank. One account has only Positive memories. The other account has only Negative memories; this is the account that constantly depletes our emotional energies and therefore needs damage control. Realize that we are the only one who knows what has been deposited in this account. When we decide to sort through the account, pick the top 1-2-3 emotions that are blocking progress for meaningful recovery. It is not rocket science if you are truthful to yourself. The

most common emotions that deter progress are Fear, Egotistic assessment of self, What will people think, I am too old and it is too late to hack this, It takes courage to cast off these impediments and set yourself emotionally free.

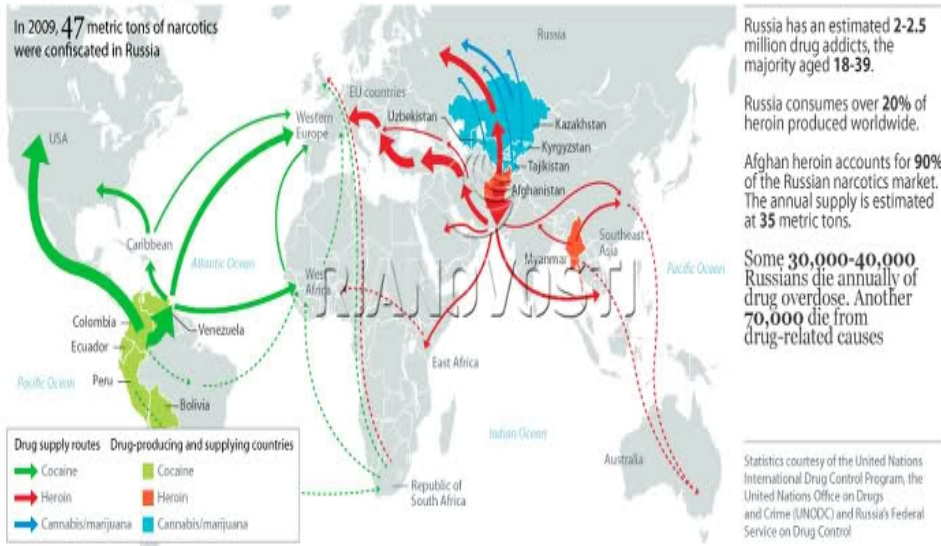
Intellectualizing negative emotional issues only insures a widening spider's web in which to trap oneself.

Each one of us who is experiencing ongoing chronic health and related emotional issues deserves to set ourselves free from anguish of misery. Take the first step on your own initiative. If you need help, ask for it and you will get it. As necessary, go to a friend who knows how you really feel inside. Claim your right to a satisfying life.

Weapons of Aggression

Global drug trafficking

Main global drug supply routes



The insatiable greed of Man fuels some of the most profitable trades that are carried out globally. The following maps summarize the insatiable greed of Man around the world.

These highly profitable trades include peddling drugs, sex, and weapons of war. Such trades manifest as weapons of aggression against humanity.

THE NUCLEAR FAMILY

A couple of one-megaton nuclear bombs would obliterate Manhattan instantly. Russia currently has over 18,000 such bombs, and the USA has nearly 3,000. In 2001, George W. Bush and Russian President Vladimir Putin pledged by 2012 to reduce each of their countries' nuclear arsenals to 1,700 - 2,200 'operationally deployed' warheads (those positioned for rapid use on delivery vehicles). As for the rest, Russia (and most of the world) wants to have them destroyed, but Bush has decided to keep them in storage, where they could easily be rearm'd and deployed. Welcome to the family.

USA 18,779
RUSSIA 24,000
FRANCE 300
UK 225
CHINA 200
INDIA 100
PAKISTAN 24-48

SOURCE: NATIONAL RESOURCES DEFENSE COUNCIL INCLUDES WEAPONS AWAITING DISARM/DELETER

CHOOSE YOUR WEAPON

THE GLOBAL ARMS TRADE

BANNED!
COUNTRIES SUBJECT TO INTERNATIONAL ARMS EMBARGOS FOR ANY LENGTH OF TIME: 1996-2000

AFGHANISTAN, ALGERIA, ANJOLA, AZERBAIJAN, BAHAMA, BURUNDI, CHINA, CONGO, CROATIA, CUBA, DOMINICA, EUROPEA, INDONESIA, IRAQ, LIBERIA, LEBANON, LYBIA, MACEDONIA, NIGERIA, RWANDA, SERBIA, SLOVENIA, SOMALIA, SUDAN, VIETNAM, YUGOSLAVIA

SPEND IT ON ME!

PER CAPITA DEFENSE SPENDING, 2002

World military spending in 2001 totalled \$639 billion, accounting for 2.9% of world GDP and a global average of \$1.57 per capita. Despite its massive defense budget (over 40% of the world total), the USA's per capita military spending is swarved by Israel's at a soaring \$1,625 per person.

Country	Per Capita Defense Spending (2002)
USA	\$1,625
ISRAEL	\$1,625
S. ARABIA	\$918
UK	\$602
FRANCE	\$562
JAPAN	\$507
GERMANY	\$502
ITALY	\$365
S. KOREA	\$379
IRAN	\$352
TURKEY	\$154
RUSSIA	\$78
BRAZIL	\$50
INDIA	\$12
CHINA	\$74

THE BIG SPENDER(S)

TOP 15 DEFENSE BUDGETS, 2002

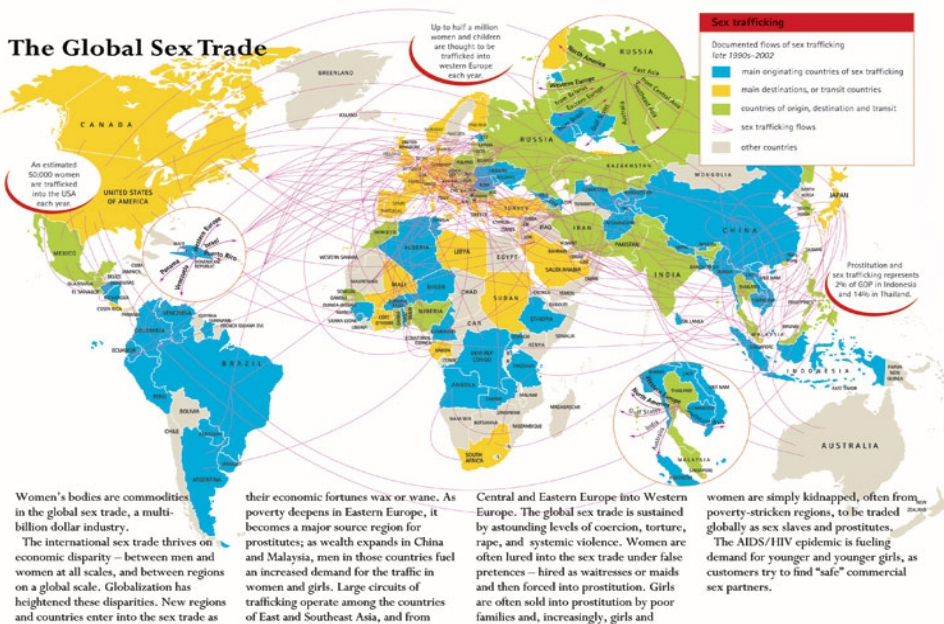
MAXIMUM DEFENSE BUDGETS \$65 BILLIONS

Country	Defense Budget (2002)
USA	\$65
UK	\$27.7
FRANCE	\$27.7
GERMANY	21.1
ITALY	21.1
RUSSIA	13.5
CHINA	13.5
S. KOREA	11.4
INDIA	11.4
BRITAIN	10.0
BRITAIN	10.0
RUSSIA	10.0
S. KOREA	10.0
GERMANY	10.0
FRANCE	10.0
JAPAN	10.0

INA INTERNATIONAL NETWORKS ARCHIVE

SOURCES: WASHINGTON POST - CIA WORLD FACTBOOK - US DEPARTMENT OF DEFENSE - STOCKHOLM INTERNATIONAL PEACE INSTITUTE - WORLD ARMS INCENTIVE - THE MILITARY BUDGETS 2002 YEARBOOK - IRON NATIONAL POLICE - SOURCEBOOKS.ORG

The top tier sales in these business are transacted mostly through independent brokers who bear loyalty only to the customer who has the willingness to pay a heavy price or make long range barter deals. Therefore, it is conceivable that if the supply of these weapons of aggression is voluntarily stopped (which will never happen), at least 50% of the industrialized world's population will become unemployed.



Centuries have rolled by and these trades go unabated even today. In fact, faster communication and speed of travel has expanded the scope of these trades globally.

Unfortunately, Man's ego and greed always seem to rule the world. In such a global environment, the UNO (United Nations Organization) seems to be marginalized and as a consequence operates as a DNO (Disunited Nations Organization).

Good Time

Good time is an occasion or moment when we choose to entertain pleasant and positive thoughts about our surrounding environment and ourselves.

Wisdom

Emotions often muddle or impair decision-making. Wisdom lies in intuitive ability to separate the irrational from the rational. Rationality stems from conscious life experiences and recognizing the ignorance of our own ignorance.

Spirit of Excellence

Pursuit of excellence seems to be a mindful, consistent and progressive experience. A dogmatic approach in the pursuit of excellence may be associated with anger or aggression, which saps the spirit of excellence. Watch the honeybees patiently build their majestic nests in the recess and shade of mountain cliffs. The nest is embodiment of excellence in intricate, artistic and functional architecture. Man seems to struggle for excellence, where as other living species seem to achieve it without apparent struggle and a spirit of effortless ease.

Super Power

Becoming a super power or a nuclear weapon possessing power is a self-incriminating objective for a country. Yet, reality demands adequate defenses against foreign incursions on territory. Every kid on the block aspires to become the Bully.

Individual Potential

The guiding spirit of progressive governance should be a sustained effort for building a balanced and integrated society in which each citizen has adequate freedom and protection to maximize individual potential. That is not too much for a common Man to ask.

Electronic Transfer of Funds

Recently the banks announced that electronic banking will not be able to transfer funds for your journey on the other side of life. They regret their inability to provide these services until further notice. This note was in response to recent flood of requests from nationals who maintain astronomically heavy deposits in overseas banks.

Nature's Design

The human body is designed by Nature as a vertically integrated management system. At the top is the brain, then the shoulders, lungs, heart, digestive system, and finally the load bearing legs at the bottom. Each part of the system plays a specific role while complementing each other's functions. A well-integrated society tends to follow similar norms. Interdisciplinary respect and cooperation seems to be the key to unlock and maximize human potential.

Stage of Denial

Some people say that they have a touch of diabetes and that it is just the beginning stage. This is usually the case when the person is in full denial stage. It is like a girl saying "I am a little bit pregnant".

God Realization

Is God a he, she, it, or none of the above? The real answer lies, not in the scriptures of any religion, but in the heart of Man with desire and devotion to realize it. When there is a shadow of Man, it is inseparably connected with the person. Without a shadow of doubt, God is not a person.

Prove it, I cannot.

Disprove it. You cannot.

You and I can only experience and realize it. Several self-enlightened Masters have alluded to three ideals that lead to realization of effortless-meditation, which leads to self-enlightenment, and ultimately universal-consciousness.

The three ideals are:

1. Silencing speech.
2. Slowing down breath and sensory perceptions.
3. Extinguishing all fires of life (ego, jealousy, indulgence, fear, etc).

God realization simply means freedom from the politics of Man and his religion. God revelation does not mean a human figure standing in front of you to bless you. It is about experiencing the presence of God energy in every cell of your body. Each cell is connected with the other cells with the same energy.

Language of Life

Considering various stages of evolution, Anthropologists inform us that Human race has existed on planet Earth from 200,000 to 3 million years. Our ancestral cave dwellers may have used select sounds and gestures for mutual communication. Now we use select words and gestures. Pronounced words are simply modulated sounds.

Every language in the world has synonyms for the concepts identified in English language by the words God, Heaven, Angel, Soul, Devil, Hell, Spirits and others. However, the synonyms do not necessarily communicate the same idea simply because philosophical concepts vary from one culture to another culture separated by distance and time. Due to limited travel and interactions, each ancient civilization represented different cultures and philosophical thoughts. Consequently, the words of English language listed above are simply sounds, which are used to comprehend the deeper meaning of life. Silence, the language of introspection, may have been the most common language connecting humanity throughout its evolution.

Interdependence



The aura around a traditional oil lamp does not exist on its own. The darkness around the lamp helps bring out the beauty of the aura. The flame contributes to the very existence of the aura. The flame in turn depends on the wick, and the oil that keeps it wet. The earthen pot holds the oil that constantly wets the wick. The earthen pot is sculpted from a mixture of clay and water, and dried in Sun. In a similar sense, every element of the Universe is interdependent. Aura of the oil lamp removes darkness, which is symbolic of ignorance.

Denying Ourselves

While we keep our mind closed to newer and different ideas, we deny ourselves newer possibilities and coincidences of life.

Disease



The basic approach of two holistic approaches called Ayurveda and Homeopathy address disease as the manifestation of emotional and physical imbalances within the body. Weakened inner body defenses fall easy prey to even mild variations in outer weather conditions or viral attacks. Even a simple cold or fever under mild weather fluctuations is indication of weakened inner defense mechanisms. All of the inner mechanisms of our body are interdependent. Therefore the Domino effect of internal imbalances sets in motion much before the symptoms of a disease appear.

Holistic Ayurveda suggests dietary changes even during transitional weather changes such as rainy season, autumn and spring. Use of more fruits and vegetables are recommended during transitional weather conditions. There is adequate wisdom built in natural products to address ailments. Human mind has the capacity to prompt glands to secrete useful or hazardous chemicals. Utilize the mind for its healthy potentials.

An attitude of faith in your own Self offers enormous strength whereas attitude of doubt and hopelessness manifests in weaknesses and disease. Blind faith may lead to many dead ends.

The founding philosophies and principles of Ayurveda, Naturopathy and Homeopathy are about living harmoniously with mother Nature and its constantly balancing techniques. Useful faith is about experiencing and not about intellectualizing life. This dimension of faith does not move mountains, but instead goes around mountains and any other obstacles of life.

Relatively modern Allopathic medicine and surgical procedures have a “Symptomatic” approach to health management. On the contrary, the older Ayurveda, Naturopathy and relatively recent Homeopathy approach health management by addressing prevention through balancing the functions of internal systems and therefore addressed here as “Systematic” approach to health management.

The Systematic as well as the Symptomatic approaches complement each other to offer optimum health management. No single medical approach has the capacity to deal with the innumerable variations of human suffering. The ultimate healing comes from within.

Universal Messages

The usefulness of a religious philosophy of life, which is only a way of life, lies in the universality of its message. The numbers of followers do not define it. A herd always follows without experiencing its walk; whereas the wise creates his own footprints.

Buddha (583 – 483 BCE)



Buddha's statue at Sarnath, India

The word Buddha implies the knowledgeable one or the self-enlightened Master. It is not a religious title bestowed on anybody or assumed by anybody. Mindfully listening, watching, experiencing, and internalizing life provides the necessary energy and wisdom to comprehend the deeper meaning and essence of life. Every human is inherently capable of attaining

Self-enlightenment in the present lifetime. This seems to be the life message of Gautam Buddha. Along with this affirmation, he offered methodical techniques for steadying body, breath, and mind for attaining the ultimate state of blissful consciousness, which is identified as Nirvana.

Becoming Complete

Human mind seems to have different but complementary faculties. With some of those faculties Man tries to discover the secrets of Nature and encapsulate them in scientific formulas or philosophical words such as mantras and suggestive commandments. With other faculties, Man tries to experience the secrets that are postulated as theories. These are Man's efforts to feel complete. Man constantly struggles to become complete as long as his ego and ignorance blinds him from the reality that Nature has already made him complete. Nature designs only perfect models. Man screws them up.

Attachment

An important message filtered through my maternal Grandfather's writing and experiences. Human mind constantly seeks happiness through attachments. In that process, it realizes the impermanence of transient things. Then it begins to explore universal and eternal ideas that are free from attachment.

Mind

If we don't use our mind, it tends to close itself down and we may run the risk of losing its potentialities. However, we hear from self-enlightened Masters that introspection without the mind enables us to go beyond the realm of physicalities and its limitations into unknown dimensions and possibilities. There seems to be an oblivious bridge connecting the two levels of consciousness.

Parents

Father says – Son, if you don't work, how can you eat?

Mother says – Son, if you don't eat, how can you work

Devilish Tendencies

Every enriching philosophy of life communicates a consistent message that attaining internal peace of mind and equanimity is of utmost importance. It is attained by gradually extinguishing the devilish tendencies from within. Unfortunately, Man passionately engages in identifying the devilish tendencies in others.

Discipline

During childhood and high school years, the word discipline often implies habits governed by rigid rules and regulations. As we grow up and mature, the same word implies conditioning ourselves with our own initiative or lack of it. Personal habits developed through self-discipline or self-conditioning gradually become as effortless as normal breathing and define the overall quality of personal life.

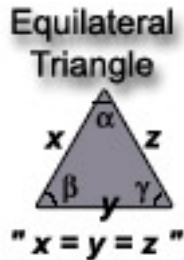
Sincere Apology

Sincerely acknowledging our past mistake and asking for forgiveness is self-enriching experience that empower us to move forward. When we realize that we have hurt others, it is possible to tender a sincere apology in the silent space of our consciousness and free ourselves from the guilt. Sometimes the apology is tendered to a person that is not alive anymore. This self-empowering discipline was stressed and described as “Pratikraman” by late Dr. Niruben Amin (Niru Ma), a self-enlightened Master of India.

World Peace

There will be peace in our world only when we have peace within ourselves. Peace is not brokered or granted by any external authority.

Fall in Line



All sides of an equilateral triangle are equal and consequently each tip of the triangle is spaced equally apart from each other. If any one of the tips of the triangle is moved and placed midway between the other two tips, then all the points fall in one line. In human relationships, a problem invariably involves three individuals. A simple example is that of a son, his wife and her mother-in-law. When the wisest amongst the three positions himself/herself midway between the other two, all three harmoniously fall in line. And the problem is resolved... sometimes. Not completely, because in absence of harmony, it becomes meddling between the other two!

Integrated Faculties

Philosophy, art, science, and medicine are interconnected faculties of human consciousness. An appreciation of each one of these faculties helps develop a balanced and integrated outlook on life.

Thoughtful Dimensions

Take a thought and try to explore its minutest as well as universal dimensions through introspection or self-interrogative contemplation. This is the approach that Prince Vardhan (599-527 BCE), also referred to as Mahaveer in India, seems to have used to explore and experience the dimensions of the words violence and non-violence (Ahimsa in Sanskrit). Mahaveer is revered as a reformer of an existing religious philosophy of his time identified as Jainism. He focussed on the intent behind an act to understand its dimensions.

Harmony with Nature

Mother Nature is at the root of every creation, its evolution and ultimately its transformation. Therefore comprehending, experiencing, and surrendering (not out of defeat) ourselves to the forces of Nature empowers us to evolve harmoniously with Nature. Our ancestors, the cave dwellers, did just that. They were as advanced for their times as we claim ourselves advanced now in the 21st Century.

Humans claim to tame Nature. The truth is that Nature tames humans without expecting any credit for it.

In order to better understand ourselves, we have to develop an appreciation and understanding of Nature... simply because we are an integral part of it.

Rushing to Grow Up

An age-old conversation between Mother and Son:

Mother I want to grow up fast.

Son why do you want to grow up fast?

Cause then on Sunday, I can read a newspaper and tell my son "Get ready and go to church".

Children learn from "not what they are told, but what they see".

Birthday

Birthday is thankful appreciation of the past, warm embrace for the present, and hope for pleasant coincidences of life to come our way. Neela, my sister-in-law, wrote on her 70th birthday "Birthdays add years to life, but it is up to us to add life to years and the birthday".

Legacy

They say that after death, personal legacy is what you leave behind. Instead of leaving your legacy behind, be selfish and take it with you to assess its real value in the New World.

New Year's Eve



Let's not make a resolution for the New Year with expectations that may be impractical to realize and invite undue stress as a consequence. Instead, resolve to enjoy every day of the New Year in the best possible way with whatever we "got". For today, I have a wine bottle labeled "Turning Point". Let's twist open some fun and "Be Good Today". Happy New Year to Y'all.

Reality Check

It is relatively easy to forgive the innocent and the stupid, but not the cunning and conniving. In saying this, we naturally exclude ourselves from all of the four categories listed above!

Warmth of Sincerity

Kindness, empathy, and warmth radiate out of a person that is genuinely sincere. Sincerity is a silent vibration of energy that touches and connects.

Tender Loving Care

Food cooked with select spices and stirred with tender loving care always tastes better than the one cooked with spices alone. That is why everyone fondly remembers Mother's cooking. Tender loving care is also the language of Universe.

My Mother Wrote

Nature grants us what we deserve and not what we desire. In the long run, we realize that it was the best for us.

Enemies of Man



People often get jealous, angry and frustrated. Some of them choose to release their explosive anger and frustration by recruiting and inducting innocent youth to become sacrificial soldiers. Current wars waged under the name of God are typical examples. Innocent teen-age youth is promised Heaven to rejoice after the ultimate self-sacrifice. Anger and frustration are Man's own worst enemies.

Miracle and Revelation



Do not wait for a miracle or a revelation to happen. The entire universe including each one of us is a miracle and revelation of Nature. The wisdom percolating through the philosophy of Vedanta suggests that the universe that is so clearly visible outside of us is identical to the universe that lies inside us.

The painting posted under the above title was drawn by our son Vikas during his high school years. It seems to express the awe at realizing the concept of universe in its totality that prompts us to look within.

Kiss of Nature

On a cool foggy morning, take a walk through the dense fog and experience its exhilarating touch on your bare skin. That is Nature's kiss. If you are lucky, you may catch a glimpse of a rainbow as the rays of the rising sun penetrate and reflect through the fog droplets. The colorful rainbow is the blush of a beautiful maiden.

Identity

An infant is born absolutely naked and bears no personal identity. Then some identities are attached to the infant by its parents and community. Gradually the individual acquires several other identities through social interactions. After experiencing the utility and limitations of various acquired identities, an individual begins to search for an inner and more meaningful self-identity. Some find it and some never do. Ironically, a Man is born totally naked but is dressed up to go to the grave. That is the naked truth.

Language of Love

Mother is an indefinable spirit that every living species on plant Earth experiences. The spirit in turn defines everything that anybody needs to know.

A mother communicates with her infant with touch, sounds, and emotional vibrations. A mother asks blessings only for her child.

Mother Nature also communicates with its creation in similar ways.

Sunrise and Sunset

Rays of the rising sun bring hope and optimism for new experiences coming our way. The rays of the setting sun that light up the western horizon with a golden hue and bright lining on clouds prompt for gracefully acknowledging the events that have come our way during the course of the day. Each event provides a meaningful direction.

Grounding and Gratitude

I am thankful for the opportunity of being born in the East (India) and living there for the first 25 years; then living in the West (U.S.A.) for 50+ years, and subsequently splitting the remaining years living in India and U.S.A. For my generation born in India in the early 1930's, this has been a rare privilege. From the East, I soaked up the wisdom of being grounding in life. From the West, I learnt to enjoy a bird's eye view of the world that I have lived in.

Electric power fed to our residence through a cord has three wires identified respectively as Positive, Negative and Ground (Earth). The electrician informed me that grounding ensures stable and safe power supply. Individuals, who are adequately grounded, will entertain a healthy view of the world they live in.

Manifestations of Energy

In the fetus stage, defining the precise beginning of life and conscious awareness in mother's womb continues to be an endless and explosive debate between the faithful religious believers, non-believers and those who sit on the fence between the two. The differences seem to stem from how "Life" is perceived and interpreted by each. In political arena, this debate is spontaneously combustible.

With an all-inclusive conscious awareness, life has to include all living species that breathe; including the humans, animals, birds, insects, marine life and the vegetation. Each life is simply an orderly accumulation of micro living cells that breathe in and exhale gases, For example, humans breathe in Oxygen and exhale Carbon-dioxide. The plants inhale Carbon-dioxide and exhale Oxygen. It represents an all-inclusive cooperative partnership.

Each living cell is a form of Energy. It is the presence of this energy, its built-in intelligence and rhythm that breaths life into a living organism. In absence of it, a body ceases to exist. Consequently, at the most fundamental level, life may be addressed as Energy.

Scientists try to understand the seemingly inert matter from its smallest common denominator identified as the sub-atomic particles. Although the sub-atomic particles are invisible to the naked human eye, they reveal themselves as

light Energy when accelerated to a high enough velocity in a magnetic tunnel. The micro size subatomic particle reveals itself as a streaking light akin to a falling star. So even the inert matter is a form of Energy.

Energy is indestructible and only changes forms or its manifestation. This Energy has been channeled by Man in constructive as well as self destructive ways. Electricity and atomic energy are just two familiar examples. Energy itself simply remains available.

From the philosophical as well as scientific perspective, the entire Universe including the living species as well as the seemingly inert matter seems to be the manifestation of Energy in one form or another. Mankind is simply the manifestation of the all-pervading and ever-present Energy.

Then the obvious question arises, whether the fertilization of an egg in mother's womb marks the beginning of human life? Stepping back, do the sperm and unfertilized egg independently bear the same energy? Does life begin during the 9-month residence of the fetus in the womb? Alternately in the progression, does consciousness of life begin when the fetus or the baby starts breathing on its own? These are not complex questions for those who perceive and experience the world just as it is.

When the origin of human life is conceived purely as Energy in constant transition, a different perspective of life

consciousness emerges. Then the concepts of God, Adam, Eve, Satan which are prevalent in all cultures become simply interesting stories for children only up to a certain point of emotional maturity. But the same stories interpreted from a mature perspective take on enhanced dimensions.

Consequently, it may be presumptuous to believe that human life begins at birth or even at conception (fertilization of the egg). Life seems to be a perpetual flow of energy.

Life energy seems to be an evolutionary process in constant transition. The human body serves simply as a vehicle for the journey of Energy in transition. After death, the lifeless human body simply reverts back to its basic principles namely space, gas, earth, fire and water.

The wisdom of above thoughts on universal Energy as the source of all universal phenomena has surfaced from the introspective insights of self-enlightened Masters from diverse cultures around the world through centuries. The self-enlightened Masters independently experience its universality.

The self enlightened Masters caution and prompt that comprehending the source and nature of universal Energy lies beyond the realm of physicalities, measurements and their limitations. It is experienced as an introspective, self-fulfilling journey and realization. Every human has the innate ability as a sincere seeker to access and experience it.

Balance

A 2-horse drawn chariot with trained and balanced horses can be steered easily. The human brain has two half lobes identified as the left half and the right half brain. The space between the two halves houses the Pituitary gland acting as the Charioteer.

Imbalance between the two halves of the brain are symbolic of the dualities in the universe. Mind simultaneously distracted by positive and negative thoughts may end up in confusion and miss its targeted intentions.

The imbalanced dualities in life that constantly seem to tear us apart are the concepts that lie outside of our personal experiences. To name a few...the devil and divine, hell and heaven etc.

The Yoga and Pranayama systems fundamentally address balancing the dualities in order to maximize life's potentialities.

Perception

The source of our pain as well as joy is invariably inside our mind because it depends solely on our perception of events

around us. Pain is physical but its perception can make it tolerable or intolerable.

Devotional Surrender

By laying down prostrate in front of a personalized God symbol and asking for personal favors amounts to begging, which has no value in spiritual quest for self-enlightenment. Devotional surrender is unquestioned and willing acceptance of whatever comes our way. It imparts invaluable spiritual strength, which is to be experienced and not intellectualized. Understanding devotion and becoming devotional are separate levels of consciousness. Devotion is about becoming devoid of yourself.

Fictitious Scale of Spirituality

The universe and each one of its components, including humans, is a miracle to behold. Therefore, miracles need not be attached to the life stories of self-enlightened Masters such as Rama, Krishna, Buddha, Mahaveer, Moses, Jesus, Muhammad, Guru Nanak, and Rishis. There is no need to compare them on a fictitious scale of spirituality. Each one of them was born of natural parents, lived in flesh and blood, and through the example of their lives left a consistent message on the value of experiencing love, compassion and forgiveness for all.

The Consciousness of Christ

To the best of acceptable historic information communicated by word of mouth for centuries, Jesus of Nazareth was born of Mary and Joseph. Through his life experiences and ultimately unfortunate crucifixion, Jesus ascended to the consciousness of Christ, a self-enlightened Master. Assigning miracles to his birth and life accomplishments is diminishing the richness of life values demonstrated by him. Like every self-enlightened Master, Jesus himself would suggest that experiencing the values of life exalted by him is more important than the messenger.

Past

I like my past. But I don't want to live in it now. There are far better things to do.

Rituals and Miracles

Consciousness of the self-enlightened Masters is far beyond the needs of religion, rituals, and miracles. They have no need for these tools to impress others or themselves. Whatever the self-enlightened Masters do is Nature's effortless ways of expressing itself.

Young and Old

Young age is when it takes 6 seconds to wear socks and shoes; where as old age is when it takes 60 seconds for the same task. That is a factor of ten. People retire in old age so that they have more time for their daily mundane tasks!

Mind

If we don't use our mind, it tends to close itself down and we may run the risk of losing its potentialities. However, we hear from self-enlightened Masters that introspection without the mind enables us to go beyond the realm of physicalities and its limitations into unknown dimensions and possibilities. There seems to be an oblivious bridge connecting the two levels of consciousness.

Complaining

Man invented language to satisfy his deep need to complain, said Anupam Kher, Indian stage and film actor.

Biography of Thought

A thought is never new. It always exists in the empty space of human consciousness. We simply try to give a thought meaning in current context at our individual level of consciousness. That may be how we continue to grow and evolve.

Patent

There seems to be some misunderstanding and confusion about what can be patented. A Tamarind tree cannot be patented because some products made from it are found to be new and useful. Tamarind tree is not an invention. Only Mother Nature holds sole and permanent rights to a Tamarind tree.

Civilized

Mankind has practiced slavery from times immemorial. Slavery exists even today in 21st Century in various forms. That does not make it right. Mankind has yet to evolve far before it can claim itself to be civilized.

Driving Force

Hunger drives all living beings to hunt for food. Greed seems to drive a Man. Without hunger and greed, it seems that life as we know will cease to exist on planet Earth. One Ethiopian man who was reportedly in good health at age sixty had lived by intentionally drinking only water for several decades. It would be interesting to know what was driving him.

Gift of Gab

Gabbing is a consciously cultivated habit with an attitude. Gradually, it develops into an obsessive, compulsive and self-entertaining habit. However, individuals with the gift of gab are often entertaining because they share lot of different and sometimes interesting stories.

Obsessive compulsive talkers have a few attributes in common. They do not listen to others. They do not entertain others talking while they themselves are talking, and they are full of themselves. In a larger group of people, they invariably maneuver themselves center stage and only then begin to talk nonstop.

When obsessive compulsive talkers become senior citizens and hard-of-hearing, an additional dimension kicks in. They start talking in high pitch (loudly). Then, their listener has to talk louder to inject a comment in their monologue. As a result, the dialogue can be heard by the entire neighborhood.

Unwillingness to listen and making repetitious statements compounded with hampered hearing are early symptoms of old age.

94 Years Young

Yesterday, my wife Usha and I visited my maternal uncle, M. G. Nakhare. He is now 94 years young. Since his wife had died several years ago, he was staying with one of his three daughters. He retired as the Head of the Department of Economics from Sagar University in Sagar, India. I have known him closely since childhood. He still reads voraciously, has a good memory, sense of humor and enjoys his daily meals. With the help of his daughter, we tried to pin down the secret(s) of his long, healthy and energetic life.

1. He does not complain about anything.
2. He relishes regularity in daily life.
3. He has been a 100% vegetarian throughout his life.
4. He regularly eats three meals a day, no snacking between meals, and walks 20-30 minutes after every meal.

Defining Yourself

Books, newspapers, telephones, radio, television, YouTube, iPhone, BlackBerry are external devices that help amass information. What you do with the clutter of information defines you.

Spirit of Man

One of the realities of living past the age of 90 years is that there are very few friends left who can participate with you in sharing the happy memories of childhood.

It was a pleasure to watch a Negro gentleman from Mississippi, who had enrolled in school at the age of 85 to learn to read and write. His smiling appearance on the Oprah Winfrey Talk Show was a testimony to the Spirit of Man.

There are some people with two Master's degrees who have lost their ability to smile.

Complement and Compensate

Nature has designed human body with some parts in duplicate. When vision in one eye suffers, the other eye compensates for it. The same mechanism applies to the ears, hands, lungs, kidneys and legs. The right half of the brain complements the left half.

Wife complements her husband and vice versa. A single mother tries to compensate for her children's missing father. But when common sense is lacking, making sense with intelligence alone becomes difficult.

Earn More Money

At the age of 80, I am being offered plenty of opportunities via e-mail on a daily basis to reinvent myself. I am being offered opportunities to earn a college degree in two years, become a nurse, a pharmaceutical assistant, a lawyer, or earn a Doctorate to start making more money.

Now, I simply want to become a politician so that I can quickly make a bundle of money...and not go to jail.

Moron

You will call yourself a Moron if you find out and realize that the real identity of God is without any physical attributes. If you believe that God is immortal, then simple logic makes you realize that he was never born. Then the word Revelation may take on a different meaning.

Invention

If you are itching to invent something new, don't waste your energy in trying to reinvent God. You are one of his creative inventions.

Love

In the initial stages of life, we easily get fascinated with things transient and get attached or fall in love. It is the Hollywood or Bollywood brand of love. Gradually, wisdom prompts us to find the kind of love that is deeper, durable, unconditional, and not transient. A Sufi sings in ecstasy of that love, which unites, fuses and vanquishes the duality between two lovers; devotion and love become seamless. It is compelling for me to consider the Sufi philosophy of life as the self-enlightened version of Islam.

Thirst and Greed

A well is dug until it hits water, which quenches the thirst of Man. But there is a bottomless well that never hits water to quench the greed of Man.

Integrity

The overall quality of the structure of a house depends on the quality of every brick and mortar used in its construction. The physical and emotional health of a family depends on the freedom and well being of each member.

Making Peace

Making peace with our past enables us to move forward peacefully, confidently and productively.

Gravity

Gravity helps every thing to fall down without any effort and so do moral values. But it takes lot of effort to raise moral values to a higher level of consciousness, said Ramdev Baba

Attitude

Do you protect your religion or does your religion protect you? When you say that you protect your religion, it implies an aggressive stance that you want to impose your way of life on others. When you believe that your religion protects you, it is the personal experience that enriches your consciousness as a human being.

Begging

Man begs because of hunger or greed. Some beg because it has become a habit.

Twinkling Stars



A child asks innocently, why are there so many stars in the sky? The child is told that each person becomes a twinkling star in the sky after death. It is Nature's way of immortalizing the life of each person. The child says Oh!....then which stars are Grandpa and Grandma?

Constant Transition

Human life span seems to be an experience in a constant transitional consciousness. Death seems to mark the end of one set of experiences and transition into newer experiences beyond human consciousness.

Burden of Consequences

Negative energies of life such as anger, jealousy, doubt, and violence place a heavy burden of their consequences on the consciousness of Man.

Making of a Man

Always heard that Man desires to go to Heaven after death. But the road maps to Heaven differ causing confusion.

During the first nine months, a fetus in mother's womb experiences the vibrations of life through the effortless process of being and becoming. During the first nine months after birth, the infant experiences the vibrations of motherly care and trust. Then in the subsequent nine years, the child experiences curiosity about the surrounding world. In the following decades, Man's thought patterns condense into actions and define the person. Unfortunately for some, all life experiences condense in the intensity of a relatively short life span. Irrespective of the length of life spans, Nature seems to reveal its universal secrets to every Man through selectively different life experiences.

Sometimes it feels that the first nine months of life were Heaven, and after that the Hell broke loose. Did I start the journey in reverse order?

Favorite Color

They say that some fortunetellers are able to tell about your past accurately. Some fortune tellers claim fame for accurately predicting or forecasting the past, present, and future. The predictions seem to come in all colors and shades. The fortuneteller may first ask you, what is your favorite color?

If you can understand and address your present properly, you may become your own best fortuneteller. But, that takes courage.

Life after Death

Is there life after death? Only death can provide the real answer. A near death experience is not good enough. The real answer will not be found in written or spoken words. The real answer can wait. Don't rush to find the answer. If you have lived this life well, there should be nothing to worry about.

Blessing

A mother asks God to bless her child. A selfless act always experiences divine blessings. Mother Nature always blesses her children without them even asking for it.

Sin

Sin is a thought or an action that embraces and engulfs the consciousness of Man. A feeling of sin or guilt may manifest itself through voluntary repentance. The final judge or jury to pronounce the fairest judgment over a sin is the consciousness of Man. No religious authority has jurisdiction over pardoning a sin or the sinner.

Universal Laws of Nature

The Sky, Air, Earth, Fire and Water are the five primal energies that create, sustain, and eventually transform us. Our body is the vehicle we use during the transitional journey from birth to death. After death, the lifeless body is submitted to fire or underground, which transforms it back to its five primal energies in their pure form. Cremation of the body after death frees the body of ego and all diseases. On the other hand, burying underground just takes a longer time for the body to revert back to its primal energies. In either case, whether a dead body is cremated or buried, the end result is the same according to the simple laws of Nature. Rising of the dead from the ashes or a grave is a metaphor, an apprehension and belief system. The simple and universal laws of Nature apply to one and all, without an exception.

Man and God

There is an age-old conversation between Man and God:

God! Are you listening to me?

Yes. I am always with you.

Tell me, how many Gods are there? One, two or several?

Not "two".

Why don't you give me a straight and precise answer?

You have to find it out on your own.

How do I find out?

Experience it.

You are a useless friend.

If I am useless then you are too, because we are both identical mirror images of each other.

Perspective

Realize that 100 years from today, there may not be even one individual in your own family tree who will care to know that you lived on this planet earth. But don't belittle yourself. This is your own journey to experience life and advance conscious awareness to establish your own universal identity.

Diplomacy

Diplomacy is a skill of identifying a deadlock between two opposing positions and drafting an open-ended resolution that is acceptable to both sides. Then ceremoniously acclaim it as a "Peace Accord".

Problem Solving

When you have a problem, asking the right questions is soooo very important.

Respecting Life

Humans are mortally afraid of snakes, and snakes think that is so funny. Snakes have no legs or arms and humans have two of each. Snakes can swim in water and climb trees, whereas most humans can't swim or climb trees easily.

Earl Mullein was a soft-spoken native of Mississippi. He was a tall and hefty black man with a very pleasant demeanor. He worked as a janitor in the Chemical Engineering building at University of Mississippi (Ole' Miss). We had become friends as he came every day to work in the building and we often chatted briefly on various topics. One day, commenting on people who are afraid of snakes, Earl said, "Them folks who is afraid of snakes doesn't know that most snakes ain't poisonous and doesn't bite intentionally".

We have a few snake holes on the edge of our garden in Pune, India. During hot summer days, once in awhile we see a cute snake crawl out of its hole and climb a nearby tree to get some cool air. Whenever our guests in the Pune house express fear and apprehension about snakes living at the edge of our property, I am pleasantly reminded of my dear friend Earl Mullein.

During childhood 1936 - 1945, I have often walked with my parents and siblings through the dense and lush green forests of good old Bastar State in India. We thoroughly enjoyed observing the innumerable creatures of all sizes and colors

harmoniously living their own lives in the beautiful landscape of river, green trees, bushes and carpet of dry leaves on the ground. Based on those simple and pleasurable experiences, may I suggest that whenever you spot a snake during trekking, just stop in your track and admire the grace with which the snake slides on ground or climbs on tree. Respect the snakes and other creature's legitimate rights to exist realizing that they are our cohabitants on planet Earth. You may not get these feelings if you have only walked the streets of large modern cities or just kept a flower pot in the living room to feel your closeness to Nature.

Three P's

Peace, prosperity, and poverty, each one seems like a state of mind. Our inside world seems to project outside with the same intensity or lack of it.

A Mother's Pain

On the battlefield, Mother Earth soaks up the spilled blood of a fatally wounded warrior. Then, the martyr's Mother receives the mortal remains of her son with soaked emotions that no one else can share with her ever. The Mother lives on bearing the burden of her son's journey that was abruptly ended. Medals of Honor do not sooth the intense pain of separating a child from its Source.

My mother had to bear that pain and witnessing her pain has been a lesson of lifetime.

Water Fountain Chat

The cool water fountain in the corridors of work place used to be a favorite spot to meet and chat during small breaks from work. Now in the 21st Century, eMail, iPhones, or Blackberrys seems to have become a convenient virtual place to meet even if you work in adjacent cubicles!

During the college years in 1950's, I had visited the laboratory of Psychology department out of sheer curiosity. In the lab I was shown how they study psychology of mice and rats placed in a maze of small cubicles. Maybe now they have placed a tiny PC with a tiny cameras in each mice cubicle to collect additional psychological data faster and more economically!

Attitude

As my age advances, I have realized that an old dog does not learn new tricks, not because of age but primarily because of attitude.

Unconsciousness

Before moving me to the operation table, they gave me a shot (an injection) and told me that it would relax me. It did. First gradually and then suddenly in a few seconds, I unwound completely. In the state of complete unconsciousness, there was no light, no darkness, no sadness, no joy, no thought, no pain, and I could not have found myself. But, I had not died because I lived to write about it. Thanks to the medical profession for providing such effective anesthetics. Now I can visualize real death as an equally easy transition to a state of nothingness and beyond human consciousness.

Ignorance

An individual bears the burden of ignorance. Mother Earth bears the burden of her children's ignorance. Humanity pays its price.

Civics Class

In the 1940's, we were taught in high school Civics class that "Man is a social animal". In reality, even in the 21st Century, Man still demonstrates most negative traits as an animal, and in some cases worse.

Self-Enlightened Masters

Who are these self-enlightened Masters? You won't find them in Google search engine or who's-who directory, because they completely relinquish their name and physical identity. You may experience them and their universal message in the rhythm of your heart consciousness.

The self-enlightened Masters prompt us to reach out for the "Love" that never diminishes but instead always increases unconditionally. Obviously, it cannot be an attachment to anything transient. Nor can it be an attachment.

The path of self-enlightenment always leads to a journey within in which you do not follow anybody 's footsteps. On a sandy beach, the footsteps that imprint on the sand get washed away by the onslaught of waves, but the sand always remains.

Rare Few

For some rare and exceptional individuals, the pursuit of excellence, accomplishments, and the journey within begins quite early in childhood; and we wonder if they are born with a special pre-programmed biological imprint, the DNA.

Imbalance and Labels

Economic imbalance within a society is a harsh reality. Every individual can help reduce its scorching intensity by honoring the dignity of every human being. Democracy, Socialism, Communism and naked Dictatorship are convenient labels for forms of governance that have proven to be only Band-Aids for resolving social problems/issues around the world. Humanity deserves much better governance that honors and protects the dignity of every human being.

Dictator

Almost every long-lasting dictator of a country begins to believe that he is indispensable and that without him the country will go into chaos. After him chaos does follow undoubtedly, but out of that chaos surfaces new wisdom. Authoritarianism at national level or even at a family level is like a large tree that prevents green grass from even sprouting in its shadow. In the ocean large schools of fish entertain immense freedom of movement without crashing into other schools of fish or other species. That is Nature's way of self-governance.

Utility and Futility of Mind



The human mind is a mine of several invisible forces. It can be a source of joy, enthusiasm, and hope that sustain and enrich life. The same mind can be a source of pessimism, sadness, and hopelessness that can destroy the spirit of life. With the mind, we can choose to create or self-destruct on our own account.

Nothing can grow even in a fertile soil unless and until good quality seeds are sown and watered adequately. Human mind is very fertile, but good thoughts need to be seeded and nurtured in it.

Making a New Year's wish is a form of affirmation of mind. Affirmation is an idea or a thought that we embrace to understand and experience its dimensions. As the stream of affirmations broadens and deepens, we hope that it irrigates

the fertile fields of our conscious awareness.

However, the human mind is all about physicalities and its limitations. Mind wants to unlock the secrets of the Universe at large as well as unlock the secrets in its tiniest elements identified as the sub-atomic particles. Physicalities is about establishing time, distance and size relationships.

The self-enlightened Masters allude to timeless dimensions of possibilities beyond the physical consciousness of human body-mind-intellect complex. The brain represents the Googled storage of information, and the faculty identified as mind constantly sorts through the mess; whereas the faculty of intellect provides the power of discretion. The self-enlightened Masters allude to a consciousness of mindlessness in which there is “No attachment to any affirmations“. That stage of consciousness can only be experienced through a disciplined progression of introspection. An enormous amount of human energy has been invested uniquely on the Indian subcontinent over times immemorial to substantiate and experience its immeasurable benefits. The Seeker of this wisdom is respectfully referred on the Indian subcontinent as the self-enlightened Master or Rishi. These Rishis have existed in flesh and blood at all times since times immemorial and they assure that their accomplishments are within the reach of any human that desires and dares to experience the universal wisdom.... which reveals the universal and unchangeable Truth.

Affirmation

Affirmation is an idea or a thought that we embrace to understand and experience its dimensions. As the stream of affirmations broadens and deepens, it irrigates the fertile fields of our consciousness.

Seed

Nothing can grow even in a fertile soil unless and until good quality seeds are sown and watered adequately. Our mind is very fertile, but good thoughts need to be seeded and nurtured in it.

History

Those who conquer others in order to live in glory, tend to fade away. Studying the history of humanity is important because you may learn to conquer yourself and do lot of good.

Vibrations of Life

We seem to learn more about life through the vibrations of life that register silently and effortlessly; only if we let them. Some simple examples that tune us into the vibrations of life are:

- The rhythm of waves lapping on sea shore
- The music of wind accompanying the ebb and tide
- Our heart beating to a natural rhythm
- The glow of full moon
- Birds chirping and nesting
- A mother handling its new born with tender loving care
- The list goes on...

Clutter

There is a direct relationship between the clutter in our living space, mind, and the disturbances in our body. Disturbances in the body manifest as emotional and physical. Cluttered mind introduces chemical imbalances in the blood stream, which irrigates every cell of the body with life sustaining and strengthening nutrients. Staying clutter free helps steady the mind, breath and body for ensuring a better You.

Prosperity

The tenacity of hard and intelligent work becomes the bedrock of prosperity and progress in all aspects of life. However, in absence of the spirit of charity and empathy, prosperity becomes lop sided and leads to indulgence, which has destroyed dynasties, nations as well as civilizations. Prosperity bears the burden of responsibility.

Corruption

Corrupt politicians and bureaucrats often have the audacity and need to lecture on values of morality and education because of the paucity of those very values in their own character.

Creating Life

Test tube babies are result of scientific techniques that assist fertilization of an egg with a sperm in an environment outside of the womb. However, that does not mean that Man is capable of creating life. The egg and the sperm come with their own built-in biological identities and instructions. Man and science are only allowed the mischief of modifying life such as cross breeding a white and black lamb to produce a gray colored lamb or a black and white spotted lamb. Each lamb still says Ma~~ after coming out of the womb.

Ego, Greed, and Adventure

Conquest of foreign lands and its resources is manifestation of Man's ego and greed. Surrendering personal ego and greed to conquer inner Self is a much different adventure.

Internal Peace

Hopelessness does not solve or resolve any problem. Internal peace honors life and prevents problems from seeping in.

Laughs with Babu

Babu Halwe has been my favorite cousin since childhood. My wife, Usha, and me visited him at his daughter's residence in Pune on 9th Feb 2011. Babu's daughter, Anjali, had preplanned that this would be a get together around lunch. Babu is 89 years young, lightweight, loves to share interesting stories and jokes. After smoothly delivering the punch line of a joke, he enjoys the humor as much as his listeners. Some of the jokes he tells date back to his childhood. He mentioned that during his childhood, he would recall an older joke while he was lying in bed at night and suddenly burst out laughing. His mother would come to his bed and ask him "Are you getting crazy! What are you laughing about? Sleep now".

After lunch, Babu continued to narrate jokes for almost an hour and we laughed like kids; so did he. Babu has good appetite and relishes eating tasty but simple food. He does not suffer from any disease. He takes a small doze of a blood pressure medication. In the past, I have enjoyed drinking beer with Babu over hearty chats and laughs.

While chatting today, Babu casually mentioned that he is emotionally prepared to die at any time including the present moment. He said it smilingly but sincerely. He carries with him his written will (legal document), which is readily available when and wherever he dies. In the written will, he has offered his body to a hospital in the hope that some parts of his body

may be useful as transplants in living people who can benefit from his donation. He quipped that the moment after my death, I will be addressed as the body and even the closest people will try to get rid of the body as soon as possible. There is nothing right or wrong about it; it is the reality he said.

In a healthy spirit, jokes never get old and provide a fountain of joy. Babu recommended reading some old books of classical humor:

1. Anguish English
2. More Anguish English
3. Laugh with Leacock
4. How to Scrape Skies.

This was a memorable lunch with Babu topped with hearty laughs that are etched in our consciousness for the rest of our lifetime.

Revisiting Babu on 20th Jan 2014 at Anjali's residence in Pune, we found him in the same good-old smiling spirits. Now 91, he is looking forward to his imminent visit to his hometown, Chindwara, in Madhya Pradesh, where he plans to stay with no future time commitments. While in Chindwara, he is planning actively along with his local friend and host to practice Homeopathy to offer healing to the needy. Learning that Babu has successfully practiced Homeopathy for over 50 years, Usha asked his recommendation for a Homeopathic

medicine to address a recurring pain in her left arm. Babu quickly prescribed Ferrum Met of 30X potency twice a day. Then he stressed that genuine Laughter is the best age-old proven medicine for all maladies of life. As a parting shot, Babu casually commented that the biggest problem with humans is that they don't want to grow old because it results in death. The remedy for the problem is to die young!

Unhappiness

It is natural to dislike some person. However, if you feel happy when that person, whom you dislike, is unhappy, then realize that you are an unhappy person yourself. Happiness is a mirage that every one of us chases until we realize that it is a mirage. Unhappiness is not a mirage because we can feel it and it comes to us.

Respect

In individual relationships, genuine respect stems out of mutual respect, reverence and not fear. Initially respect is earned and then love follows as its shadow.

Inner Experiences

The self-enlightened Masters have prompted that the Energy and its built-in intelligence that creates the eternal Universe is also a part of us in its totality. Comprehension of this reality is not an intellectual pursuit, but an inner experience. Consciously or subconsciously, every human is hungry for this inner experience.

Picture of Health and Gentleness

On 17th Jan 2011, my wife Usha and I met Maltitai, my first cousin, who is 94 years young. She is slim, wears a pleasant demeanor, walks erect effortlessly, and has a skin texture that is light, healthy, and unwrinkled. She has never plastered herself with any face make-up materials. A high school teacher throughout her career, she walked a few miles to and from school every day in Ujjain India. As a mother of three children, she cooked every meal when her children attended school and college, and was the main bread earner of her family.

Now a grandmother, she has always been a total vegetarian with a life style of regularity. She entertains no disease even today, has an excellent memory, good eyesight, smiles readily, and is the healthiest amongst her seven siblings. Since she was visiting Pune, we had invited Maltitai and her two sibling sisters for lunch today. In her presence we were witnessing a life well lived and sensed soothing vibrations of gentleness.

Fear

If the letter F stands for fear, G stands for God. If we are afraid of God, we may not have understood its true nature as yet. Fear only minimizes us.

Blissful Surfing Realization

Awe, fear, humor, passion, pain, and tears are some of the prominent emotions that enable a human to fully experience and appreciate life. Ultimately, out of these multitude of experiences surfaces awareness of a blissful consciousness that is ever enriching.

Based on his personal experiences, my maternal grandfather Dr. P. G. Nakhare, a retired Civil Surgeon, wrote, “Practicing breathing at progressively slower rate provides a unique sense of conscious awareness”. A snapshot of his simple meditation technique suggests:

“By consciously suspending all thought process, this technique of slow (deep) breathing leads to an effortless state of meditation, which progressively leads to a unique, individual specific inner experience that is self-enlightening. This unique realization just “Happens” and surfaces only in total absence of any expectation. It is not an objective to be achieved”.

Politician

In due course of time, every politician becomes a crook, unless they proves it otherwise.

Complete Circle

Readers love to read and hear about political “Scams”. The press loves to feed the readers and listeners with stories they love. The politicians and crooks oblige the press with live ammunition for stories. Thus the circle is complete. Stories about good acts generally do not make the print.

The Perfect Diaper

Converting a Man from one religion to another is one of the most childish rituals pursued through centuries. It is like changing one brand of diaper to another brand on a baby. Is there a perfect diaper? Ask the baby. The baby says “No diaper. I like fresh air”.

Idea or Ideal

The real pursuit of the idea or ideal called God begins with the journey within, which is free of all luggage and baggage of Man. Emotional baggage is gradually reduced and minimized by steadying body, breath and mind.

Miracles

A faith based on the foundation of miracles is a baseless philosophy of life. It collapses like a house of cards at the slightest touch of reason or logic.

Spirituality

What is spirituality? Do not look for an answer to this question in dictionaries, books of revelations, books of knowledge or search engines such as Google. An acceptable answer gradually surfaces through the progressive experience of self-inquiry and consciously observing our subconscious with a spirit of all-inclusiveness.

Spirituality is not taught, displayed or revealed by any human. It is self-revealing. Spirituality is simply a word while its essence lies in the life experiences it enables.

Natural Habitat



It seems that in his natural jungle habitat, a lion does not try to prove anything. He is what he always is; king of the jungle. In the jungle of life, just be your own self. There is a reason why we are not what we should be; because we are constantly trying to become like somebody else.

Punctuality

For some individuals, punctuality is lot of effort and self-discipline. For others, it is an effortless habit.

Independence and Interdependence

Watch the Moon effortlessly orbiting around the Earth. The movements of both, Moon and Earth are interdependent on the magnetic and gravitational forces of the Universe. Each Man's life energy is interdependent on the energies of the environment. In personal and social life, a wise person utilizes positive aspects of independence as well as interdependence. So does a nation.

Power

In generality, a male displays power with aggression. A female exercises it with passive aggression. In either case, aggression is a force that is self-punitive. The power of mutual understanding effortlessly disarms aggression. All of us know it, but forget about it in daily life. Knowing is not good enough for anybody. Other living species seem to exercise their powers without the fuss of knowing.

Friendship

Sometimes you dislike a person and don't meet for a long period of time. Then you decide to meet again for some reason. Keep your mind open to the possibility that just as you have changed over the period of time, the other person may also have changed. You may surprise yourself by entering into an amiable friendship.

Ray of Hope

Hopelessness is when the door in front of you seems closed on your face and there is no other door or window to open. Fear of loneliness and the unknown haunts your entire being. You yearn for a ray of hope and a touch of friendship. On the light side, the American comedian Bob Hope was visiting Moscow, Russia during the 1960's. As Bob deplaned and looked around in the airport he quipped "Looks like I am the only Hope around here".

Priorities

For some people, climbing the corporate or political ladder and then enjoying the perks of the position seems to be an obsession. For others, enjoying daily life with family and loved ones is a natural choice. Famous American film director and producer, Steven Spielberg (Born 18 Dec. 1946), has joined his family daily at home for supper in spite of his grueling time schedules.

Shades of Democracy

Most economically developed countries in 21st Century have democratic governance in various shades of maturity or lack of it. A healthy democracy is an outgrowth of effective self-governance and not outsourcing needs.

The Common Man

A common Man radiates the culture of a land or lack of it. A common Man also feels the pulse and wisdom of the land. Politicians, who underestimate the common Man, overestimate themselves and pay a heavy price for it.

The Naked Dance

Politics is the naked dance that bares everything except the truth.

History

History is an observer and neutral witness to blunders and false pretenses of Man. In my lifetime, I have witnessed from the sidelines more than a stomach full of conflicts starting from the Second World War, to the latest conflict in Syria. While the muted flames and ashes of all of these conflicts still linger on, Humanity has had the audacity to claim repeatedly that the Conflict has ended with a Peace Accord that has often proven to be open-ended.

Each conflict seems to be a misguided Missile hitting false targets. Such a chain of blunders has set a pattern of self-incriminating actions. For a neutral and independent observer, it seems that conflicts such as these are motivated primarily by anticipated long range economic gains by the intruders rather than addressing the genuine interests and concerns of the common Man living in the countries that are invaded. The helpless children that are ever thirsty and hungry for a stable environment are the real victims and witnesses to the ugliness of humanity in modern history.

Preaching and Practicing

Preaching from a pulpit is easy, but stepping down and embracing what you just preached takes lot of effort. Democracy and its values are experienced by different cultures around the world in various forms and therefore interpreted differently. A democracy that offers fair opportunities to its citizens to grow in freedom will be automatically emulated by others. It need not be preached. Same rules apply to a religious philosophy, which is simply a way of life.

A child pays no attention to preaching. However, the child observes and accurately judges the preacher by their body language.

Hygiene

More than half of the world's seven billion population today does not use toilet paper simply because they don't want to or cannot afford to buy toilet paper. Prior to the invention of toilet paper, the question of using it did not arise. But that does not mean that non-users of toilet paper stay un-wiped. Water is ever ready and available to cleanse and serve mankind.

Cleanliness

Cleanliness is an attitude. Foul mouth is a cultivated habit. The sting of dirtiness reaches out embracing everything within its reach. The aroma of smiling demeanor refreshes the entire environment.

Sin

Sin is an intentional thought or act committed to hurt another living being. Sin is not a proclamation by any divine or presumed authority. Man becomes a sinner by his own choices. The ultimate judgment and release from the sin comes only through the sincere repentance of the sinner.

Be an Eagle



In the early hours of the morning, soar high in the sky like an eagle. Use the flapping wings and catch the wind to reach a comfortable height. Then glide effortlessly enjoying a bird's eye view of the world underneath. Be the first to catch the gentle rays of the rising sun.

Fear

With diminishing eyesight, I am uncomfortable with darkness and unfamiliar grounds. Fear stems from darkness, which is symbolic of ignorance about life and our own Self.

Gifts of Nature

Nature has gifted Man with brain, senses, and conscience for utilizing all gifted faculties with full responsibility.

A Buddha

Throughout the history of time, the self-enlightened Masters have prompted that each human has the innate desire and ability to attain a state of blissful consciousness in which all dualities of life cease to exist. Buddha is a word that implies “The enlightened or the knowledgeable one”. Buddha prompts that the enlightenment stems from within through individual efforts alone and sets a Man free from all human bondage.

Brutality

It seems that brutalities committed intentionally by Man may have no parallel. Just read or listen to the daily news or read the history of mankind. Alternately, just carefully observe the world that you live in to witness the extent of human brutality. However, this is only one dimension of humanity. Simultaneously, do not fail to observe the noble qualities of Man, which exist side by side in the same environment. Two opposites always seem to exist side by side in order to maintain a balance.

Feeling and Experiencing

If you are happy, worried, sad, and experience the emotion. If you sense hopelessness, feel it and share it with close friends. Wisdom prompts to limit each emotional experience to a brief duration of time because emotions drain life energy. Utilize life energy to maximize yourself.

Relief Valve

A pressure cooker used in the kitchen is always provided with a valve to release the built up steam pressure. A burst of anger may be better than keeping it bottled up within. However, uncontrolled and habitual bursts of anger may destroy the relief valve mechanism and cause other damage.

Vedanta

Vedanta is the last volume and seemingly one of the crown jewels of the Vedas (books of knowledge).

The core philosophy of Vedanta seems to prompt:

- Anything that is produced, created or manufactured has a birth or manufacturing date, properties, a life span, and a date of termination.
- The word eternal implies “Without an end”. Anything that is eternal automatically implies that it has no beginning.

Without enmeshing the concepts of Gods, Prophets and Religions, the Vedanta philosophy of life embraces universal consciousness with logic, reason and devotion to Truth that stands on its own weight. Experiencing the core message of non-duality is the innate thirst of a true seeker.

In simple language, those who are hell-bent on seeking Heaven and God, and scared to death of Hell are really thirsty for seeking Reality. Universe is the manifestation of that Reality. The Universe that lies inside as well as outside of us is identical in all respects; experience it. Vedanta philosophy of

life uses the Sanskrit word “Brahman” for that Reality. Every seeker of Reality is a Brahman. Obviously, Brahman is not a caste or religion, Religion is simply a way of life; live it or leave it.

Diary of the changing Season



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It is the end of March in Addison, Illinois. The chill in the air is softening. The winter is shyly and gracefully receding. As we sit by the large (6-ft. x 4-ft.) picture perfect window in our den upstairs, we have a full view of our Crab Apple tree. Flowering buds have been visible on the tree for the past two weeks and seem to be eagerly waiting for some additional warmth of 75-80 F (25 C) to burst into a full white blossom. It is a matter of few more days of waiting for the grand show to unfold.

Now it is the third week of April. The Crab Apple tree is still sporting its white blossom. We can feel as well as see that the spring is here. The sparrows are chirping and enthusiastically trying to rebuild their nest under our front balcony. They have the natural right to build their nest every spring.



Now the Rose Bud tree that stands 15-feet away from the Crab Apple tree is showing off its purple flower blossom. Our children had planted this Rose Bud tree on Mother's day almost 15 years ago. The white and purple color blossoms on two trees complement each other and enliven our spirits. Our next door neighbor, Ken Vairo, says he loves the sight of the two trees in full blossom as he walks his dog Pokie in the morning and evening.

Turning Point

The morning affirmation “Be Good Today” experienced on a daily basis may lead to a “Turning Point” in your conscious awareness. By the way, “Turning Point” is a new brand of wines marketed by my nephew, Ashwin Deo, and “Be Good Today” is an affirmation initiated by our youngest son, Sagar Deo.

Burning Koran

By burning a copy of Koran in front of a small number of his faith-full followers, Reverend Jones of Florida proved only two things:

1. Paper burns when ignited.
2. Jones does not deserve the prefix “Reverend” to his name.

Healer

A doctor who simply prescribes medicine or performs surgery to relieve symptoms of disease normally becomes financially successful. However, in addition to medicine and surgery, if the doctor can simultaneously inject hope and optimism in the patient, he will become a true healer. Financial success of such a holistic doctor is automatically assured by the blessings of his patients.

Spirituality and Religion

Religion puts God in a box. Spirituality brings it out. Take God out of your box and experience it in everything that you see, touch, smell and feel. Religion seems to be simply a way of life. Depending on how it is practiced and experienced, its interpretation varies from culture to culture, family to family, and individual to individual.

Appetite

Heard on Oprah Winfrey talk show that “America’s appetite alone consumes 10 billion animals (cattle, poultry, etc) every year”. There is a possibility that this habit may transfer the animal genes to humans.

Trust

Trust seems to be the ultimate glue in good relationships. The receiver of trust bears heavy responsibility to safeguard it. Therefore, mutual trust comes with equal responsibility on both sides. When trust is broken, both sides pay a heavy emotional price.

Mind

When mind cannot concentrate or stand still, just look at it as a happy infant that cannot stay still because of its very nature.

Anger

Consider that excessive mental rigidity may be a reflection of anger within. Sometimes, the pursuit of excellence may also stem from anger within. Anger manifests in strangest possible ways including seeding disease in the human body.

Self-enlightenment

Self-enlightenment and self-actualization are fancy words for simply getting to know our real identity in the dynamics of the ever-changing world. No human is born self-enlightened. Consider that a person is born to enlighten himself/herself through experiencing life. It seems that some get self-enlightened early, some later, and some never do. We all know that the natural consequence of failing a class in school is to repeat it.

A happy, content and effortless demeanor appears to be the reflection of self-enlightenment.

Self-enlightenment seems to be an individual specific journey of inner experiences. No two humans are alike and seem to learn about life in their own time frame. Each individual writes his/her own book of revelations or self-enlightenment.

Dimensions of Soul

The word soul is very commonly used in normal conversation as if everybody is familiar with its presence or existence. Some of the common expressions that abound in English language are:

- It was a soul wrenching experience.
- May his soul rest in peace.
- Where is its resting place?
- We are soul mates.

The basic question arises, what is a soul and does it have any dimensions? Maybe, we can envision it as the Energy that breathes life in our body, and we better be thankful for its presence.

Democracy and Cooperation

“I AM” is the title of a very meaningful documentary produced by Thomas Merton, who appeared on Oprah Winfrey show. It brings home a valuable point that Man, a country or a civilization did not invent the noble values of democracy and cooperation. These values are in-built in Nature or the Universe all around us and within us.

Beggar

During my childhood in Nagpur, India, a beggar in tattered appearance often came and stood outside our gate. If he sighted me, he would fold his hands and ask for money, clothes or food. I would often disregard him. Carefully tattered appearance seemed to be his professional uniform. He continued to stand at the gate patiently for a long time, until somebody else paid attention to him. Ultimately my grandmother would give him something. As he received the alms, the beggar would say “Oh merciful God, please bless the person who gives me alms, and also bless the person who refuses to give alms”. Then he left.

When you refuse to give alms to a beggar, they often remind you about God to put you on a guilt trip.

I pity God, presuming there is only one, who has 6 billion religious faithful in this world constantly begging for personal favors.

Blind Faith

Why do people with two good eyes follow anybody blindly? Because, it seems that they don't want to take the responsibility of thinking for themselves.

For your own Good

For your own Good, it seems that it takes:

Wisdom, full stomach, integrity, and courage to think independently.

Wisdom, to avoid forcing your opinions on others.

Empathy, to relate to individuals having different levels of awareness.

Humbleness, to accept your own shortcomings and seek help.

Passion, to enjoy the love of your life.

Fearlessness, for undertaking contemplated actions in life.

Compassion, to touch the hearts of each living being.

Common sense, to simplify life and enjoy its essence.

Devotion, to personal belief system for your own Good.

Receiving and Giving

It is not what you receive, but how graciously you receive that makes a difference. It is not what you give, but how freely you offer and share that makes the difference. In a warm and sincere exchange, both sides enrich themselves.

Frugality and Generosity

When frugality for self and generosity for others co-exist and manifest in one person, it presents a unique dimension of life.

Devotional Song

One precious message emanating from a Sikh devotional song suggested “It helps to listen to devotional songs in the company of friends and devotees, but each individual must take personal responsibility to introspect on the words we hear”.

Good Human Being

The best religious or spiritual thing one can do is be at peace within and be a good human being, ever respectful of environment all around. It seems that becoming a good human is not as easy as being born a human.

Holy Water

Water becomes holy when it is free from vices of Man. Imagine walking through a desert, you are lost and hanging on to the last ration of water; and you meet a man dying of thirst. If you share your water with him, then that water becomes Holy.

Self-enlightened Masters seem to share their wisdom with those thirsty for self-identity in the ever changing environment around.

Divine Consciousness

In simple words, divine consciousness is an infant's awareness of Mother's caring touch. Every living being experiences it. It is the awareness of being and becoming.

Fertilized Mind

Human sprouts out of a miniscule fertilized egg. A fertilized human mind may have the capacity to experience the dimensions of life that lie beyond the physicalities and their limitations.

Ignorance

Sometimes ignorance is bliss. But do not drown yourself in ignorance because you may not be able to swim out of it.

Sins

Some people take a bath in river in the hope of washing off their sins. The faithful address it as the River of Consciousness. How can waters of a river stay clean when humans constantly discharge their sins in it? Ultimately the oceans become the depositories of human sins. God looks at his creation and laments, what have I created!

Scriptures and Self-Enlightenment



Scriptures seem to be books of religion, a way of life, contained within its physical borders. Self-enlightenment seems to begin where scriptures end.

Some individuals get enlightened even without reading any scriptures. They introspect on what they see, smell, feel, and envision with a spirit of all-inclusive consciousness. Realize that during the period that human race evolved on planet Earth, which was much before the man-made Gods and Prophets intervened, there was no written script nor paper to write down thoughts. But there were always thoughtful vibrations to communicate through millennia.

Yet, modern history is witness to the fact that there are

more Savages in the 21st Century than there were before man-made Gods and Prophets appeared. The word Savage happens to be a very relative term.

The original natives of the vast American continent were addressed as savages by the European invaders in search of a New World. Out of their ignorance, they miss identified the native Americans as Indians. The invaders believed that since the natives did not have any scriptures, they were Savages. The ferocious fights braved by the natives against all odds for freedom were muzzled by the barrel of the gun, but the all-inclusive universal spirit is indestructible.

The invaders of the American continent failed to realize that scriptures do not make a Man. It is the free spirit of Man that becomes an unwritten scripture. The Native Americans have always worshipped with total devotion, the all-inclusive universal Spirit. That has been their perpetual religion in the form of an unwritten script. Real devotion is when you become devoid of yourself.

When finger pointing someone as a Savage, realize that your thumb is simultaneously pointing at yourself.

Free and freed spirit of Man is not a Savage nor a slave; it is self-enlightenment without a written scripture or word.

Terrorist

Realize that no religious scripture of the world professes killing of another person. The terms such as Devil, Kafir, and Shaitan are manifestations of the devilish tendencies within us. Elimination of the devilish tendencies within is not an act of killing; instead it is a conscious act of change and transformation within. It is the individual that miss interprets a religious message without necessary introspection that becomes a killer or a terrorist. Terrorism is symbolic of an individual's sheer ignorance and loss of faith in own Self.

Conqueror

There appear to be two kinds of conquerors. One conquers possessions of others. The other one tries to conquer his/her own mind. The real conqueror never sits on anybody else's throne.

Freedom Riders

A documentary titled "Freedom Riders", which was aired by PBS on 16th May, 2011 showed the struggle and determination of black Americans during the early sixties (1960). May 16th marks one of the historic days of that struggle for self-empowerment. Irrespective of your ethnic origin, you will witness in this documentary a history of your own conscious awareness or lack of it.

Literacy and Education

I felt like becoming “Literate” as I went through 8 years of traditional school and 8 years in university. Then at the age of 30, as I traveled around the world for 6-months on a shoe string budget, mingling amongst the common folks in each country and learnt about their life experiences and aspirations, I began to feel that I was getting “Educated”. Since then I have not stopped learning.

Emotional Growth

A famous actor, director and writer said casually during a TV interview, “ You stop growing emotionally the moment you become famous”.

Realization

A mind that does not apply logic and reason automatically becomes inflexible and rigid. When the body stops breathing, it also becomes stiff and rigid. However, there lies a world beyond logic and reason. It is the world of silence and realization.

Hairy Quandaries



Men with beards say that they don't want to waste their precious time shaving every day. Balding heads are constantly occupied with growing more hair. Men never shave their legs; women do. Some people use a hairy toupee to cover-up what they don't want to show. Porcupine does not believe in hair; it only wears a toupee of spears.

Tools of Learning

Intuition, introspection and personal experiences are some of the most powerful tools of learning.

Mother's Day

For nine months as a fetus in my mother's womb, I experienced the process of being and becoming in a totally carefree environment. Then for nine months after birth, my mother took full care of me because I could not help myself do anything; I was good at only pooping, peeing and crying for help. During the subsequent nine years, I enjoyed mother's language of tender loving care. I held her finger to reassure myself. Saying, "Thank You Mother" for all that assuring love and support is too inadequate an expression. I am eternally grateful.

Epics

The Bible, Koran, Gita, Guru Granth Saheb are just a few examples of religious epics written by Man. Merely reading or reciting them does not make you a Christian, Muslim, Hindu, Sikh or a better human being. These epics bear the words of self-enlightened Masters. Their words have been written, translated, interpreted as well as misinterpreted over a period of centuries. Introspect on the words of wisdom in the epics to become a better human being. Merely misinterpret the words and become a Devil. The choice is yours.

Immigrants

The new immigrants of every ethnicity have a common fear while they begin to live and settle in the new and unfamiliar world; that fear is of losing their cultural identity. Therefore it seems that they huddle together to protect and preserve their culture, language, food habits, and themselves. In this intensely consuming process, their “real-identity” seems to lay dormant. Their children born in the New World are progressively able to breathe fresh air.

Stew

Take a big thick walled metal pot. Fill it with cut up pieces of meat along with nutritious, tasty and colorful vegetables. Add select spices to taste. Then put the lid on and let the stew cook at low heat. Stir the contents very infrequently with tender loving care. The longer the cooking time, the better will be the taste of stew. The meat provides enough fat to cook the stew. This is a good old recipe. America is a stew pot for three centuries and the stew mixture in it is gradually developing its flavor. If you like stew, you would love America.

Children

Children are easily impressed by magic and miracles performed by others. As you grow up, experience the dynamics of magic and miracles within yourself.

Luggage and Baggage

Essentials that you need and carry with you for travel are luggage. Baggage is what you carry with you in addition to the luggage, as a matter of habit. Most of the time, the baggage turns out to be useless. Immigrants moving to a New World invariably travel with their luggage and excessive baggage. Subsequently, their children born in the New World gradually get rid of the baggage because they don't know what to do with it! Emotional baggage is the hardest to discard.

Parenting

First they fall in love and then get married. As a result a child happens, and then both parents become very busy taking care of the offspring. Realize that almost no parents go to school to study parenting. Nature kindly offers them the power of intuition to handle the responsibility. Nature has granted the same intuitive power equally to every other living species. In the other living species, besides people, marriage is not a pre-requisite for having children.

Procreation is a natural instinct and tender loving care provides the necessary foundation for an offspring.

Nature has provided Grand Parents to offer parenting guidance. However, in nuclear families of the 21st Century, Google-auntie has to provide support to new inexperienced parents.

Belief in Self

Presence of both parents and grandparents during infancy and childhood is an asset and a blessing. Absence of one parent during childhood is a difficult void to fill. Life is not fair to everyone from the beginning, but it can be mended with firm belief in Self.

Making a Statement

Ralph Lauren was born of Russian immigrant parents in USA. Ralph started his business selling Neckties to make a statement and gradually built it into a \$12 billion empire. Watched his interesting interview on Oprah Winfrey show on Wednesday, May 18, 2011. Ralph Lauren, his wife, two sons and a daughter were present during the interview, which was held at the 1200 acre Lauren estate, which is surrounded by snow-capped mountains in Montana. The Lauren family is a picture of happy and healthy family-attitude.

Experiencing Information

An old saying states that Reading, Writing and Arithmetic makes you educated. Add to the above list Computer skills and Traveling and you become not only educated, but also an information junkie. However, you get truly educated only when you begin to introspect and experience the information.

Patent

God is one of the most unique and useful ideas. However, it cannot be patented because it cannot be proven. You can only experience it and enrich yourself at no cost.

Son of God

Association with miracles and magic do not create a Son-of-God, Messiah, Prophet, or an Avatar. Each human has these innate or built-in faculties, which are blinded and stunted by personal Ego. In their own right, each human is a Child-of-God. Honor each human and living species, and out of this experience surfaces the true meaning of the term Son-of-God.

I Want

I want to grow up - Then what?

I want to get educated - Then what?

I want to buy a car - Then what?

I want to get married - Then what?

I want to have children - Then what?

I want to buy a house - Then what?

I want to become rich - Then what?

I want to be happy - Then what?

I want peace - Then what?

If you remove the “I” and “Want”, then you will have everything.

(Note: Based on Gautam Buddha’s teachings)

Immaculate

Every thing that we see, smell, taste, and feel is an immaculate conception of Nature and its Energy that creates, sustains and transforms.

Your Identity

It is not necessary to broadcast, who you really are. It is always obvious to others around you.

Simplicity and Clarity

It takes effort to make a simple, clear and brief statement. Upon making a complicated statement, the tongue reminds that you have pulled a boo-boo. The essence of life seems to be about simplicity and clarity of thought.

A Politician

Politician = Polite + Technician

The politician pretends to be polite and humble in bridging disagreements.

The politician invariably appears busy like a technician.

The politician is unflinchingly devoted to Self before Service.

The politician efficiently outsources all essential tasks.

The politician seems to become wealthy effortlessly.

The politician's focus is absolute – the national interests come first during election campaign, and last during the term of office.

How can you not notice such extremely talented politicians!

Judging

Analyzing and judging others comes as easy as pointing the index finger. Judging your own Self seems so difficult and takes lot of courage.

Well Played

My mother wrote “A competitive game intensely contested and well played is a source of great satisfaction and joy for the players of opposing teams as well as the audience”.

Your Choice

Black and white are not just two options in life because there are numerous shades of gray in-between. Choose the shade that you are most comfortable with.

Addiction

Addiction manifests itself in various forms and desires. Some examples follow:

- A compulsive desire for a hot cup of tea or coffee soon after waking up.
- Using a credit card to spend beyond means.
- Drug use and abuse.
- Constantly needing attention and approval of others.
- Snacking frequently to fill an emotional void.
- Incessant talking.
- Seeking instant gratification.

What's yours?

Revelation and Prophecy

Revelation and Prophecy do not shower from the Heavens above. These seem to be reflections of thoughts habitually nurtured by the devotional mind. Self-enlightened Masters prompt that in the empty space of our consciousness, we realize both. It reveals that the universe that lies outside of us is identical to the universe that lies inside us. Our breath bridges the apparent duality between the two.

Equality and Inequality

The values of equality and inequality are admirably built-in by Nature:

- Nature offers equal freedom to a male and female to think freely.
- Nature offers equal opportunity to a male and female to participate in procreation. In the process, a male gives and a female receives.
- Nature has a non-negotiable decree for a female womb to host a fetus.
- Nature has provided male and female different physical and emotional abilities as well as limitations.

Considering these non-negotiable attributes assigned by Nature, good governance of a human society has to ensure fair opportunities to males and females to maximize themselves. Laws are written to define and ensure fair opportunities for both sexes, which are constantly being challenged. Realize that amongst all living species, excluding humans, the issues between male and female are negotiated without any written laws, rules and regulations.

Praying in Space Capsule

Whether we pray facing East, West, North, South and up or down should not make any difference in the quality of the prayer.

The Earth is constantly rotating around its axis and simultaneously around the Sun in a varying orbital motion. Consequently, the location at which we exist on Earth has no fixed bearing of direction (East or West) nor what is up and what is down.

Imagine that you are a religious Astronaut trying to pray while living in the space capsule orbiting around the Earth on a mission of several months. Your space capsule is constantly rotating around the Earth, which in turn is rotating around its own axis and the Sun. Consequently, you may not have any sense of either East or what is up or down. Sincerity of prayer sets you free of all human bondage and its limitations.

In the normal course of a day on Earth, if I am praying in open air just before sunrise, I am tempted to face in the direction of the rising Sun in order to soak up its tender rays. In that pleasant atmosphere, it is often tempting to say “Good Morning my Sun. I love you for what you are up above the world so high”.

Priority and Sensitivity

On May 31st 2011, the ABC news channel reported that a specific Lizard species is facing extinction due to the oil drilling industry around Odessa, Texas in USA. The news went on to say that if the Lizard is classified as an endangered species, several people in Odessa will lose their jobs due to new environmental regulations. A month ago, Oprah Winfrey show quoted that 10 billion animals are slaughtered annually for food in USA alone. Meat is considered a renewable source!

The sensitivities and priorities of humans towards other living species on Earth are amusing, shocking, as well as self-revealing!

Do humans really believe in equal opportunity for all and a secular Earth?

Mind

If mind is over stuffed with only selfish thoughts, then no space is left for any new and meaningful thoughts to enrich the mind.

Civil Wars

Civil war is a signal that the country is thirsty for a change of attitudes. Each sovereign country should be allowed to fight-out its own civil war without any foreign intervention, just like the good old days! In the process, the locals reinvent suitable governance for themselves based on their own cultural values. Outsiders should mind and mend their own business! Then the United Nations Organizations (UNO) would find better things to do.

Volunteering

Volunteering is not a substitute for boredom. Volunteering is a commitment of passion, time and life energy that knows no boundaries. Volunteering helps redefine You.

Gratification

Instant gratification is as short-lived as its joy. Each human seems to be constantly searching for a joy that constantly increases, empowers Self and negates the need for instant self-gratification.

Swing with Nature



As clouds gather and the breeze picks up speed, the leaves and branches of trees swing with the exhilarating breeze. A peacock spreads out his fan of feathers and makes marshal moves to impress a female peacock. In the same invigorating environment, a Man immersed in his serious personal thought may say, “It’s just a breeze, what’s the big deal”.

When the outer and inner weather harmonizes, everyone swings with Nature.

Nature’s Way

Out of personal experiences with different and often opposing ways of life arises a desire for harmony and balance; because that seems to be the Nature’s way.

Hunger

It may not be possible to understand what hunger really means until you don't know if and when your next meal will be. Unfortunately, there are people who are totally helpless and have to encounter this kind of hunger everyday. We are talking about this 21st Century! The disparity amongst the have and have-nots is appalling. The benefits of trickle down economy never seem to touch the real hungry amongst us.

Natural Question

What will you do when you have no kitchen, no food, and no money to buy anything? Ask a Sparrow because the species seems to be much more evolved than we humans.

A sparrow-couple enthusiastically builds a nest during springtime. They build the nest in a preferred location. The female sparrow lays eggs and then watches over the hatching eggs like a hawk. When her babies come out of the egg, she brings fresh food for them and affectionately feeds them. She teaches her offspring how to fly. One day the babies do fly away and never return. At the end of spring, the male and female sparrow fly away leaving the nest behind. No forwarding address and only God knows where they migrate until reappearing in next spring....to build a new nest again enthusiastically and patiently. How can we humans deny them the space for their nest, which they deserve and desire? There is so much for us humans to learn from them about how to live with Nature.

Beggars

Let us not waste our time trying to judge a beggar.

Some constantly beg for favors from God.

Some beg because they don't want to work.

Some beg because they don't know any better. Let us teach them skills to earn a living.

Some beg because they are severely handicapped to earn their daily bread. Let us extend our charitable hands to help them the best way we can.

Charity seems to be about sharing and empowering and not judging.

Miser

A miser tends to hold back everything and as a consequence becomes constipated. The opposite of miser is a free giver whose life energy is abundantly replenished by Nature.

Laziness

Laziness is a desire to do nothing. Sometimes it is beneficial to slow down and do nothing to recharge your emotional batteries. But pretending to recharge your batteries all the time with laziness may result in a burnout.

The Three Q's

I.Q., E.Q., and A.Q.

I.Q. = Intelligence Quotient. By itself, it is only Googled and gobbled info.

E. Q. = Emotional Quotient, which contributes warmth and wisdom.

A. Q. = Application Quotient, which drives focus and direction.

Harmonious utilization of the above Q faculties enriches a productive life.

Derogatory Attitudes

Be religious if it helps you become a better human being, at peace with your own Self and the environment. But, do not pretend to be religious while treating others as less than human. Hypocrites and the self-righteous tend to use terms such as savage, heathen, gentile, non-believers and lower cast. Use of these terms is direct reflection of derogatory attitudes. A religion is not superior or inferior; it is just you and your way of life.

Footsteps

Do not follow footsteps of others. Listen carefully to the words of wisdom from others, but follow your own heart and steps where they lead you.

Fear

Fear nobody, nothing, not even death and liberate yourself to accomplish what you want to do and are born to do.

If you fear your God, then you have not understood the underlying fundamental concept of the idea and ideal called God.

Treadmill

On a treadmill, you may walk or jog for a certain time, and at the end of that time you end up on the same spot. However during that time, your mind has the freedom to wander all over the universe or idle quietly on a single idea or thought. It is dangerous to shut off the mind completely while you are on the treadmill!

Personal Freedom

Life constantly offers multiple opportunities and choices. We have the freedom to choose. Use it wisely to evolve in ways you choose.

Teacher

A sincere teacher wishes that the student listens carefully to the words of advise, but carve out individual path and destiny. The teacher rejoices and basks in the student's success and counts it as a blessing. Blessed are students who have such teachers.

An Original

Imitation does not and cannot match the quality of an original. The spirit and ability to create an original stems from within. An original piece of work need not necessarily be acclaimed as a masterpiece by outside professionals. Sincere appreciation of a child's painting by immediate family makes it a Masterpiece for the child.

For the creator of the original piece of art, it always remains a Masterpiece. Mother Nature does not imitate nor duplicate any of its original and unique Masterpiece creations.

Believing In Yourself

As an original thinker and innovator, you may re-invent a wheel even in the 21st Century. But there is a possibility that your new wheel may drive a vehicle that may not have been invented as yet.

Watching TV

A father comes home from work and sees his son watching TV. A monologue ensues:

Son, you should be studying to catch up with your homework assignments. That will help you get better grades.

(mumbling to himself). What is he talking about? I want to see my show.

Did you hear me? Shut the TV off and do your homework.

(mumbling to himself). Yes Sir.

I have told you the same thing so many times before.

Leaves the room thumping his feet. "I hope I can grow up fast so that when I return home from office, I can pop open a beer can, sit on the sofa, and watch football on TV.

Attitude

Having most of the luxuries in life does not necessarily make you happy as much as making most of what you have.

Fakir

A Fakir is an ascetic who lives within bare means of comfort. A Fakir who was living in a dilapidated single room was asked why does he not fix his room to live safely. The Fakir responded softly “ I am not born to break down, rebuild or change anything in this world, except change myself”. Fakir is a self-enriching attitude towards life.

Along with my sister, Sarojini, I had visited the tiny residence of late Sai Baba in Shirdi, Maharashtra, India in 1950 and 1954. At that time, Shirdi was a small, simple, clean and unassuming village. The simplicity of the residence that Sai Baba lived in and his life-message reflects that he was an evolved, exemplary and self-enlightened Fakir. Now millions visit his shrine in Shirdi to seek his blessings for more and more of “they know what”. Sai Baba’s self-enriching message of simplicity gets lost in the crowd.

Body Language

Our simplicity or absence of it is clearly revealed by our body language. Even a child or a house pet dog instinctively understands our body language. A spoken word or language is gibberish when compared to the body language.

Conflict

Every human conflict is constantly seeking to erase its cause because harmony is Nature's way. The Indian epic Gita's underlining theme addresses conflict within the consciousness of Man and its practical resolution. The nature of conflict varies through centuries, but its resolution comes through Nature's ways if it is to be durable.

Vision

Vision is the energy that our mind radiates to the universe all around us. The steps we take or do not take in the chosen direction determine the extent of the vision. Absence of vision ensures stepping and fumbling in darkness.

Cutting Edge Technology

Cutting a sheet of paper along its edge to give it a desired outline shape may be the cutting edge technology. What else can it be? An artist sitting on a footpath of Paris carried a pair of scissors and several sheets of black paper, which is referred as construction sheet in schools. He simply looked at the face (side view) of his customer and cut out an exact profile view from the black sheet within a couple of minutes. The cutout clearly showed even the eyelashes of the person. You look at an artist like this engrossed in his work in sheer awe of his skills and cutting edge technology.

Learning

Pass or fail should not be made a major criteria or issue at school for children. Is the student learning or not learning should be a criterion for the teacher. Same philosophy and attitude should apply to life because life is a school in which we constantly keep on learning. Competition in achieving high grades primarily to get a better paying job often seems to dampen the spirit of learning. Each student wishes to learn and enjoys learning at his/her own pace.

Two worlds

Without access to Internet in 21st Century, you may not have full appreciation of the world that you are living in. There is an inner world of conscious awareness with which the Internet cannot connect. Information Technology (IT) is not the language of the inner world.

Monogamy and Polygamy

It seems that by very nature, a Woman is monogamist and a Man is polygamist. It appears that the species of male and female were initiated on two different planets, Mars and Pluto respectively, and then united on planet Earth. That's how Adam and Eve may have united on Earth and produced all of the mixed-up human civilization.

Individual Consciousness

It seems that an individual is not born randomly. Individual consciousness may not have a physical identity, but may have the built-in intelligence to choose a specific womb to be reborn and experience life further. Having chosen the specific womb, the individual consciousness manifests itself in the fertilized egg and takes on the physical manifestation as a fetus. As a result, the fetus has the total built-in intelligence along with DNA (biological identity) to evolve as a human with the desire to experience life. After completing the journey of life from birth to death, the human body perishes and the individual consciousness continues its journey further by choosing another womb to be reborn. The individual consciousness continues to be reborn in a cyclic manner until finally it attains a stage at which there is no further need for additional life experiences. At that point, it voluntarily surrenders its individual identity and effortlessly merges with its universal source, the universal consciousness. The universal consciousness is omnipresent. The vibration of this thought seems to communicate that this process of manifestation is like a river eventually merging into the ocean and voluntarily surrendering its individual identity or physicality.

Fabric of Man

The most fundamental fabric of Man seems to be senses and thoughts.

Destination

Religions and their voluminous scriptures can only guide us. Mother Nature alone has the capacity to guide us to our ultimate destination. Nature was here long before any man-made religions surfaced on Earth.

Rate of Social Change

The speed (miles/hr) at which Man is capable of traveling seems to determine the rate of social change in society. If Americans were still traveling at the rate of a horse drawn carriage, America would still have slaves, slavery, and cowboys. Similarly, every culture around the world has changed for the better depending upon the increased capability of its speed of travel and the associated exposure index of its minds. The speed of travel that has made it possible to reach the Moon and beyond in space has dramatically changed and will continue to change humanity in all walks of life. This morning (July 16, 2012) we heard that the NASA (National Aeronautics Space Administration) spacecraft headed for planet Mars will be traveling at 30,000 miles/hour. One day Man will be traveling in that spacecraft.

Instilling Qualities

Parents like to believe that they instill good qualities in their children. The truth seems to be that children choose to learn mostly from what they see and not what they are told.

Studying History

Recently ABC news channel reported that a surprisingly high number of high school students flunk history tests. An obvious question arose in my mind, why is it so surprising?

Young people are naturally more interested in looking at the present and the future, not the past. People read history with interest only after gaining some life experiences and insight. Besides, most history teachers are known to make the subject simply boring.

Accomplishment

Becoming old is not an accomplishment because it happens automatically. Becoming wise is an accomplishment.

Faith

Faith is a strange vibration.
Faith drives some to thwart any opposition.
Faith drives some to find their own Source.
Faith drives some to find themselves.
Once each one of us climbs and reaches the mountain top,
we realize that there is no more to climb, conquer or prove.
Hopefully, one day all of us can get together and name the
mountain as Mt. Reality.

Source

The Sun is not plugged into an electric receptacle to perpetually generate heat and light energy. It provides light, heat and hope for everyone in sight. The Sun's energy is solely responsible for all that we see and feel on planet Earth. The Sun does not rotate around any planet; instead everything rotates around it and depends upon it. Praise the Sun!

Stranger

My wife, Usha, stepped out of the front door of our house to pickup mail from the mailbox. The three-year-old daughter of the neighbor across the street was riding a tricycle in the court. Noticing Usha, the little girl spontaneously said to Usha "Look at me, I am riding my bike".

The little girl's mother who was standing near by asked her daughter to get inside the house. The little girl immediately asked Usha "Are you a stranger?" Usha smilingly responded "Just like you".

Greed

Greed is a bottomless pit. Greed invariably declares and pursues aggression.

Drugs

Drugs are commonly used to get a high and hide from your own Self. It is usually the indulgence of that well to do crowd. As long as the population of the “virtually” richest block of nations remains hooked on to drugs, the drug producers in relatively poorer nations around the world will continue to grow and supply the merchandise. No amount of border patrol can stop this global flow of very profitable merchandise. When the current block of wealthy nations destroy themselves due to indulgence, the drug industry will simply move on to the economically more developed parts of the world at that time. Unmanned drones may soon be used to transport and deliver bundles of drugs on the target.

Ego

Personal ego is made of stuff that dissolves very slowly and sometimes it is totally insoluble. Ego is your own creation based on false foundation that is inherently weak. Everybody else around you can clearly sense your ego, but doesn't give a damn. It may be wise to replace ego with your own passion, which perpetually generates creative energy and enriches You.

Politician

In a democracy, a politician cannot clap with one hand because the other hand is the voter's.

The Obvious

- Light is absence of darkness
- Silence is absence of sound
- Death is absence of breath
- Truth is absence of lies
- Faith and Trust is absence of doubt

The obvious is often obscure from our conscious awareness.

Vibration

Sound is a vibration and its amplitude can be measured. Silence is a vibration that does not register, and yet it is an incredible source and force in human consciousness.

Doubt

Be aware that doubt is a seed that germinates and sprouts very quickly in the mind. It is poisonous to the host.

Royalty

Living in gorgeous palaces when the average population is in rags does not make you royal. Royalty is a spirit that ignites hope and honors the dignity of Man.

Shackles



Religious faiths and rituals followed blindly without understanding their deeper meaning are like shackles that enslave the body and mind.

Use the freedom of mind offered by Mother Nature, which is the womb of creator and its creation. Creation is eternally present at all times in all places with its innumerable and diverse physical manifestations. It seems that Hell broke loose only after humanity introduced the concepts of gods, prophets. religions and rituals.

Understanding creation and nature requires the sole ability to observe and experience Nature as-is without any judgmental stance. All living species, other than humans, seem to accomplish it effortlessly. That may be one reason why Tsunami claims mostly human lives but very few marine or land based living species.

Creativity, Curiosity and Wisdom

Enthusiasm for life is the language and spirit of creativity. Curiosity broadens horizons. Wisdom enriches consciousness. All three are essential and any one is incomplete without the other two.

4th July Tribute to America



Mr. Barak Hussein Obama, born in USA, is son of an immigrant. With his own efforts, he did not just try to merge into the mainstream, but he became the President and the Commander-in-Chief of the country. So far, such an extraordinary individual achievement has been possible only in the United States of America. Long live the spirit of the oldest and most mature democracy that has successfully put Man on the Moon more than once and returned safely to Earth. America is manifestation of the most balanced social experiment to date. It has progressively provided for its citizen's responsible freedom of expression, freedom of opportunity, personal safety and hope, while constantly recognizing that every system needs constant mending. America is bold enough to accept its faults. Those who cherish individual freedom with responsibility emulate America's strengths.

Mythology

Dictionary meaning of mythology states that “It is a collection of myths, especially one belonging to a particular religious or cultural tradition”. Mythology is an excellent story telling technique. Each civilization and its specific culture are the source of interesting mythological stories. Often, real life characters are blended in with mythical characters to color the stories. The mythological stories magnetize the imagination of children and create a permanent sweet spot in their minds; and useful for that reason.

Significant life enriching messages are conveyed through mythological stories. Good mythological stories bring out the devilish and the divine qualities omnipresent in the population of Man as well as the universal truths that guide mankind. As an example, the epics Ramayan and Mahabharat are mythological stories of India. The mediums of story telling change over time. The movies entitled Superman, Star Wars, and Star Trek have become mythological stories of the 20th Century America.

Arrogance and Humbleness

Arrogance is reflection of our own ignorance of real Self. Whereas humbleness reflects the spirit of submission to our real Self. The word Self refers to the innate identity of Man.

Ego

Ego is an invisible and tenacious layer of ignorance that prevents our latent goodness to blossom and bear fruit.

Lost

When you are lost in the middle of nowhere, there are no other foot steps to follow except create your own.

Simplicity and Charity

Material prosperity has a built-in and self-destructive element of indulgence, which is deterred only by simplicity and charity at heart.

Spiritual Growth

Spiritual growth constantly reinforces and nourishes the human spirit.

Shepherd



Following somebody else's footsteps comes as easy as one, two, and three. Walking on your own and leaving a new trail takes effort and courage.

A shepherd leads his flock to greener pastures. You are the shepherd of your own consciousness. Lead and steer it. Follow your own footsteps that may lead you to unknown pastures and dimensions.

It is entirely your own choice if you want to be counted as a statistic in a flock, or be counted as an individual.

Wisdom

Wisdom is not synthesized. It condenses out of silent awareness

Dimensions of Life

Your personal experiences show the length and breadth of life. Your silence reveals its depth.

Conversion

Enslaving the mind is the most effective form of conversion practiced by Man through centuries. It has been practiced openly in politics of colonization and religion.

Slavery

Shackles are used around the neck, hands and feet to enslave the body first and then the mind. Once the mind is enslaved, shackles are unnecessary for a lifetime of Man or even centuries of generations. Eventually, some amongst the enslaved, such as B. G. Tilak, Mohandas K. Gandhi, Nelson Mandela and Martin Luther King, realize that “Freedom is a birthright of every human” and lead the way to self-empowerment.

Success

The grain and texture of your thoughts define success.

Divide and Rule

Divide and rule has been the most silent management technique practiced by humanity through times immemorial. It is considered successful because it offers quick rewards for the management. We have witnessed it in how the conquerors and colonizers of other lands have used it to subjugate and convert their subjects. We witness it in national politics as well as in discreetly administered corporate management techniques. It is the language of politics and certainly not justified for uplifting human spirit..

Nature has an all-inclusive, harmonious, and non-discriminatory techniques of dealing with its universal management, which includes humans as well as all other living species.

Nirvana

The secret of Buddha's blissful state of Nirvana is hidden in his silent and gentle smile. Buddha was a self-enlightened Master. Nirvana is a state in which all fires of life are extinguished. The fires of life, attachment to transitory happiness, include anger, jealousy, hatred, and the like.

Artists

Artists (sculptor, painter, and musician) translate and reproduce the vibrations of heart through medium(s) of personal choice. There is an artist in each one of us that is ever eager to perform.

Humanity

The word God represents an all-inclusive universal principle that only integrates and unites. But the man-made religions seem to divide humanity. Each and every religion is man-made because it mirrors the physicalities and limitations of humanity. Man-made religions have to realize that God is not a commodity to be private labeled and marketed in different packages to the potential customer base of seven billion people worldwide. The essential principle of oneness does not own a religion, nor does it have a label. It is simply a way of life.

Language

Command of language may be classified as scholarship. Command of simplicity that touches countless hearts may be classified as the language of love.

Azmad Hussain

During July and August 2011, we have been watching a show called “Sa-Re-Ga-Ma-Pa Little Champs” on Zee TV. It is a competition in which 8 to 16 year old singers participate. Of all the competitors, we have been awed with the singing abilities and comfortable stage presence of a 10-yr old boy, Azmad Hussain of Jaipur, Rajasthan, India. When you witness an innocent looking 10-year old child execute a performance with such remarkable ease and grace as Azmad, you begin to experience the theory and vibrations of rebirth. According to this belief system, after death a Man seems to be reborn to fulfill his unmet desires. Amused and impressed judges sitting on the panel of judges on Sa-Re-Ga-Ma-Pa TV show remark that Azmad may be a Pirate from last birth, because now he ruthlessly plunders the hearts of his audience. After his adorable performance today, 28th August, the Master of Ceremony of the show informed that although Azmad sings Hindi and Urdu songs flawlessly, he couldn't read or write. When one of the judges asked why he doesn't go to school, Azmad softly answered that since his father could not afford to pay the school's tuition fees, he had to stop attending school. After learning this, the management of the Zee TV offered to bear the entire cost of Azmad's schooling. Azmad may have been a very gracious and charitable person in his previous life, and therefore a recipient of natural gifts in this birth from such an early age. However, that does not take any credit away from Azmad's remarkable accomplishments.

Smile

Smile is a gift that we share as a token of friendship. The one who smiles spontaneously is usually the graceful giver. The one who reciprocates to the spontaneity gracefully is also an equal partner. Gracefully flashing or acknowledging a smile costs nothing but enriches both, the giver and receiver.

Faithful Transition

In the coming centuries current faiths based on thunder, magic and miracles will begin to loose ground in the consciousness of humanity in favor of logic and reason. The currently prevailing concepts of faith, God, religion, devotion and surrender will evolve to a newer levels of all-inclusive universal consciousness. Surprisingly, an individual has the capacity to transition through the above mentioned anticipated changes in just one lifetime.

Happy Birthday Nelson Mandela (July 18)



Your radiating smile reinforces optimism for life and faith in humanity. Through your exemplary life you have enriched the human consciousness in ways unfathomable. Wish you good health and happiness all the way.

Guilt

Like your own shadow, your guilt will follow you wherever you go, until you are ready to stand in the light of universal wisdom.

Witness

Becoming a witness to your own faults, frailties and fallacies takes courage.

Universal Wisdom

Universal wisdom is not revealed to just one Man, one generation or one nation. It is ever omnipresent in the consciousness of those who are willing, eager and wise to receive it. Every individual is born free to access it.

Irrational Element

Inside each one of us there is an irrational element, which is driven by our ego, that wants to override wisdom and take actions that are self incriminating. The same phenomenon is equally evident in the international politics. The majority of irrational invariably over rules the wise.

Conscious Awareness

Understanding the dynamics of conscious and subconscious awareness seems like chasing a mirage in the desert sands or sensing a dream slip away as you wake up. You simply shake your head in disbelief as you sense the reality of existence.

Starting from the moment of birth, a human progressively advances through different levels of conscious awareness. Brain processes individual life experiences to crystallize ideas in pursuit of ideals. However, each individual has different level of physical and emotional abilities as well as limitations. As a result the relative comprehension levels vary.

Looking at the history of humanity and its conscious thought process, the concept of God seems to be an idea and an ideal that is constantly being pursued. It is invisible and perceived as the source of all that we see and envision. However, a common man is a believer and follower of what can be seen. Therefore, traditional religious philosophies seem to have incorporated images of God in various forms familiar to humans. These include sculptured statues and paintings on canvas to enable concentrate on the idea and ideal identified as God. Devotional and unquestioned surrender to focus individual energies is palatable to a predominantly emotional frame of mind. This approach embraces ritualistic traditions.

Another form of image worship for the devotionally inclined is through adoration of self-enlightened Masters that have lived in flesh and blood on Earth. The exemplary lives lead by such individual mirrors the adorable ideas and ideals. Each pocket of humanity has ready access to self-enlightened Masters within the physicalities of their own living environment when

the seeker's mind is open to the enormous possibilities of life that lead to universal wisdom. The presence of a self-enlightened Master is not and cannot be a one time phenomenon in the evolutionary process of humanity and its conscious awareness.

For a philosophical, logical and scientific mindset, blind faith is not an option for consideration towards comprehending the universal consciousness. A simple example is interpretation of the word Eternal via Vedanta philosophy of life which reasons that "Anything that is created, produced or manufactured has a date of birth, a life span and an end or date of termination. This applies equally to all living as well as non-living matter. Eternal is that which has no end and that automatically implies that it is without a beginning". This mindset of physicalities has its own built-in limitations.

After carefully considering the religious (devotional), philosophical and scientific approach to life, it seems that every individual seeks out the most desirable path for self realization based on conscious awareness.

Belief System

It is important to be aware and recognize differences in belief systems, although it is not necessary to agree with them. Family and cultural backgrounds primarily shape belief systems. Wisdom guides us to mutually disagree, agreeably. Personal belief system defines a Man and his actions.

Change

We can change ourselves much more easily than try to change others. Change cannot be imposed. Wisdom prompts each one of us to become the change.

Writing

Writing helps in sharing thoughts and becoming more aware of our own self.

Obvious

Often, the obvious is hidden from our conscious awareness.

Intensity, Meditation, and Revelation

In normal conversations the words intensity and meditation seem to imply concerted efforts to attain something. The word revelation seems to imply seeing or witnessing something unexpected. All humans seem to be brainwashed and habituated to attain something and see or envision something out of the norm.

Planet Earth constantly rotates around its own axis and simultaneously orbits around the Sun. If we were to ask the Earth to stop rotating and orbiting for doing meditation, we will be asking the Earth to become extinct. For an individual to meditate, keeping the mind still poses the same challenge. Human mind is like a monkey on the shoulder that cannot sit still because of its very nature.

A curious seeker of meditative experiences enthusiastically enrolls in a 13-day course hosted in a modern spiritual retreat - to learn about meditation. After successfully completing the course, a certificate is awarded. The course attendee returns home feeling uplifted and proudly hangs the certificate in full view of personal ego. The core meaning and purpose of meditation may be easily forgotten if it has not become a part of the individual experience.

Meditation is not a time bound session. It evolves naturally as the rhythm of our body synchronizes with the universal rhythm and modulates the intensity of the seeker. Struggling for meditative concentration defeats its very purpose. Trying to meet an objective, a goal or expectation of a miracle is not the language of meditation.

Devotion, silencing of the senses and mind is the environment of meditation and through it surfaces a unique experience and realization. Devotion is the vehicle of transportation in meditation. Devotion is simply the process of becoming devoid of yourself. The self-enlightened Masters advise the seeker that revelation through meditation is an individual specific, self-enlightening and empowering experience that cannot be verbalized.

When we live harmoniously with every element of Nature in and around ourselves, the revelation becomes a part of us and removes any duality. In this all-inclusive consciousness, there remains no further need to define, accept, reject or even entertain an idea.

Black and White

It was 1958. I was attending Graduate School at the University of Mississippi (Ole' Miss) at Oxford, Mississippi. At that time in the racially segregated state of Mississippi, black was black and white was white and never the twain seemed to meet except at work. Earl Mullen was a black man who provided janitorial services for the Engineering department building. Earl towered over six feet and comfortably packed 350 lbs. in his frame. He wore glasses and had a very pleasant demeanor. We chatted briefly every time when we met in the Engineering building while he was performing his regular chores. One day Earl offered a simple comment on the black and white segregation issue. He said, "Unfortunately, these folks (meaning whites) doesn't know any better". Earl said it with no malice towards whites and I admired that quality about him. Ever since then, I have always remembered Earl for his admirably pleasant and gracious demeanor even in adversity.

World Bankruptcy

In the 21st Century, as the world's currencies and their egos collide, the entire world is facing a Moral Bankruptcy. As usual politicians promise a way out of the messy quandary if you vote them into the offices of self glorification. Just remember that we are the ones who vote them in office and tolerate their naked dance that reveals everything except the Truth. A country gets the Government and governance it deserves.

Identity Crisis

God seems to have a serious identity crisis. It seems that God introduces himself to different individuals using different alias names and disguises. As a result, each individual has an opinion and a religion. God does not realize how badly he has divided humanity into various religious groups. When confronted with this serious allegation, he simply washes his hands off this charge by saying “ What more can I do, I have given each human a brain and freedom for thinking independently”.

Sin

National debt is a sin at national level. Personal debt is a sin at a personal level. Each sin has negative consequences in proportion to the severity of the debt.

Indebtedness is the manifestation of cumulative reckless habits and mistakes. Extending debt limits amounts to extending the perpetuation and limits of sins. Since the truth is bitter, each one of us including the politicians put a chocolate and cream coating for camouflaging it.

Indulgence

Obesity is accumulation of excess fat, which is invariably symbolic of indulgence. Fat souls are always looking for quick and easy ways to eliminate fatty weight. Unless the fundamental physical and emotional factors are addressed simultaneously, crash diet programs provide only temporary relief and false hopes. Forcibly eliminated fat of the body springs back with a vengeance. Even the accumulated individual financial problems are symbolic of habitual indulgence. Notice that birds and animals do not overindulge in their daily eating habits.

Man's Best Friends



God spelled backwards reads Dog. Both of them, God and Dog, remain our best and loyal friends irrespective of how we choose to feed, treat or spell them.

Balance

You are very likely to lose your balance, if one of your feet is stuck in the past, and you try to stretch the other foot in the future. Stand firmly with both feet grounded in the present in order to maintain a good balance.

Faithful Transition

In the coming centuries current faiths based on thunder, magic and miracles will begin to loose ground in the consciousness of humanity in favor of logic and reason. The currently prevailing concepts of faith, God, religion, devotion and surrender will evolve to a newer levels of all-inclusive universal consciousness. Surprisingly, an individual has the capacity to transition through the above mentioned anticipated changes in just one lifetime.

Child Labor



In referring to developing countries, the term child labor is invariably used without clearly understanding the reality of the economic picture in that country. With an air of self-righteous attitude, shopper or buyer of an industrialized country refuses to buy a product manufactured with child labor. In many cases the reality of the situation is that in developing countries, all members of an impoverished family, including children, have to work to ensure two meager meals for the day. It is a joint family effort, which is willingly shared with mutual love. It is not forced child labor. No parents like to see their children labor at a tender age. When poverty constantly haunts a family, the entire family pitches in willingly and lovingly. For them working hard and the whole family pitching in is not an option; it is a necessity.

However, it is fair to acknowledge that indiscriminate use of child labor does exist in several pockets of impoverishment, which needs to be monitored and addressed responsibly.

The ugly part of humanity reveals globally that in many cases, children are sexually used and abused for the pleasure of the rich and warped minds. Children are stolen from their parents

and traded globally in sex-trade because it is a very profitable business just like sale of arms and drugs globally.

Earth, Heaven and Hell

Listening to people it seems like, the Earth, Heaven, and Hell are three different planets. People who are members of the church are believers and therefore they are assigned to Heaven. The non-believers are assigned to Hell. Therefore it is easy to keep track of the population of Heaven and Hell. However, there is no available statistics of interplanetary travel between Hell and Heaven because their record keeping seems poor or non-existent.

The immigration laws of Heaven allow only the believers, whereas there are no immigration laws for Hell. Everybody is welcome there. Each individual's visa to live on planet Earth is only valid for approximately 100 years. After that time, you have to leave voluntarily or face deportation.

Love Thy Neighbor

Wisdom prompts that before we can understand the meaning of the phrase "Love thy neighbor as thyself", it is essential that first we will have to learn to love and respect ourselves.

Life

When we intellectualize life, we raise questions. When we internalize life, silence our senses and mind, unique experiences and clear answers surface.

Pity

An excellent technique to minimize yourself is to pity your own self. It is aptly called self-pity. Pitying others is an expression to show off self-righteousness, when indeed there is no intention of extending a helping hand to the needy. The needy do not have use for anybody's pity. They need skills and hope to empower themselves.

Audacity of Politicians

Politics is an attitude of Man to serve his own interests first. He who practices this attitude is a politician.

Politicians play games with common people whose interests they claim to protect and serve. They construed financial scams. Some politicians skillfully contradict their own statements and then lie consistently out of sheer habit until they are caught, prosecuted, and proven guilty. Then they apologize and claim that all of their actions have been in the interest of share holders or common people they swear to serve. This appears to have been the style of politics around the globe through centuries and continues unabated in the 21st Century. The common folks feel helpless and bewildered.

Trinity



The three faces on a common torso seem symbolic of the Universe, which is manifestation of Creation, Preservation, and Transformation. I saw this ancient and beautiful sculpture on a very tiny island, Elephanta Caves, which is off the coast of Mumbai, India. I don't really know what the sculptor was envisioning as he chiseled the rock into this beautiful sculpture. My brother Sudhakar, cousin Padmakar Halwe and I rode in a 12 ft. rowing boat to the Elephanta Caves for a picnic on a clear sunny day in the summer of 1950. The boat was equipped with sails and the two Goan boatmen appeared quite skilled in maneuvering the sails to take advantage of the wind. During the return trip, Sudhakar held out a Rs. 100 bill to pay the boatman. There was a gap of fraction of one second between Sudhakar releasing the bill and the boatman trying to grab the bill, and the Rs. 100 note merrily flew away into the robust wind. That Rs. 100 bill became a donation to the sea waves lapping merrily against the boat! The pleasant boat ride brought home the realization that our human body itself is manifestation of Trinity.

Universe

The philosophies of life originating on the Indian subcontinent namely Hinduism, Buddhism, Jainism, and Sikhism seem to share a common idea of envisioning the entire Universe through the sound of “Om” and its vibration. Om is an introspective concept that embraces an infinite universe emanating outwards from “Om” and eventually merging back into “Om” in a repetitive and endless cycle. The self-enlightened Masters prompt that “Om” reveals a unique dimension of life in which “Truth alone Triumphs”. This inscription appears in the Devanagari script on the statue of three lions at Sarnath, India, which was built during the reign of Emperor Ashok (304-232 BC) who conquered and ruled almost the entire sub-continent of India. The flag of current India also carries the same inscription with the three lions.

SATYAMEVA JAYATE



(Truth Alone Triumphs)

In a book (2010) titled “The Grand Design” the renowned physicists Stephen Hawking and Leonard Mlodinow suggest that “Because there is a law such as gravity, the universe can and will create itself from nothing. Spontaneous creation is the reason there is something rather than nothing, why the universe exists, why we exist”. The life experiences with a philosophical concept such as “Om” and a scientific concept stated in “The Grand Design” seem to indicate that Philosophy and Science are like two concentric circles that share a common center. The following link titled “The Scale of the Universe” provides glimpses of Universe that prompts us to crawl out of our eggshell.

<http://htwins.net/scale2/>

Preacher of Good Health



Baba Ramdev is a modern preacher of good health for every individual. He teaches by personally demonstrating the comprehensive Yoga and Pranayama system of exercises for preventing disease by attaining balanced physical and emotional health.

Baba Ramdev reportedly sleeps 5-6 hrs/day, and spends most of the time demonstrating and teaching benefits of Yoga and Pranayama systems to 200-2000 willing students every day. He consumes about 1500 cal/day, all of which is derived from vegetarian diet including milk, fruits, lentils, and whole grains. He can be seen either live on TV or CD's to comprehend the benefits of what he teaches.

Baba Ramdev is a proponent of “Ashtanga Yoga Sadhana” which is a comprehensive systemic approach presented by Rishi Patanjali (300-200 BC). Rishi Patanjali has been credited for encapsulating the wisdom of previous centuries into a comprehensive approach for enhancing and optimizing individual consciousness to merge with the blissfulness of the universal consciousness.

Teaching and Preacher

A sincere teacher induces and encourages the spirit of learning and self inquiry. Preacher is a word commonly attributed to religious teacher who invariably stifles self inquiry by feeding information that is not in their direct experience. So they promote invisible God and blind faith in what they teach. Teacher is a friendly guide for every seeker of knowledge. Any junkie can accumulate information from voluminous books readily available worldwide.

Beyond the borders of knowledge, an individual must walk alone (not lonely) to internalize personal knowledge and life experiences for self-enlightenment. Even a teacher and preacher has to follow the same path. This path requires a progression of conscious awareness through disciplined concentration identified as meditation, which eventually leads to an effortless state of meditation.

In the effortless state of meditation, an individual becomes self-enlightened about the universal truths. Beyond experiencing these universal truths, there is no further need. This state of consciousness is identified by various terms which include Nirvana, Mukti, Self-Enlightenment, Divine and several other; representing the unique inner experiences of an individual that cannot be verbalized or described by any language. This unique consciousness is realized solely on individual initiative. In the all-inclusive universe, each individual has an equal opportunity to experience it.

A sincere teacher's role is absolute in this ongoing participatory process. Each child fondly holds mother's finger for guidance in early stages of life.

Soul of Mumbai



Soul of a city is revealed mostly through the glimpses of normal daily movements of common folks.

Deserve and Desire

Through my mother's writing in the book titled *Seamless Generations*, a subtle message surfaces that in life we ultimately receive what we deserve and not what we desire. Acknowledging this reality enables us to move forward. In this wisdom we gradually find the answers we seek to comprehend our universal identity.

Common Center

Along the circumference of a circle, 360 points can be equally spaced. Each point on the circumference has a clear view of the circle's center. Each point represents a separate point of view of an individual about the common center. Each individual interprets the central idea called "Life" differently. Respect the opinions of other individuals who interpret the common center differently.

Thought

The age, date or time of a thought is not relevant. When a thought crosses your mind, seize the moment to experience it. Enjoy it as a momentary breeze that refreshes you.

Imagine and Experience Soul

How in the world can you imagine or experience something that you cannot even see? Let's pretend and imagine Soul: As a pure form of energy that breathes life in all creatures and creation. As a self-perpetuating energy without a form, name and source. As an energy that is eternal (without an end) and therefore without a beginning. As an energy without a parallel. As a concept that can only be experienced by becoming a part of it.

Reflections on President Obama's Speech to United Nations (21st Sept. 2011)

A sincere and brief statement on the status of the modern world. A world statesman that eloquently demonstrates sincere moral leadership in thought and action. A statement on the reality about two neighboring countries that teach their respective children to hate each other can attain peace only when they talk directly with each other. No UN resolution can attain it. Calling on all world leaders to ensure for their respective citizen's dignity, hope and fair opportunities in life. Openly asking the UN members to support these aspirations.

Fear and Love

Do not try to please and bribe your personal God with fruits, sweets, and other material objects. Those are the very things that God has created for you. Efforts to please God out of fear, programmed love, and greed has zero spiritual or religious value. God only accepts love.

Brahmakumari Shivani of Mt. Abu stated that "Love and Fear could never exist together".

Son of a Gun

Historically, a King's son has assumed father's throne in due course of time.

A corrupt politician or a bureaucrat amasses assets disproportionate to his income. His son invariably turns out to be a bastard; in other words son-of-a-gun. Wrong money only leaves price-less traditions.

A creative and industrious entrepreneur who earns large amount of wealth during his own lifetime, generally becomes a benevolent giver and shares his wealth for the benefit of his fellow men. This entrepreneur's children generally follow parental ideology and successfully manage father's enterprise, because children learn from what they see.

Learning and Liking

Mathematics is generally a boring subject for a student. The same student begins to enjoy math when he begins to sense logic in it. In the same way, meditation becomes interesting only when its core purpose gradually surfaces in conscious awareness.

Inactive Mind

Stagnant water becomes a breeding ground for bacteria and mosquitoes. Similarly, an inactive mind breeds negative thoughts. Flowing waters irrigate the land and lives in its path.

Royalty

Royalty and regality comes not from the crown that is worn, but from the heart that beats to a universal rhythm. We get glimpses of that royalty by watching the regal grace of a Tiger or a Lion in its natural habitat.

Pride

Pride builds on good performance and only then radiates out. Hidden within a good performance is dedication, focused concentration, balance, desire for excellence, which radiate as effortless ease. It is more than assembling Logo blocks.

The Untouchables

There seem to be distinct classes of Untouchables in each country:

The Rich, who continue to become richer.

The Politicians, who manipulate themselves and everybody else.

The Mafia, who provide services only to those who can afford to pay.

The Poor, who never receive the trickle down benefits of economy.

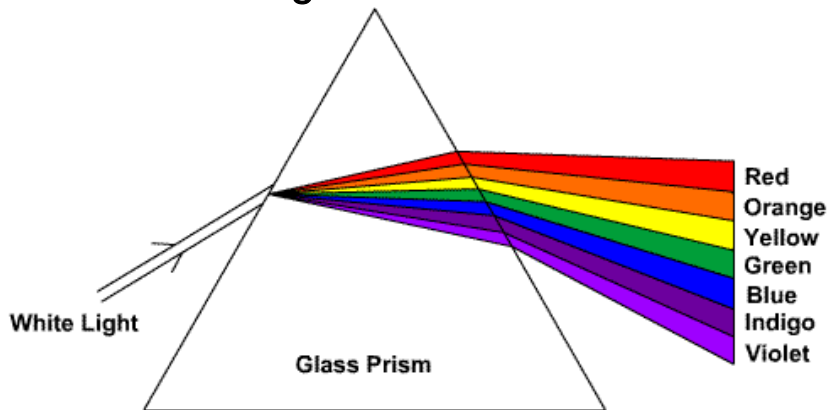
The Intelligent, who have all the answers.

So far the branded social experiments identified as Democracy, Capitalism, Socialism and Communism have provided only partial and inadequate solutions for the social dilemmas of humanity. Greed and ego of Man seem to undermine most systems of governance. Hopefully, newer and better ideas for self-governance will evolve and emerge to ensure fairer opportunities for an average citizen and minimize the dominant role of the Untouchables.

Reality Check

Realize that only 100 years from today, there will be no person who will know you personally. But do not belittle yourself. Your entire life from conception (fertilization of egg in mother's womb) to the last breath on planet earth is a journey that You have undertaken consciously to experience the veracity of life to find yourself.

Dimensions of Thought



In high school, I coined the abbreviation, VIBGYOR, to remember the seven colors of a rainbow in their specific order. V-Violet, I – Indigo, B- Blue, G – Green, Y –Yellow, O – Orange, R – Red.

We learnt that when a beam of light impinges on one side of a clear glass prism (shape of a Pyramid), it comes out of the opposite side split into seven colors, VIBGYOR. Due to the same principle, rays of sunlight impinging on multiple water drops in a morning fog or in front of a waterfall produce a beautiful rainbow effect. Specific names have been assigned to each color.

Our mind seems like a clear prism. A thought entering our mind seems to split into several dimensions. We try to give each dimension of thought some meaning at our own level of consciousness.

Herd

Fools multiply rapidly, follow each other and become a herd. Out of the herd, a few are able to apply logic, reason and rise above the herd. Prof. P. R. Deshpande of Dhantoli, Nagpur, India quipped during one of his lectures:

Man+Asses = Masses.

Reborn

The philosophical concept of birth, death and rebirth appears to be a cycle of cause and consequence. To eliminate a consequence, the cause must be removed. Some politicians have their own take on the same subject matter.

Some politicians claim to be “Reborn” for getting more votes and unfortunately succeed. After assuming office, they obey only God’s orders and disregard the voters interests.

Subsequently, God’s orders seem to be rephrased by the Defence establishment for clarity of actions to be executed.

Religion, Spirituality and Politics are not dog and pony shows.

Music

Classical Music is a form of prayer (Ibaadat), which is neither Hindu nor Muslim. Heard this refreshing comment by an Indian classical musician.

Lotus

Lotus is a beautiful flower with rich shades of pink and purple that gradually closes its petals after sunset and then re-opens its petals in rays of the rising sun. A creeper of broad leaves that floats merrily on top of stagnant water, it spreads its roots in the water underneath.

Lotus grows merrily in land locked lake with stagnant waters, which is a breeding place for green moss, thick silt, and a broad range of insects. One day during daylight, we pedaled our canoe slowly meandering through the still waters of a lake full of Lotus flowers.

At arm length, we could see and touch the floating broad Lotus leaves and flowers on their firm stems. But we did not feel like plucking away the beautiful Lotus from its firm stem. The Lotus was silently communicating a message to us, saying: "I can grow happily in my natural habitat of stagnant water full of silt, moss, and insects; so can you in your own natural surroundings".

Singing out my Heart



To mirror his feelings, Ashwin Surendra Deo sang out his Heart. (Following lines are written by Ashwin's uncle, Suresh Deo)

It seems that I have wandered off,
Feeling a bit lonely, and distanced.
There, in that direction, way out yonder,
Lives my dear Soul in a simple cottage.
To get there, I tread in wooded land on narrow
footpath,
Meandering through tall and thick blades of grass,
Walking and listening to creatures of all kinds,

Creatures happily singing their own tunes.
Then comes along a Turning Point,
A huge Banyan tree stands at the corner.
As I turn, I will see the abode of my loving Soul,
Passionately expecting me to return and reunite.
When I sing, I often feel the vibrations,
My Mother advising “Always remember your Roots”.
My Father writing in his last letter to me,
“Take Good care of your Mother”..
My Father, only 31, died on the battlefield,
Just one week before my first birthday,
Defending honor of Motherland as he had vowed.

Filters

Habitually we tend to wear selective filters on our eyes and ears. As a result, we see what we want to see and hear what we want to hear.....including the Truths.

Doctorate of Philosophy (Ph.D.)

The above Degree is conferred upon you by a University in the hope that you will continue your enthusiasm for reaching out to newer horizons of knowledge; and that the Degree of Ph.D. marks only the beginning of that self-enriching process.

P = Philosophical bend with grounded feet.

h = humility, humbleness and honesty in reaching out for knowledge.

D = Dedication and devotion to your chosen path.

I had casual lunch with two individuals who had earned a Ph.D. in their respective fields of choice. One of them casually remarked that he had no tolerance for mediocrity; and the other Ph.D. promptly concurred saying "Yes, me too". A flavor of ego and arrogance seemed to surface through the remarks. Ego, arrogance and intolerance are not a part of P, h, or D.

Festival of Lights

Diwali is the annual festival of lights in India. May the beautiful traditional oil lamp(s) bring rays of optimism and joy in our life.

One day of the Diwali festival is dedicated for worship of goddess Lakshmi, which is symbolic of wealth. The concept of wealth includes wealth, health and harmony. However, Lakshmi is not complete without her husband Narayan, which is symbolic of universal wisdom. Therefore the couple is referred as Lakshmi-Narayan, which is symbolic of comprehending that wealth is not complete without the wisdom. That is what formulates a common expression “Fools and Wealth part easily”. This expression applies equally to individual, family, nation as well as civilization.

Identity

Gods do not compete amongst each other because there is only one of them. Giving it a different shape and name does not change its inherent universal identity. A child is born without a name tag or clothes and yet presents a transparent self-identity. But the society is ever eager to put its own stamp of identity on the newborn child.

Dissolving or Evolving

A religious individual traditionally holds folded hands facing upward during devotional prayer. Upward seems to be the preferred direction. Concentrating and focussing within seems to be the direction of self-enlightened Masters with a simple prompt that the universe that lies outside of us is identical to the universe that resides inside us. Either way, the approach to dissolving or evolving in universal consciousness is an individual specific point of view and there is no right or wrong choice. It is like two concentric circles sharing a common center.

Philosophically, the concepts of Zero and Infinity are not measures of distance or time. Both are inner experiences for self-revelations. Scientific or religious books cannot guide you in that realm. In total individual freedom, you become your own guide in the experience.

Sin

Self-pity is one of the worst sins you can commit against your own self. Don't let anybody preach you on what sin is because you always know it on your own turf.

Intellectualization

Over intellectualization of life can cause constipated consciousness.

The Ever Green Epic

Self-enlightened Masters that introspect on the message of Gita and experienced its message provide some simple and subtle prompts which are listed below:

- Karma is all about you and you alone.
- Karma is consequence of your own making, your actions and their consequences. You have the sole ownership of it all.
- Karma is the only reason you exist in a body. If you do not have karma, then you cease to exist. Consequently, if your karma ceases at this moment, you will cease to exist instantly.
- Your thoughts arise out of your cumulative past actions and their consequences. Your current thoughts will condense into immediate actions.
- Consequence of bad actions is bad or negative karma. You earn and fully own your own karma. You cannot pass on your karma to anybody else.
- Karma is always cumulative irrespective of whether your action is conscious, subconscious, or unconscious. Cumulative Karma gets automatically deposited in your Karmic Bank Account. Nobody keeps track of your personal Karmic account except yourself.
- No outside agency (God or Goddess) assigns the Karmic account to you. You cannot nominate anybody else for this account. Consequently, after your death, this account does not pass on to anybody else.
- Individual specific combinations of physical, intellectual, emotional, and spiritual faculties of life guide you simultaneously. The stronger of these faculties

- influence the over all quality of your Karma.
- As consciously performed positive Karma accumulates, the negative accumulated Karma progressively diminishes.
 - By thinking or talking negatively about others, you accumulate bad Karma for yourself. In order to improve the balance sheet of your Karmic Bank Account, you have to consciously indulge in positive thoughts and actions. As an example, when you graciously acknowledge a positive gesture made by others towards you, and you reciprocated with positive gesture, it will become your good Karma.
 - The reward and consequence of your action is always what you deserve, and not what you desire. In the long run, you will realize that it is always right for you. It is the result of your cumulative Karma through ages. Accept it gracefully.
 - Take full responsibility for your own Karma.
 - If you see somebody helpless, do help the person as best as you can. Humanity in you prompts and prods you to do it. Do not shrug off the situation by saying that the helpless person is suffering because of his own bad Karma. Genuinely helping the needy will generate good Karma for you.

Optimism

A newly elected American President, John F. Kennedy was to deliver his first inaugural speech in Jan 1960. At that time, my parents were visiting me while returning from Edmonton, Canada to India. We went to the Sears and Roebuck store on State Street in Chicago and enthusiastically bought a 19-inch TV.

On the inaugural day, the chill and exuberance of the morning air in snow clad capital, Washington DC, was filled with enthusiasm and expectations from a new youthful President. In his speech, Kennedy promised that “Within a decade, America will put a Man on the Moon”. On July 20, 1969, the National Aeronautics and Space Agency (NASA) delivered on that promise by safely landing two astronauts, Neil Armstrong Jr. and Edwin “Buzz” Aldwin Jr. on the Moon and brought them safely back to Earth in Apollo-11 spacecraft. Optimism facilitates power of intention to produce remarkable results.

Terrorist

Terrorist is the embodiment of Anger. An angry Terrorist is ever consumed in the fire and heat of revenge. There is a Terrorist (Devil/Shaitan) in each one of us that needs to be understood and tamed.

Guru

Guru is a Source that continually empowers us to experience universal wisdom within. Guru can be a person or a personal experience and neither is limited to one.

The very first Guru for every human in the fetus stage is the subtle personal experience in mother's womb. In the womb, the fetus experiences the effortless universal process of being and becoming.

Every element or grain of Nature presents itself as a Guru. We react to vehement criticism only when it delivers even a grain of truth. in that case, the critic becomes a Guru.

A genuine Guru is empathetic friendship always accessible in one form or another to assist in maximizing ourselves and reach the destination of our own conscious choice.

Word

A word or thought appears in the empty space of our consciousness and seeks meaning. Three words that just appeared in a sequence seeking their respective meaning are Information, Realization and Revelation.

Information = Books of knowledge and search engines like libraries and Google provide information.

Realization = Through accumulated information and life experiences, some realization gradually surfaces in our conscious awareness. It is like the layer of cream that gradually appears floating on the top of milk as it cools down after boiling. Initially the cream appears thin and then gradually becomes thicker.

Revelation = Totally independent of our mind and thought, some reality reveals, dawns or presents itself, which is invariably self-enlightening.

Steve Jobs



Steve Job's sister offered an excellent eulogy tribute saying, "Steve broke all walls around him. Walking around prestigious college campuses, Steve dreamt of an Apple campus without walls".

In line with Adam and Eve, what a great Job you have done Steve in raising the credibility of an Apple. One apple a day keeps you moving forward. It seems that creative people like Steve, Adam and Eve break walls around themselves in a spirit of freedom and not in a spirit of rebellion.

Every religious organization has traditionally built walls around their places of worship and philosophy of life. The Universe is embodiment of creation in which there are no boundaries. The creation and the creator are one and the same.

Excellence

Man struggles through life in pursuit of excellence, and eventually discovers that excellence and harmony is incorporated by Nature in his own body. That is when Man turns his attention inwards and discovers himself.

Mirage

Humanity is constantly pre-occupied chasing the mirage of durable world peace. If the mirage disappears, humanity will not know what to do with itself. The only durable peace that an individual is able to attain is within and no peace accord is required for it.

Journey

In the journey of life, we tend to easily remember the most outstanding characteristics of people. We remember the bully, the terrorist, the complainer, the cruel, the fatalist, the self-righteous; as well as the optimist, the kind, the visionary, the gracious receive, giver and friend. Gradually as we mature in life, we realize that there is a grain of each one of them in us and we try to temper ourselves.

Mount Everest and Gauri Shakar

Geological survey records the tallest mountain in the world as Mount Everest, which is in the Himalayan ranges of the Indian subcontinent. Indian philosophy of Vedic era identifies it as Gauri Shankar. Edmund Hillary of Australia along with sherpa Tenzing Norgay of Nepal conquered the Mt. Everest for the first time in 1953.



Tenzing Norgay of Nepal at the summit of Mt. Everest, 1953.

Man claims to physically conquer the peak of the highest mountain on Earth and plants a flag there. It is a remarkable physical feat of endurance and dedication. Philosophically, the ultimate mountain worth climbing stands in the human consciousness. The word Gauri implies Energy and the word

Shankar implies the tall mountain of consciousness. Gauri Shankar represents the energy of the tall mountain and more symbolically the energy of the Universe. Aspire to climb the tallest mountain, which stands within our consciousness, at the top of which Silence has never been broken. We do not want to conquer Nature; instead it seems wiser to blend with it and become an integral part of it. All other living species do it naturally.

Respect

Respect your elders for what they are and not expecting what they should be, because you did not produce them. It is not wise to try to change anything that you cannot. Let your own built-in wisdom guide you to change your own Self.

Bully

Bully is a person that appears strong on the outside, but is invariably weak in effectively dealing with their own emotional issues. Self-disciplined person is invariably a beneficiary of balanced physique, emotions and tenacity for life.

Politician

A typical politician generally over verbalizes his desire to serve the people because they are potential voters for his personal cause. A selfless worker performs, delivers, and sincerely acknowledges his team workers.

Sincerity

Sincerity stands out effortlessly even in a crowd. Insincerity skillfully doles out worldly advice that listeners like to hear. A sincere Guru is a guide that shakes up individual foundations and misplaced belief systems, and challenges the individual to take full responsibility for their own actions and their consequences.

Absentee Management

We don't have to look too far to witness ideal example of an efficient absentee management system. Every aspect of Nature within and around us is efficiently and effortlessly being run and managed on auto pilot systems. We humans wonder in awe about the efficient auto pilot system, and keep on searching for its elusive Manager.

I am Tired

I am tired of searching for the elusive God because I don't even know where to look.

Ole' Miss



This is the name of my Alma Matter, The University of Mississippi at Oxford, Mississippi, USA.

At the entrance of Ole' Miss campus stands a Bronze statue on the top of a white towering pillar overlooking the incoming traffic.

The statue is that of a Confederate Soldier holding a rifle in left hand, and the fingers of his right hand gently touching the edge of his cap.

We addressed the Confederate Soldier standing at the entrance as a Rebel. The college football team was also identified as The Rebels. An old tale at Ole' Miss goes like this:

Every time the Rebel standing at the campus entrance sees a Virgin new student entering the campus of Ole' Miss, he gracefully raises his cap in honor of the Lady. Unfortunately, the Rebel hadn't had an opportunity to raise his cap for over one hundred years!

The Rebel continues to greet every visitor with a warm Howdy.

Blissful Surfing Realization

Awe, fear, humor, passion, pain, and tears are some of the prominent emotions that enable a human to fully experience and appreciate life. Ultimately, out of these multitude of experiences surfaces awareness of a blissful consciousness that is ever enriching.

Based on his personal experiences, my maternal grandfather Dr. P. G. Nakhare, a retired Civil Surgeon, wrote, “Practicing breathing at progressively slower rate provides a unique sense of conscious awareness”. A snapshot of his simple meditation technique suggests:

“By consciously suspending all thought process, this technique of slow (deep) breathing leads to an effortless state of meditation, which progressively leads to a unique, individual specific inner experience that is self-enlightening. This unique realization just “Happens” and surfaces only in total absence of any expectation. It is not an objective to be achieved”.

Hell and Heaven

Hell and Heaven, Devil and Divine are imaginations of Man. Man, ever fearful of the unknown and the unexpected. When the reality of Truth surfaces from within, Man basks in the consciousness of blissful reality.

Vision

With my progressively declining vision (eyesight), I can more clearly sense and envision the beauty of Nature and the harmony within its entire universal framework. I am now more inclined to assess individuals more by the quality of their voice than their physical appearance. It seems like an involuntary change of perspective.

The Almighty “I”

Irrespective of our age, each one of us is very familiar with the all pervading sense of “I” within us. We readily say:
“I” go to the church, temple, masjid, or gurudwara....
“I” perform my rituals religiously.
“I” am arranging a fund raising campaign.
Only when the “I” sizzles and fizzles out, some unique experiences are able to surface.

Soul of the Country

The most common denominator of a country, the common Man, which includes male and female, is the greatest asset of a country. He accurately feels the pulse of his own country irrespective of whether he is literate or illiterate. He mirrors the country’s Soul. That is why the voting right and participation of each common man is precious in the free political elections of any country. Politicians that underestimate the wisdom of common man pay a heavy price in the long run.

Religious Books

The Bible, Koran, Gita, and for that matter any other religious book is composed by Man and not prompted by any invisible God. Understanding and experiencing the subtle message in the religious book of your choice is more important than debating the superiority of one over the other. Reading the religious book of only one faith and being afraid of even reading the other is ample proof of Man's ignorance about himself.

Other living species, besides humans, do not read any religious books and yet use their innate ability to harmoniously blend with Nature.

Finding Ourselves

Each life form is an embodiment of the self-perpetuating universal energy. Many humans choose to address it as God. Any inanimate matter is also the manifestation of the same energy. Fundamentally energy is formless and nameless. It has the innate intelligence to create, preserve and transform all forms of energy. Amongst the numerous life species on planet earth, only humans seem to have the discriminating mind that can transcend various levels of consciousness. Some individuals are able to find themselves early in life and as a result become self-enlightened and light up the way for others to find themselves.

Classic

Whether a composition is written 5 years ago or 5000 years ago is not pertinent. If the message communicated through it energizes the consciousness of Man to sense and experience universal wisdom, it becomes a classic. The essential spirit of a classic encourages free self inquiry to continually renew and reinforce varying levels of individual consciousness while addressing humanity with a sense of all-inclusiveness.

Self Discipline

Parents or teachers do not impose the disciplines of punctuality and consistency on children although it seems like that they do. These are norms built in each one of us by Nature. Listen carefully to your heart that beats regularly and consistently for you. It started throbbing for you with a consistent rhythm from the moment of birth, and will continue to throb for you until your last breath. That is when you will cease to exist. During your lifetime the heart is loyal to you unconditionally. Self-discipline and consistency is Nature's way of self-preservation.

Prayer



A prayer is not Muslim, Christian, Hindu, Jewish or Buddhist. In the innocence of our child like awe and wonder, a prayer tunes and matches our inner vibrations with that of Nature. When our frequencies match, we get in touch with our real Self.

Conflict

In the atmosphere of conflict and accusations, a skilled politician invariably makes guarded statements about the truth. While the guarded statements come in various shades, the real truth invariably lies somewhere between the accuser and the accused. Both parties in a conflict get a sense of gratification that they exist for a cause. Two kids have the same feelings when they get into a fight.

Immaculate Conception

Immaculate Conception seems to be a designer phrase for influencing the immaculately faithful.

From another viewpoint, every human is an Immaculate Conception of human consciousness. In the same sense, every living species is an Immaculate Conception of Universal Consciousness.

Trance of Expecting “Nothing”

It is 4:30 PM, in Pune, 11th Nov. 2011. My wife Usha and I just finished drinking our afternoon tea while sitting in the upper balcony of our house, which faces West. Rays of the setting sun are bright, but comfortably warm and soothing in the mild winter. The ceiling fan above is rotating at a low speed setting. Since the sun's rays are bright, Usha chose to sit with her chair facing sideways. I chose to sit facing the bright sun, which bathed me from my trunk and up. I was imagining that the sun rays were feeding me Vitamin D without me having to make any effort.

It is now 4:45 PM. Usha finished her tea and decided to get refreshed for attending a lecture on Regression Therapy and related topic(s). I decided to continue basking in the setting sun, which is gradually descending toward the western horizon. I have no plans to go anywhere. So, I decided to stay in my chair, close my eyes, relax, and just do nothing.

As I gently closed my eyes, an aura of the sunlight was clearly visible through the eye lids. There were no images in my mind nor any thought. I just wanted to sit there idly experiencing a soothing feeling all over me and within. The slanted rays of the sun still felt warm on my skin. I just sat there for 30 minutes expecting and experiencing absolutely nothing. Expecting “Nothing” for 30 minutes was very relaxing. I got up to insert the pleasant experience in my Journal.

It is now 5:40 PM. The sun has dipped under the horizon, but

a brilliant golden hue has lit up the sky. I just realized that at the moment our son, Deepak, who is on his way from Chicago to Pune is sitting in the Lufthansa aircraft flying at 55,000 feet above the ground and cruising around 500 MPH. We plan to receive Deepak at the Pune Lohegaon airport tomorrow at 3 A.M.

Deepak will stay with us in Pune for three weeks. Then the three of us will leave for Addison on 31st November in anticipation of our first granddaughter who is expected to be born in the first week of January, 2012.

Now completely out of my Trance, I am expecting many things!

Devotion

Blind devotion or faith is an emotion that needs to be tempered with wisdom. Wisdom available or accessible to a person in a given moment is the sum total of the individual's conscious life experiences. Wisdom is dimensionless and not static. Faith can move mountains only if the symbolic significance of the mountain is realized.

A picture or sculpted idol is symbolic of ideal(s) that Man holds dear to his heart. Similarly, any other form of art or music serves the same purpose. Concepts and practices of religion, spirituality, sin, and heaven simply represent Man's constant aspirations to seek the envisioned ideals of life. When the aspirations and struggles of life gradually fragment and dwindle, a unique wisdom surfaces that sets a Man free of all human bondage. It is that freedom in individual consciousness that drives each one of us to actively explore and engage life.

Mother Nature

An elephant's baby looks like an elephant. A Giraffe's baby looks like a Giraffe. A Snake's baby looks like a snake. A human baby looks like a human. Therefore, the fickle human mind concludes that the creator of humanity must look like a human. Mother Nature has fitted humans with a creative brain to figure out who they really are. Nature has also provided eyes and feet to walk a path of awareness.

Two Dogs

Our front neighbor across the street has two watch dogs. Their job description is to bark at intruders. They are usually tied inside the front gate with a leash. Both of these dogs seem to bark at every human that walks or drives by their front door. The daily newspaperman, milkman, postman, and visitors must feel utterly rejected by the dogs. What are the dogs trying to say to humans when they bark at them even without any provocation? Do we humans treat dogs so badly, that they express their emotions' by barking?

But the dogs are ever so forgiving and eager to please their master. It seems that in order to evolve further, we humans have to learn so much more from the dogs.

Clarity

It seems that:

Life is not about how long you live.

Wealth is not about how much you amass.

Scholarship is not about how much you know.

Happiness is not about how much you party.

Wisdom is about simplicity and clarity of thought.

When the core purpose of what we seek becomes clear, struggle ceases.

Simplicity in Innocence

During 1940-41, I was in fifth grade studying in Sule High School, Nagpur, India. Before the beginning of classes at school, we assembled on the grounds for prayer. Each class (grade) lined up separately. The entire staff stood in front of us in an elevated verandah (patio).

One day, immediately after the morning prayer, our Head Master announced in a somber tone that Mr. Rabindra Nath Tagore had passed away this morning and therefore it will be a day off for school. I barely heard the name RabindraNath Tagore, but clearly heard that “it will be a day off”. I presumed that Rabindra Nath Tagore was a student of our school. I darted straight back home. My Grandmother asked how come you are back from school. I told her, one of our school students had died and therefore it is a holiday.



In the following year, we were reading a book for our English language class. A poem in that book was about the rainy season. I have always had an infatuation with the rainy season and therefore the poem had appealed to me. Since

then, I have always remembered the starting lines of the poem, which started out something like this:

“ On a rainy day of July, I floated a paper boat in the streamlet and watched it move forward.....” The name of the poet was Rabindra Nath Tagore and that is when I learnt that Mr. Rabindra Nath Tagore was a Nobel Laureate. He received his Nobel Prize (not because I had read his poem) because his various writings had touched the vibrations of human hearts around the world.

The simplicity of Tagore’s poem still stirs my heart because it had touched me during my innocent years.

Hidden Messages

In a conversation, a person casually states “I do yoga, pranayam, and meditation for one-hour every day”. Each word or group of words in the short sentence is loaded with self-revelations and affirmations.

I = My personal body and mighty ego.

Do = My effort, indulgence, and struggle.

Yoga = Physical exercises to attain mind and body coordination.

Pranayam = A system of regulated breathing exercises to complement yoga.

And = More than just yoga and pranayam.

Meditation = Effort to concentrate on a focal point, idea or ideal.

For One Hour = Time frame limitation.

Every Day = Regularity.

What is the purpose for all this effort?

An answer often heard is – I want to be healthy, balanced, peaceful and happy.

Progressive self-realization enables a positive attitude towards the journey of life.

Honesty

It seems that when we honestly accept our weaknesses and ignorance, we begin to truly understand ourselves.

Die Hard

Every religion on earth is Man-made. There are die-hard Hindus, Christians, Muslims, Jews, and followers of all other manmade religions who would kill and get killed in the name of their religious faith and personal God or Goddess. There is no faith that commands “You shall kill or extinguish life”.

Every faith, which is just a way of life, suggests supporting and enriching life with due respect to the environment in which to conduct daily lives. Common sense owes its origin to Man’s desire to blend with Nature and feel its natural vibrations.

An old saying reminds us that if you extinguish somebody else’s candle, it does not make your candle burn any brighter”.

Thanks Giving

Thanks to the bounty of Nature and its generosity. I have no special and separate reason to thank you God because you have always given me what ever I have needed and deserved. But thank you for not giving me what I desired.

The Trifoliate Bel' Leaves



I was a guest in the home of a couple in their mid seventies. After eating breakfast with them, I was sitting alone at the dining table leisurely sipping and enjoying my hot cup of tea. In an adjacent small room, the Man of the house was busy performing morning rituals of traditional worship (puja). He sat facing the pictures and idols of his revered God(s), Goddess(es), and Gurus. Several accessories required for the worship surrounded him. The expected list of accessories included assorted colored flowers, Tulsi leaves, Durva (blades of special thin grass), and the trifoliate Bel' leaves. In addition there were incense sticks, betel leaves, and a set of copper dish, spoons and water pitcher.



The relatively small room always seemed cluttered with

pictures, idols and accessories required for performing the daily rituals. The door and window of the room was kept open allowing fresh air in.

The Lady of the house was peacefully meditating in an adjacent room. Both rooms were visible from where I sat. A recently employed, 20-year old, full-time maid assisted the elderly couple with daily chores. The maid was hired from a nearby small village. Everyone in the house seemed to be quietly doing their own thing.

The pleasantness of the morning air was suddenly shattered by the angered voice of the Man of the house saying “I don’t have Bel’ leaves in my tray”. Apparently, the trifoliate Bel’ leaf is traditionally offered during worship to the Shiva God along with flowers. His wife heard the unmistakably angry tone and quietly asked the young maid to go downstairs and get some Bel’ leaves from the garden. The maid promptly stepped downstairs and after a few minutes returned empty handed reporting humbly that she could not find the Bel’ leaves in the garden. Upon hearing that comment, the Man of the house angrily roared “Now, do I have to go down personally to get it?” Upon hearing that outburst, his wife said to the maid “How could you not see the large Bel’ leaf tree in the garden?. The innocent maid was afraid to admit that she did not know what a Bel’ leaf is or looks like. Wisely, the baffled maid kept quiet. She had probably never performed a traditional worship in her lifetime. She could not have possibly even comprehended what the Bel’ leaf had to

do with God worship!

Then the lady of the house asked the maid to go down again, talk to the security guard on duty to help her identify the Bel' tree in the garden. Ultimately, the Bel' leaves landed on the tray of worship, and the problem was resolved. An uneasy quiet descended in the residence.

During all this period flavored with anger and confusion, I wondered if the Deities present in the room of worship had wished to excuse themselves to catch some fresh air and peaceful moments. The remaining worship proceeded according to the traditions.

A few years later, the Lady of the house died peacefully after a small ailment. Six months before her death, she had confided with her sister-in-law by saying, "I have no interest or desire for living any longer. My only remaining wish is to submit my body and mind to God in as pure a condition as it was given to me at birth". While the lady of the house lay quietly on her deathbed, she seemed to have voluntarily checked out of her physical body much before the doctors would have the opportunity to pronounce her dead.

Witnessing the practices of various religious faiths, traditional rituals and religiosity (exhibition of self-righteousness) around the world has been self-revealing and self enriching.....to say the least.

Wisdom of ages has been encapsulated in religious rituals of mankind. Worship performed with the right frame of mind and with appreciation of the rituals is self enriching. Performing the same rituals mechanically robs its purpose, and it simply becomes a dog and pony show. The trifoliate Bel' leaves, ever witness to the drama of human life prompt us to be consciously aware of Creation, Preservation and Transformation phenomena of the Universe of which humans are an integral component.

Measure of a Man

The term “Man” used here include and implies male or female.

One measure of Man is in effective management of the impulse driven actions and experiences. Procreation, which implies bringing up a family, is simply an affirmation of life. Power of technology has taken Man far in different endeavors of life. Technology has taken Man high in space and to the depths of the seas; and bears the promise to reach out much farther. Technology is creation of the fabulous human mind.

Another measure of Man is the depth of his inner experiences and the wisdom that surfaces from it. The word “Purshottam” (literally translates as the best Man) coined in Sanskrit language connotes a Man that is able to experience the difference between his physical body and the life energy (soul). The same Man goes on to further experience the non-duality between the life energy and the all pervading universal energy (universal soul). This kind of individual is identified as the self-enlightened Man, the self-enlightened Master or the Purshottam.

This level of human consciousness has been identified in various philosophies originating on the Indian sub-continent by expressions including EkOnkar, Adwaita, and Om.

Dimensions of Spirituality

What is spirituality? It seems that we keep on redefining ourselves and as a result redefine the word spirituality. Therefore, comprehending or gauging its dimensions may be like chasing a mirage in the desert.

Reading, writing, computing and listening to speeches on philosophy or religion may have very little to do with spirituality. This feeling stems after interacting with diverse people in life and realizing that there are only a handful of people who fit the image of being spiritual as we perceive it. Those handful individuals seem to guide our individual conscious awareness. It is not necessary to define a good concept. It seems more important to experience it.

Acts of Awareness

Every time you open your mouth for speaking or eating, watch the contents of what you speak and eat. Speak pleasantly and eat nutritious food with every bite. Follow the universal law of moderation.

Images of Wishes

Man has a natural tendency to assign the God-concept an image of himself. A Man gets angry and curses. His God also gets angry and lays curse on humans. A Man who is fearful of the unknown is also fearful of God. A peaceful Man's God is peaceful, loving and ever forgiving. A white Man's God is white, brown man's is brown, and the black man's is black. However, there is no separate white, brown or black color in the colors of the rainbow, which displays only Violet, Indigo, Blue, Green, Yellow, Orange and Red (VIBGYOR). Man imitates Nature's sounds, whereas Nature does not imitate Man. In remote places of the world, untouched by civilization, there are deep lakes with waters so still and clear that they reflect the deep blue skies and the white clouds above. Looking vertically down the deep and clear waters, Man can clearly see the bottom of the lake. In the depths of his own stilled consciousness and its tranquility, Man longs to see a clear image of his own Self.

Pets

Dogs are really lucky to have pets such as humans that cook, provide shelter, and care for them. Can humans identify any pet (of another species) that cooks, provides shelter and cares for them?

If Wishes were Horses

An old Arabic saying “If wishes were horses, beggars would ride”.

Wishes are always free, so why not wish. So, I would like to:

Learn music to mingle and fuse with its vibrations.

Learn painting to experience Nature’s beauty and its spirit.

Learn sculpting to feel the connection with the elements.

Learn serving others to enrich myself.

Learn to do absolutely nothing and not get bored.

For fruition of all of these wishes,

It seems that I will have to be reborn over and over again.

I look forward to these experiences,

Until I have no further desire and wishes.

In the mean time, it seems like a l-o-n-g journey,

But as long as I am enjoying it, what the heck! But as I

journey through life, I realize that this is the intellectual part of me talking.

The wisdom stemming from the self-enlightened Masters (Rishi) of the Indian sub-continent affirm that there exists a distinct possibility that all of the above desires will be resolved in this very lifetime by understanding the unending cycle of desires. They introduce, affirm and help us experience the state of consciousness of permanent bliss in which emotions of neither satisfaction nor dissatisfactions exist.

Top of Jungfrau

That was March 1963.

It was out of sheer curiosity that I had decided to visit the ice and snow clad Jungfrau Mountain in Switzerland. My hosts, Fred and Freda Schaffter, living at #2 Chemin du Nant Caila in Geneva had recommended visiting Jungfrau. Arriving by train from Geneva in the evening, I checked into a hotel in Interlaken, which was a small town at the foot of Jungfrau. Next morning as I rode the small train climbing up the mountain, my eyes feasted on the beautiful countryside and the multicolored houses sparsely sprinkled along the countryside. The small train slowly meandered its way to the mountaintop. Stopping at the last station, it emptied all passengers on the small platform.

The small hotel at the top offered warm refreshing coffee and sweet rolls.

It was a clear and cool day and the sun radiated the needed warmth. Along with the other visitors, I stepped out of the hotel to walk along a ledge that led to a small plateau on top of the mountain. The ledge bordered on a steep valley slope that froze my wits. Finally, stepping on the relatively flat portion of the small plateau offered a comfortable feeling to steady ourselves without holding on to anything. The breathtaking sight was ice and snow packed mountain peaks bordered on all sides with deep valleys. The plateau that we stood on also sloped downwards and therefore we dared not walk too far away from where we stood. Daring youngsters were enjoying walking up to the edge of the sloping plateau

to peek at the valleys beneath. Breathing the fresh chilled air while soaking up ambience of the mountain ranges all around was full justification for the wise choice to visit Jungfrau, which means the young maiden.

After enjoying the refreshing mountaintop for an hour, I gradually walked back to the warmth of the hotel to enjoy a hot cup of coffee and some pastry. Stream of small batches of tourists kept on coming and moving around, but the place never felt crowded. As one batch of tourists came, the previous batch seemed to leave. After some time, the familiar faces that I had seen on my train were leaving one by one to get back to the train platform at the lower level of the hotel. I decided to linger a bit longer to soak up the beautiful landscape visible through the large glass windows of the restaurant.

After noticing that most visitors in the restaurant had left, I decided to step down to the train platform. Only one person standing there told me that the last train of the day had already left 20 minutes ago!

I had to go back to the hotel lobby and ask for a room to stay overnight. Plenty of rooms were available; because besides me, there was only one couple staying at the hotel. As I walked with my room keys in my hand, I noticed that the couple was a man in his 40's romancing with a 20-year young girl. I was a lone 30-year young ranger at that time!

After puffing over my oversight and missing the train, I settled down in the restaurant to enjoy some beer. The waitress serving the beer chuckled because she knew that I had missed the last train.

The following morning, I took the first train to return to my hotel in Interlaken where I had my entire luggage. Since I hadn't returned to my room the previous night, the hotel clerk chuckled and said, looks like you had an enjoyable evening at the top of Jungfrau. I told him that the other man did!

Om (a, u, m)

A commonly heard curiosity about Om has been “Is that the Hindu thing?” Om is an introspective philosophical concept, which enables experience of universal wisdom that is beyond knowledge.

The linkage of naval, spine and brain addresses the nervous system of human body. The nervous system manages the human body functions. The vibrational sounds of a, u and m are pronounced in a progressive sequence while envisioning the important link between the naval, backbone and brain. Health of the mind depends on the health of the nervous system.

Important philosophical concepts such as Om are only experienced through introspection. Steadying our body, breath and silencing mind is the first significant step for introspection. In the silence of introspection, there are no directions (N-S-E-W) nor distances.

Chanting and immersing yourself in the vibration of Om does not make you a Hindu, Christian, Jew or a Muslim. The vibration of Om offers a technique for methodically breathing and introspecting for self-enlightenment.

Fresh Delicacies

A Lion lives gracefully in his natural habitat. He relishes eating fresh food and then takes plenty of rest; reportedly sleeping 18-24 hours after a good meal. A human trespassing through Lion's natural habitat is simply ignored, probably because humans seem uninteresting. On the other hand, a human generally gets scared upon sighting a Lion in the jungle.

As the Lion gets older and weaker, his ability to hunt and procure fresh meal becomes more and more difficult for him. He cannot just go to a McDonald's or Kentucky Fried Chicken. The aging Lion begins sighting slower running animals for his fresh meal. In that weakened stage of life, he begins pouncing on cows, buffaloes, sheep, dogs and other domestic animals because these animals are slower and weaker.

Out of sheer proximity to the domestic animals live some humans. The humans who own the domestic animals naturally try to fight off the Lion's advances. In such encounters with humans, the Lion quickly finds out that the human is another interesting animal that runs slow, is scared of the Lion and therefore an easy prey. Once the Lion tastes a human, he knows that it is a delicacy as well as an easy catch. Then the Lion adds humans to his list of delicacies.

The book titled Man Eaters of Kumaon describes how Tigers become Man eaters out of sheer necessity.

Regality of Sanskrit

Sanskrit is a rich language not because it is one of the oldest languages of the world. Becoming old is not an accomplishment for either a language or a human because aging happens automatically.

Sanskrit has one of the most evolved and lucid grammatical structures that has enabled effectively encapsulating human thought, its spirit and wisdom. Even before the language could be written, human thought was encapsulated in Sanskrit verses to enable recitation and store in mind. Scores of verses were formulated, recited and passed on verbally through centuries. The mature grammatical structure of Sanskrit held the integrity and spirit of the verses. Subsequently with the gradual availability of writing mediums such as dried tree barks, leaves, and eventually introduction of paper, the verses were written down and transferred for more permanent records.

Richness of the contents of those writings is what makes Sanskrit regal. Several outstanding epics written in Sanskrit language radiate the philosophical concepts of eternal and universal consciousness for humanity. These epics encourage individual interpretations to enable evolution of human consciousness.

Magic of Predawn Hours

4 AM is when most of the animals, birds as well as humans are normally sleeping or snoring away...and consequently oblivious to the Magic of the predawn hours.

After graduation, my first job (1956-57) was with Suhrid Geigy Pvt. Ltd. at Baroda (Varodra), Gujrath, India. I worked in a chemical plant that manufactured Tinopal, which was an optical bleaching agent that made white clothes look whiter. The plant operated around the clock with three 8-hr shifts.

It was my turn for supervising the night shift, 11 PM to 7 AM. After taking charge of the shift from the second shift supervisor, I would get busy making sure that the processing instructions were being followed by the operators. That activity kept me busy from 11 PM to 2 AM. If everything was running smooth, there was not much follow up required and I would feel groggy just thinking that rest of the world was happily sleeping at home. At that odd time, I would have not much inclination to do really anything. You cannot even daydream at those god-forsaken hours. The relatively boring time dragged on from minute to minute, interrupted by question from operator working diligently on the shift.

Then around 3:30 AM, an invigorating feeling infused the atmosphere as well as my whole being. My desk on the second floor of the plant was close to a door that lead to an open terrace, I would step out to breathe the refreshing energy in the air. It was still dark outside and the stars twinkled wondering about the world beneath. My sleepy feeling gradually receded tapering away.

Around 4 AM, the sleepy feeling quickly relieved me from its clutches. I would feel much energized and wide-awake. That exhilarating feeling is what I refer to as the Magic of 4 AM. It felt as if the entire atmosphere had absolutely no negative vibrations, and it felt like the real dawn of the new day. You may not comprehend the Magic of the predawn air until you work a night shift!

In my earlier student years, I had glimpses of the Magic of 4 AM when we started our year-end crash studies for the annual exams. An alarm clock blaring at 3:45 AM. would wake up we 5-siblings. One of us would prepare tea and then all of us sipped the fresh and hot tea in an effort to wake us up completely. I cursed the blaring alarm clock everyday, but thoroughly enjoyed the hot cup of tea before starting the study session. Our minds seemed very alert and receptive for studies in those early morning hours. It was the magical effect of the pre-dawn and the following couple of hours.

Intolerance

One of the major weaknesses a human develops in its psyche is intolerance. Several centuries ago, a scientist stated that the Earth was round, contrary to the commonly held belief that it was flat. The religious authorities of his time had believed and pronounced that the Earth was flat, and therefore put the scientist to death accusing him as a non-believer. Several centuries later, the Church apologized. So far, the Church has had to apologize on several other occasions for similar reasons.

Every religious organization of the world, without an exception, is Man made, and therefore susceptible to the weaknesses of Man including intolerance of other opinions. Unfortunately, even the 21st Century bears ample testimony to the intolerance of Man in religious as well as social aspects of life. It seems that Intolerance is owned by Man, and his God lets him.

Intolerance appears to be a manifestation of false identity of Self.

Ignorance

If you interpret another individual's humbleness, patience, gentleness as signs of weakness, then your ignorance about your own Self is appalling. Carefully watch a mother of any species handle her infant all day and everyday. If you haven't noticed such common sites, you are also emotionally blind.

Son of God

When a human discretely or directly proclaims himself to be a Prophet or Son of God; it is an implied assurance that each one of us is also a Son of God. If you are son of a big shot and choose to misbehave, then you are Son of a Gun. Each one of us has the freedom to choose and inherit the consequences of our choices. Consequently, we are the creators of our own fate or destiny. It is not rocket science!

The Energy of Fear

Most of the time we are just afraid of the unexpected or the unknown. For some, fearfulness becomes a self-destructive habit. Fear drains life energy and limits the life energy available during the day. Fear can drown Man even in a fistful of water. Fearlessness in all aspects of life empowers us to improve the quality of daily life. In the epic Gita, the character of warrior Arjun symbolizes fearlessness, which empowers us to make wise choices as well as bravely accept any and all consequences of our actions. If you fear God, you may be in the company of an imposter.

Experiencing a Thought

It is more important to experience a thought than read or speak it. Only experiencing a thought enables us to discard the unnecessary ones; and keep the mind clutter free.

Perceptions

Lakshmi is worshipped as Goddess of wealth in Hinduism; it is purely a symbolism. For many, the word wealth implies happiness. For some, wealth implies owning gold, diamonds, real estate, company shares, stocks and bonds. For others, happiness may simply imply a happy family that enjoys daily life in an atmosphere of togetherness.

The secret of real wealth and happiness may lie in the quality of good daily sleep, appetite, and ability to relax.

Return of the Prophet

No Prophet would dare return to this Earth because of the mess his followers have made of themselves.

I am the Boatman

Hearing the doorbell, I opened the door. Two ladies, one much older than the other, stood politely and studiously flashing a smile. The younger one was clutching a few books. The outside temperature was cold. The older lady politely asked, may we come in. I said certainly you can. I guided them into the living room. Sensing a pause after they were comfortably seated, I asked gently, the purpose of their visit. The younger lady smilingly said, might I ask what is your faith? I knew instantly where the question was coming from. I responded politely, you are looking at it. I am the faith. The younger lady innocently said "No seriously". I said "I am serious". Then she continued "With your faith, are you aware when is the world coming to an end? I responded that nobody has informed me about it as yet. At this point, the older lady added, we are here to talk about the reality and the faith that offers hope. To cut the conversation short, I said politely "If you know and really believe that the world is ending at a certain time/period, I am absolutely sure that it is coming to an end for You; because You have sown that seed in your own mind. And, if you are promising that a boatman is coming to save us, I am not waiting for him. I am the boatman. The conversation ended with each face wearing a different smile.

Mayor Cory Booker had said in a post:

"Before you speak to me about your religion, first show it to me in how you treat other people; before you tell me how much you love your God, show me in how much you love all His children; before you preach to me of your passion for your faith, teach me about it through your compassion for your neighbors. In the end, I'm not as

interested in what you have to tell or sell as in how you choose to live and give."

Fortune Teller

If you want to know your future and fortune, do not go to a fortuneteller. The fortune teller seems to be able to accurately predict what you would like to hear from him and the amount of money you can pay for his services. In this regard, his predictions get better and better as he sees more and more gullible clients.

Your future and fortune is in your hands simply because it is a result of your choices, actions and their consequences. If you do not or can't manage your present, your future will manage you. You don't need to go to a fortuneteller to know this.

God

The idea, ideal or principle represented by the word God is to be experienced. Each one of us is born to experience it in life. The word God is not meant for formulating a religious organization with rules and regulations. God is simply a reality to be experienced at an individual level of consciousness. Each one of us is on a conscious journey to experience it.

Self-imposed limitations prompt us to use image(s) to visualize an idea or ideal. That may be why we create God in our own image.

Eternal

Logic and reason open up human mind to explore unlimited dimensions and possibilities.

The word eternal implies “that” which has no end and consequently implies that it has no beginning either.

Truth is eternal, universal and simply exists on its own weight. Truth does not exist in parallel or in a state of duality. Truth is not created, prophesied or promulgated by any religious authority.

Each one of us has unlimited and unconditional free access to experience eternal truths. This is an affirmation for those who dare and desire to realize and experience the truths. In the universal truths lies the secret of eternal blissfulness. Self-enlightened Masters have consistently alluded to this wisdom of reality through the Vedanta philosophy of life.

Disagreement

When some one radically disagrees with you, look at it as an opportunity to appreciate a different point of view. However, that does not necessarily mean that you have to agree with the other point of view. The wise amongst us are invariably careful listeners.

The Drone Technology

Invasion of privacy is an age-old habit of Mankind.

Creation of Monsters

The history of developing weapons of mass destruction (WMD's) includes a very broad range of weapons. These included the piloted bomber aircraft, nuclear arsenal, germ warfare, self-blowing terrorists, the unmanned drone bombers and others. Many more sophisticated WMD's will be developed in centuries to come. All of these technical advances hold the promise for humanity to self-destruct itself, while Mother Nature laments "What Monsters have I created".

Hypocrites

All self-righteous people are hypocrites of a high order. They say one thing and their intentions are the opposite. They are always politically correct. For their own good, the wise would rather be politically incorrect, but transparently honest.

Awareness

Awareness is a vibration of life that we are constantly trying to match with vibrations of the universe in search of harmony.

Epics

Epics are classics that people always praise but seldom read.

Resume

In the good old days, a personal resume represented the sum total of mistakes and unaccomplished tasks. I am not aware how resumes are written these days because I haven't looked for a job for over two decades. Now, I wouldn't want to rewrite my resume because it will be a longer list of lies! That is why, I chose to retire.

Equal Opportunities

In pursuit of religious idealism, some countries wish to reinstate laws that were written 21 centuries ago. Since the times have changed, some amendments in the old laws may be in order. The scope of one law in particular needs to be amended. The old law states that “A woman charged with adultery shall be stoned to death by Men”.

The proposed amendment shall allow Women to stone a Man to death when found guilty of adultery. That is fair and simple to insure a level playing field for both sexes. The only problem that may arise is that the casualty rate of Men will be disproportionately higher! A fair law always ensures equal opportunities and justice for one and all.

Citadels of Learning

Each individual's natural surroundings and personal experiences are the citadels of learning and sources of wisdom. Wisdom condenses subtly from these sources in diverse ways. Special environments are privileges of only a few and do not necessarily ensure access to wisdom of life.

Choices

Dr. Phil says, "There is bad news and good news about life. The bad news is that we have to make choices. The good news is that there are choices to make".

Some choose to live in frugality and die rich.
Some are born so rich that they do not value their choices.
Some die so young that they do not get to make choices.
Some live so long that they forget the choices they made.
Some enjoy the goodwill of people by the choices they make.

Ignorance

Ignorance is bliss as long as you are unaware of your own ignorance.

Biography of Learning

Sincere teachers dispense small pieces of messages in cute memorable ways that become huge gifts for enriching conscious awareness. Mother is invariably the first teacher. Out of my several good teachers in life, I have chosen to mention two teachers:

Mr. N. S. Hadas, our Head Master at Hadas High School in Nagpur, India subtly communicated the following messages during 1943-48:

- Respectfully use and conserve every natural resource.
- Engage yourself in life with a spirit of learning and optimism.
- Good discipline is not imposed from outside. It has to stem from within.
- When you are learning, do not run after people you admire.

Dr. Frank Anderson, Chairman of our Chemical Engineering School at University of Mississippi (Ole' Miss) at Oxford, Mississippi subtly communicated during 1958-60:

- A student's commitment and dedication to learning is far more important than the name of the school or its standing amongst the prestigious schools of learning.
- On the university campus, you will meet some good people and others not so helpful. Make use of the good ones.

These simple lessons were not taught in classrooms by the teachers; instead passed on in casual conversations. Learning seems to be an effortless process of osmosis when it is effective.

Ignorance of Gray Color

It was January 30th 1958 as I stepped out of the Grey Hound bus in Oxford, Mississippi for the very first time. I had just arrived from India to pursue graduate studies at the University of Mississippi (Ole' Miss), which was the home of Rebels.

During those years in Mississippi, "Black was black and White was white; and never the twain seemed to mix". Naturally, the consciousness of gray color seemed to be absent in the social life. The word Black was in common use in referring to the Afro-Americans. The Blacks went to pray in the black church and the Whites prayed in the white church. The only exception in either church was the piano, which could not play the music without using the black and white keys. During those years, Wilma Rudolph was an unknown young black athlete. She was tall, thin and ran like a deer. In the 1960 Olympics held at Rome, Wilma earned the distinction of becoming the first American woman to win three gold medals in track and field during a single Olympic Games. Every American proudly applauded Wilma's accomplishments.

During 1958-60 there was no black student in the entire student community at Ole' Miss nor at any other college campus in the state of Mississippi. I was probably the only Brownie and seemed to draw curious glances when I sat comfortably in a White restaurant along with my white friends from the university.

Nobel prize winning journalist Tom Freedman said during a TV interview “When you start seeing elephants flying around, shut up and take notes”.

Nostalgia

Day one of New Year is always a nostalgic time for me. On the New Year's Eve, 31ST December 1957, I boarded the ocean liner “Seven Seas” from Bombay at approximately 5 PM. Holding the railing at the edge on the open deck of the ship, I was looking down at the pier where my brother Sudhakar and a close childhood friend Pumpy Herlekar stood waiving bye-bye to me. As the departure time approached, the thick and heavy ropes that tied the ship to the pier were released; the ship's horn made the sound that signaled our departure time. The ship slowly pulled away from the pier named “Bhau Cha Dhakka”. The shore seemed to recede extremely slowly and my two dear well wishes at the pier continued to wave their hands while I reciprocated. They continued waving for almost 30 minutes until I could not see them anymore. Gradually, the receding coastline looked remote and the horizon appeared broader and vast. The sun was hugging below the horizon. I was overcome with an intense feeling of separation from my dear ones and the land of my birth. In the intensity of that emotional moment with mixed feelings, I felt that I would not be able to stay away from India for more than a few year. The emotions seemed mixed because I was embarking overseas to witness and experience different lands and its people, to learn how they lived and thought about life. My immediate destination at that time was the USA.

I look back over the span of 50+ years that have rolled by since I left India on 31st December 1957. I have a distinct feeling that India has provided grounding for my life, and the exposure to the outside world broadened my horizons

providing a bird's eye view of the world I live in. With the combined benefits, I feel more complete. The nostalgia seems to be about the inevitable continuous change.

Our first grand daughter Arielle, coincidentally born on 31st December, 2011 in Chicago, Illinois seems to be a testimony to that change and our window to the future.

Day One, New Year

Every resolution made in the euphoria of New Year's Eve seems to be very brittle. Preferably, make a New Year's resolution on day one, when you are able to see a curved line only as a curved line. Last night you crashed while driving on the way back from the party because you interpreted a curved road as a straight road. Do you also remember that you thought that the red traffic light at the intersection was a signal to take a nap, until the cop woke you up and asked for your driver's license? Two strikes in one day, Sir!!

New Year's Eve

Enjoy it. If you feel like drinking alcohol, drink it without guilt. Do not try to drown yourself in alcohol because you will surely drown. Remember that your body is heavier than alcohol. Do not try to drown your worries in alcohol because every worry will surface the very next morning.

Turning Point

Have total faith in your own Self. When your life's Turning Point comes, you will be able to make the right choice. Life's Turning Point comes in various disguises.

Time and Space

My nephew Ashwin S. Deo scribbled a short note to post on Facebook:

“I guess that’s the way it is, space creates space for itself and time creates time for itself.....And within that time and space, the mind creates its own illusions!

Effortlessness

How a fetus grows in the womb ,cell by cell, in an orderly manner.

How we breathe with a regular rhythm, often without even realizing it.

How our heart beats to a rhythm from the moment we are born.

How our brain monitors all body functionalities.

How effortlessly all of the above functions are carried out

Performing daily tasks with the spirit of effortlessness enriches our consciousness in immeasurable ways. That happens only when we fall passionately in love with life.

Suntan

Surfing constantly on the top of ocean waves may provide instant gratification. However, it may deflect your attention from realities of life. Man does not live with suntan alone.

While Rome Burned

As Emperor Nero watched Rome burn, he wept standing on his regal terrace. He signaled to get a small goblet in which to collect his royal tears. Many seasoned and blatantly selfish politicians watch their own country burn in the flames of corruption, waste, and moral degradation.....as they relish their own successes at plundering.

Hospitality

When you are expecting guests to stay with you in your home, the question is not how many bedrooms you have. The question is how much space do you have in your heart.

Dimensions of Death

“May his soul rest in peace” is a widely used expression of condolence. How many of us understand what death and soul really means? Don't ask me because I do not have the complete experience as yet and therefore I may ask questions like, what is a soul and where does the soul rest in peace? Some presumptuous religions of the world offer simplistic answers by assigning destinations for the body and soul after death . Hell and heaven are some of the vague destinations. Hell seems to be a backup, if admission to heaven is denied. Once the destination is assigned, there seems to be no mention of any migration between heaven and hell. The believers nod their heads and accept the elusive answers. An expression such as “Beyond human consciousness” used by my brother, Sudhakar, feels soothing when we grieve for the personal loss of a dear one.

When we gets tired, we need rest. Does the soul get overworked and tired during lifetime of a Man and needs to rest in peace? Where do the body and soul choose or prefer to rest? When using the expression of condolence “May his soul rest in peace” there seems to be a hidden thankfulness that at least for now “I am breathing and not dead”.

At three different times over a period of 50 years, I have passed out into a state of complete unconsciousness. These episodes seem to have given me a partial glimpse of death. The state of total unconsciousness is a blissful experience of nothingness. It seemed like I was neither here, nor there, nor anywhere else. Each time, immediately after regaining consciousness, I have said to myself “ Oh Shit, I am back

here". In comparison, the experience of nothingness was so blissful, I was pleasantly beyond human consciousness while my loyal heart continued to beat for me.

The self enlightened Masters allude to the wisdom that in our breath may lie the key to experiencing what we become after death in the larger context of the universe. Simplistic answers about death and beyond are not acceptable to a maturing level of human consciousness. Death seems to be an experience beyond the dimensions of the human mind. Death is experienced by each individual only once in lifetime; may be because it is such a meaningful transition and transformation. It seems that the concept of soul may be realized only at an individual level of consciousness. Who knows, it may come as a pleasant surprise!

Rowing our Own Canoe

Each individual seems to row his own canoe through the River of Consciousness. It is an individual journey to experience life in its varied dimensions.

The three words Religion, Science and Philosophy mean something only after they become part of personal experiences. Only then some meaning is assigned to them at individual levels of consciousness. Here is my take on the three words:

- Religion: Baseless assumptions, blind faith, and miracles seem to lay the foundation of an organized religion. It is like a house of cards that is assembled without a foundation, which collapses at the slightest touch of logic or a wisp of reason. The core binding force of a religious faith is an idea or ideal called God, which cannot be produced, proven or disproved.
- Science: Its base is built on sound observations, physical measurements and logical deductions. Its findings can be replicated universally by any reasonably trained individual.
- Philosophy: It builds on the base of deductive logic and reason. Physical measurement is not its prime criterion.

Science and Philosophy are both argumentative by very nature. Both build on the solid foundation of logic, free inquiry, reproducibility, and universal acceptance of its

consensus. Religion, Science and Philosophy are integrated faculties in the consciousness of each individual. Individual consciousness has the innate ability to discriminate and transcend through the three different faculties of mind and utilize the strengths of each.

Each individual constantly assesses the merits of all three faculties (Religion, Science and Philosophy) to navigate personal Canoe through the River of Consciousness in order to experience life from a meaningful perspective.

Stories

Aesop's fables (620 BCE), and writings of Hans Christian Anderson (1805-1875) mesmerize children; the stories entertain, educate and light up the imagination of children. Morals and messages are subtly communicated through the stories. In these stories, every character is important. As children grow up in life, they enjoy reading and hearing more about real life stories to engage themselves.

Stories of each religion, past and present, are a combination of myths, mythology and fables but with a twist. In order to gain credibility, religions try to present their respective stories by tying them to historical dates, miracles and including people who have lived in flesh and blood. The messenger is invariably glorified more than the precious message.

Unless the religious message is internalized and experienced by the reader, it remains just a story; leaving the reader to remain only a child.

Uplift and Uphold

Do morals uplift a Man or does a Man uphold the morals? Morals that define a Man are codes of conduct guided solely by individual consciousness. The difference between good and bad morals are the consequences.

Old Age



As the sun begins to dip towards the western horizon, the shadows of our memories begin to appear longer and longer. Fewer and fewer people are left to share the old memories. Then there is a right time when the sun sets and the shadows disappear.

The Mad World

All I want to be able to do is add a touch of sanity, simplicity and fragrance to the mad mad world around me. Each one of us is an integral part of it.

Hypocrisy

Do not be anti-God, anti-Religion or anti-philosophy, but be anti-Hypocrisy. The ideas and ideals conveyed by the words God, Religion and Philosophy do serve relevant purpose when properly interpreted and experienced.

Any word is meaningless unless and until it becomes a part of our inner experience. This is especially true of the two words God and Religion, which have been grossly misinterpreted inflicting so much misery and pain on humanity for centuries. The equivalent words for God and Religion in languages other than English bear various interpretations in different cultures.

When these two words, God and Religion , create human conflict and confusion, certainly the words have not yet served humanity's inner needs. God is an inner experience of harmonious fusion between the creator or creative force and its creation; whereas Religion is its outer traditional reflection.

The hypocrisy of modern world appears to make a mockery of the precious all-inclusive idea called God.

The Hell broke loose only when the Gods and Religions theorized by humans collided on planet Earth.

Hypocrisy is a transparent veil; however the person wearing the veil is not aware of its transparency. Be anti anything that is hypocritical.

Zero Tolerance

I have Zero tolerance for idiots. I am an idiot. However, this handicap has given me a huge playground to use my commonsense for exploring life. Every handicap in life comes with a blessing in disguise.

Cheap Cheap



The sales ads and posters are broadcasting post holiday sales every where. They are now offering up to 50-60% off the regular price. I will have to wait until the discounts hopefully go up to 70-80 % and sometimes they do. But then, I may not find anything that I like or fits me! All I really need is a pair of sleeping pajamas and some candies. How cheap can you get? The bird sitting on a near by branch was chirping cheep-cheep.

Shattering a Mindset

A working man does not cook. A working woman cannot cook. Every adult, who can eat, should be able to cook. In order to avoid conflict, a modern working couple eats in a restaurant.

Rotten Potato

I have a strong nose that readily picks up the smell of a rotten potato even in the midst of 25 lbs potatoes stored in a reed basket. If there are two or more than two rotten potatoes, then the whole storeroom smells unbearably rotten. Becoming rotten seems like an infectious disease amongst potatoes grown with modern agricultural techniques using excessive and toxic chemicals including insecticides and pesticides.

The story is not much different amongst humans. Self proclaimed religious fundamentalists and terrorists are like spoiled potatoes that tend to infect people around them. Personal ego, ignorance and intolerance are toxic to human psyche. Like spoiled potatoes, these elements need to be isolated and discarded from human consciousness.

Holy Place

Holy place is a destination in the consciousness of a human that can only be reached by riding on the silent waves of devotion. Devotion is all about becoming devoid of yourself.

Lie

A sugarcoated lie can never become a truth.

Soul of Humanity

Here we are in the 21st Century, proudly claiming to have the most evolved brain amongst the living species, and yet so vulnerable to our own stupidity. Humanity's genealogy and progression of thought process has evolved to find answers or solutions to questions that have not even been asked. We claim to predict about the world beyond this life and in some cases the world before this life. Yet, we remain so insensitive to the disparity amongst fellow humans around ourselves.

Fortunately, there are always a few amongst us who balance the extreme right and the extreme left. They demonstrate it by simply living and leading exemplary lives. These are the humble self-enlightened humans. They are always there to save humanity from its own stupidity and self-destruction. They are the embodiment of the Soul of Humanity.

M and W

Invert the letter M and it becomes W.

M=Money and W = Wealth.

Both are durable and valuable in a spirit of generosity.

However, the emotion of possessiveness tarnishes both of them into vanity and vices.

Attending a Party

Some guests invariably arrive early at a party. Some arrive consistently late and are amusing pathological liars offering excuses for being late. Then there are those “punctuals” who arrive on time, every time for the party. Some of these punctuals repeatedly mention about their punctual habits. They stress themselves and others by harping on punctuality. However, there are those who effortlessly pour in, blend in , and exit the party with a pleasant demeanor.

It takes all kinds of people to make the party a fun time. The hosts try their best to cater to different tastes.

Consistency

Recognize that our heart beats to a consistent rhythm for us throughout our lifetime without even expecting an acknowledgment. In doing so, it is silently communicating to us the importance of good work ethics, consistency and selfless service.

Fear

In as much as fear is an integrated self-defensive mechanism in all living species including humans, it seems that humans learn to fear as we grow up. A new born child seems to have the absence of fear because of its natural innocence and ignorance. Fear seems to be a manifestation of ignorance and feelings of inadequacy. Fearlessness, which has to be cultivated in human character, enriches human consciousness. The character of Arjuna, depicted in the epic Gita, is symbolic of fearlessness in facing life coupled with willing acceptance of the consequences of your own actions.

Fears seem to manifest in human body in the form of chemical imbalances resulting in different diseases. Overcoming the fear of inevitable death is an important aspect of self-enriching human awareness.

Wisdom

Wisdom is not Googled or gobbled up information and knowledge. Wisdom that an individual needs seems to condense out of personal life experiences. Wisdom seems to be individual specific conscious awareness, which eventually leads to universal consciousness. That is why it may be important for each one of us to be ever vigilant and sensitive to our own life experiences.

Composition

A composition is presented in the form of prose, poetry, music, or a combination of these. Brilliantly crafted compositions carry subtle messages that enhance reader's conscious awareness. The essential spirit of a spiritual message prompts to become consciously become aware of our subconscious.

Through the passage of time, such compositions are narrated, staged, modified, glorified, interpreted or misinterpreted as they are passed on to following generations. A composition becomes an epic or a masterpiece only when the subtle messages communicated through it are internalized and experienced by the reader or listener at individual level of consciousness.

All religious books, which symbolize the body of a religion, are brilliantly crafted compositions that blend real live characters of the time along with fiction and philosophy of life, which become a way of life. As mature adults, it is naive to believe that the religious compositions and associated characters originated in some astral or make believe plane.... like the story of Santa Claus. The subtle messages communicated are far more important than the historical characters or dates of their origin. The original composers and writers of brilliantly crafted compositions do deserve their due measure of credit and compliments from entire Humanity.

External Trappings



A child does not need a rosary or any other external trappings to prove its innocence. An adult projects the intense desire for that innocence with various trappings to experience the idea or ideal called God. Devotion is not a religion, but simply an inner experience in which you become devoid of yourself.

For Your Own Sake

Every time you open your mouth, take full responsibility for what you put into it, and what you speak. Chew and taste your word before spitting it out.

Good Health Madness

There appears to be obsessive madness around the world about good health. People are excessively running, jogging, lifting weights, trying different diets and talking about burning calories. Realize that it takes hell-of-a-lot of exercise to burn calories. It takes less effort to control food intake and thereby prevent the need to burn excessive calories.

Excessive and compulsive indulgence in any habit is detrimental to health. Excessive exercise is harmful for the flexible joints of the body in the long run of life. Retaining flexibility of the joints is an important key to maintaining good health over a longer period of time. A lion and deer seem to maintain flexibility and strength of body with a graceful posture instead of good health madness.

For an average person, exercise should be wisely tailored to individual abilities and limitations. Regularity and moderation in all life habits are far more important than any rigorously punishing routines. Look around and observe the healthy and happy people of all ages that don't seem to struggle excessively to maintain healthy and pleasant demeanor. They eat wisely at every meal, rest adequately, relish regularity and above all maintain a honest passion for life by indulging in something they love to do.

My mother wrote that “Those who indulge in competitive sports and achieve a superior level of performance seem to perform consistently at their best rather than struggling to win. Victory comes to them as a benefit of their attitude towards life”.

Making a Difference

The politician that is present in each one of us struggles to make a difference in the society and the environment. It seems much more challenging and beneficial to enlighten ourselves before trying to make a difference for others. In the process, those who do make a difference seem to be at the right place at the right time.

Comfort Zone

There is a comfort zone in each one of us where we experience our own real Self. In the total freedom of that comfort zone, we effortlessly become and remain what we are. In an old edition (1950's) of Reader's Digest, there appeared a quote "Home is where you can sit comfortably anywhere and scratch any part of your anatomy".

Slavery

The inherited environment and the prevalent belief systems involuntarily enslave each one of us. Total freedom from the shackles of this slavery enables us to move forward and find our Self; but it requires courage and wisdom. Simply blaming the environment requires no effort and accomplishes nothing.

Wisdom of God

God does not judge anybody because he himself is no body. Yet, God has given everyone a brain to use and be responsible for everything they do. This way, God cannot be blamed for anything.

Consider the possibility that the all-knowing God had formulated a religion. Naturally, it would have been all-inclusive without any ifs and buts. In that case, there would be no need to send missionaries to preach it or terrorists to brag about it in foreign lands. Each individual would live comfortably in respective natural habitat.

However, God did not do that because he is far too wise than that. He does not indulge in petty things like starting a religion, write religious scriptures, and enlist followers. Instead, God gave man brain and freedom to manage himself and reap the consequences of his actions.

Misusing the unconditional freedom offered by God, mankind has launched world's largest business enterprise called Religion. With its Multi Level Global Marketing, the business enterprise thrives unabated. Major divisions of the global enterprise compete with each other. A God touted as superior and more benevolent seems to provide a competitive edge in marketing. The competition is tough and often turns bloody. As a result, a broad range of

ancillary industries have sprung up globally ranging from Weapons of Mass Destruction (WMD) to religious trinkets.

The self-enlightened Masters have assured through countless centuries that those who seek the universal wisdom of God, transition through various levels of consciousness solely through meditative introspection, which is solely an inner experience. Individual guidance for introspection has always been available freely to those seeking it earnestly.

Being and Becoming

An infinitesimally small egg becomes fertilized in the mother's womb and then the journey of human life seems to begin.

In layman's language, the unborn child (fetus) in the womb experiences the effortless process of being and becoming as the internal and external organs of its body gradually form in an automatic fashion. As yet, although the eyes do not see, the mind does not think, heart does not beat, and lungs do not breathe, still there seems to be an awareness of being and becoming.

After coming out of the womb and getting the first wisp of breath, the infant cries out loudly announcing its arrival. The umbilical cord that connects the naval of fetus to mother's womb is immediately cut off. Momentarily after being detached from the umbilical cord, the infant's body seems to sense touch, mind seems to activate and let you become what you want to be. The heart assures to keep on beating to a universal rhythm for the entire lifetime.

The subtle process of being and becoming gradually reveals the mysteries of Nature and our innate relationship with it.

Speed of Travel

Speed is important and useful for traveling long distances on the surface of the Earth and in space travel to the other planets. Exposure to other places beyond the borders of daily life, enhances conscious awareness. Faster speed of travel also accelerates useful technological advances.

The journey within identified as introspection is a different kind of travel. Meditation is a fancy word for the journey within in which speed is not at all a criterion. In this journey, mental thought process is gradually slowed down. In some cases, even the rate of breathing (breaths/minute) is gradually slowed down. Out of this progressive experience surfaces a unique kind of wisdom, which is not accessible through any scholarship of thought. It is an experience of bliss that each one of us is constantly searching for in order to become complete. These are the promises of the self-enlightened Masters through the history of human consciousness.

Common Sense

Each one of us is inherently blessed with a faculty called common sense. It constantly seeks harmony in all dimensions of life.

Effortless Innocence

Every newborn of every living species is effortlessly innocent. It appears to be indicative of the beginning of life with a clean slate. The effortless innocence has an unparalleled beauty of its own to behold. My maternal Grand Father wrote, “ One has to become simple as a child to experience the universal wisdom which is beyond knowledge”.

The Judge

Standing in front of a Judge in a court of law, an accused keeps one hand on the Holy book and swears “I will tell the truth and nothing but the truth” and then often states only 50% of the facts which represent the truth. Then the poor Judge has to perform the complex task of assessing the innocence or guilt of the accused.

Self-enlightened Master

Self-enlightened Masters are complete on their own weight. Consequently, there is no need for them to claim or prove that they are any one of the following: Son-of-God, Incarnation of God, Prophet, Messiah, or Saint.

Self-enlightened Masters enable an earnest seeker to become individually complete. Each earnest seeker has ready access to the wisdom of self-enlightened Masters without having to move out of their natural environment.

Prism of Conscious Awareness



A ray of white light incident on a clear glass prism splits or diffracts into its seven component colors as it passes through and comes out of the prism. Physicists tell us that each of the seven colors has its own frequency and wavelength. This is the same phenomenon that produces a beautiful rainbow across the sky. Sun's rays impinge on suspended droplets of mist or rain and split the sunlight producing the rainbow. Each color of the rainbow is separated from the adjacent color without any sharp line of demarcation. This is Mother Nature's way of harmonious integration of its diverse components.

From a philosophical perspective, the source of light energy impinging on the prism, manifests itself in the form of seven colors only while passing through the medium of a clear glass prism. These colors and their energies are what we humans perceive as life. In a similar sense, each one of us is the medium through which our source reveals itself in various ways. Only when we become transparent like a glass prism, does it become possible for us to see in the reverse inward direction to identify ourselves and our Source.

We have to eliminate all of our vices in order to become transparent and crystal clear. We are the prism.

Mind Concentration

A Yoga teacher had casually mentioned that by pressing the tip of the tongue against the upper pallet in mouth improves mind concentration. In deep sleep, each one of us experiences a feeling of nothingness; simply meaning that we are not aware of our body, thoughts or anything else. When we wake up from deep sleep at night and consciously try to observe the position of our tongue, we may notice that invariably the tongue would be involuntarily pressing against the upper pallet. Maybe, there is a connection between the tongue tip pressing against the upper pallet and mind's concentration.

Ugly Memories of War

It seems like, the ugly memories of one war last for about two subsequent generations. That is how short is the memory of mankind. Then the cycle of wars resumes. Greed, vanity and mutual distrust seem to reign supreme in the consciousness of mankind.

The Enemy

Since the Vietnam War of 1960's most wars around the world have been fought between one side which has been technologically superior against another that had to resort to guerrilla warfare. Older politicians who claim to be statesmen sitting comfortably in their respective state capitals wage the wars. Young soldiers are sent in war to test and prove their own bravery. The soldiers rarely know the true reasons for the war they are fighting.

An encounter was reported during the Vietnam War. The battle raged in rice fields. Two opposing enemy soldiers were firing at each other while taking cover in bushes. At one point, both soldiers stood up simultaneously in the bushes and eyed each other. The older and better-equipped soldier, who was 19 years old, was surprised to see his enemy, barely 14 years old, holding an outdated gun. The 14-year-old froze at the sight realizing that his enemy was also so young. Between the two, the better-equipped soldier fired immediately because he was trained to fire at the enemy first and then think.

The two young soldiers knew absolutely nothing about each other except that the other guy was the enemy. The 14-year old soldier lay dead in the rice field. His family grieved for the rest of their lives wondering if an Angel soothed the child's fear and anguish of death. The other soldier probably returned home after the war, got married and raised a family; but had to live the rest of his life with his guilt of killing a teenage boy in the rice field.

How can there be a winner, when both sides lose?

Idea and Ideal

God seems to be an idea and an ideal that each individual explores and experiences at individual level of consciousness. God is a word in English language. Other languages have their own word(s) for the same idea These words include Allah, Khudah, Ishwar, Parwardigar and several others.

As individual consciousness enriches and changes over time, so does the individual. An idea and an ideal has no borders or forms. It is simply an innate human desire for perfection and harmony.

Habits

All good as well as the bad habits, which are learnt by the age of 15 years, become etched in the consciousness of Man. Most of these habits are learnt within the environment of home and neighborhood.

Bad habits limit our reach, where as good habits help maximize ourselves. The choice is ours.

Who decides bad habits vs good habits? Only we do.

Experiencing Life Span

Sometimes, the span of birth-life-death seems very fragile. Happiness is what every living species seems to seek. Man often makes futile efforts to assess the nature of happiness that is chased as a mirage throughout life.

As the rains poured during the Monsoon season in India, the weather got very humid. After the rain ceased, sometimes we would sit out on the lawn in the evening and turn on the lights of the open patio. In such instances, several flying insects would cluster around the lights and several crawled on the walls. Soon a few lizards would appear on the wall to feast on the winged insects. Within a couple of hours, most of the flying insects would drop dead on the floor, which aroused our curiosity. Somebody had mentioned that the flying insects are born in that special wet and humid weather condition and have a total life span of only a couple of hours. During that lifespan, they grow up, develop wings, fly around and then die. Many of them got swallowed by the lizards. I wondered what do they eat and experience during their short lifespan?

It seems that Nature or the evolutionary process has assigned a maximum lifespan of 1-3 hours for the flying insects described above, 90-130 years for humans, and 500-700 years for the Turtles. During that assigned time frame, each one of us seems to experience life in its totality. The complex process of evolution seems to take care of all living species.

Death

How can any one write or talk about death while still alive? Death is only a one-time experience when our breath do us part. Then we cease to be.

It seems that involuntarily, we experience close-to-death experience everyday while we are in deep sleep. In deep sleep, we are not aware of our body or any thoughts. The automatic built-in natural rhythm of the heart keeps us going.

During a lifetime, a Man plans for various activities including personal education, career, family,, traveling and retirement. However, the human body seems to have its own agenda to stop breathing when it has enough of us.

Alzheimer Disease

Alzheimer may be a self-protective shield against the ugliness of the world one witnesses.

Personal Choices

Narrow mindedness of an individual seems to be the manifestation of emotional poverty that stems from weaknesses within. Whereas broad mindedness stems from the royalty of heart and related strengths within. Narrow-mindedness as well as broad-mindedness seem to be consciously cultivated habits. These are personal choices made to experience life.

Sweating

If you find yourself constantly struggling and sweating to accomplish an objective, then stop and pause. Consider that there may be a smarter way to accomplish the same objective.

Affirmation

God, I know that you know me through and through. Give me only the things that I deserve. I know you always do. Thank you for everything that I have received without having to ask.

Biography of Yoga and Pranayama

When the purpose of our intended acts is clearly in focus, satisfactory progress is assured. Some thoughts deserve silent reminders simply for reinforcing affirmations.

Yoga = A comprehensive system of exercises and postures that facilitate synchronization of body and mind energies.

Pranayama = A comprehensive system of regulated breathing exercises. Both systems described above are integrated and complement each other for maintaining the human body at optimum energy levels and disease free.

Besides the human body and the discipline to pursue, no external equipment is required to practice both systems. Together, the dual system enhances physical coordination, emotional balance and harmony with Nature. This philosophical approach transcends any ideology or belief system. Ideal body weight management and minimization of physical or emotional suffering are some of the automatic side benefits of regularly performing Yoga and Pranayama.

The age-old Indian tradition of freely sharing and passing on the knowledge, pertinent skills and wisdom of Yoga and Pranayama to willing aspirants has always been respected as a noble act of charity. Rishi Patanjali (~300-200 BCE) has been credited for encapsulating the wisdom and practices of these time-proven systems in a treatise titled “Ashtanga Yoga Sadhana” which describes in details the eight progressive steps to self-enlightenment of human consciousness.

Points of View

People huddle together to form communities and naturally indulge in eating, drinking and thinking alike. Until the 1970's, Detroit was the hub of major American automobile manufacturing companies. As a result, most of them seemed to share a similar philosophy of manufacturing and marketing automobiles. That pattern started changing as competition from foreign car manufacturers started nibbling the market share of American manufactured automobiles. The city of Detroit has announced bankruptcy in July 2013.

In relatively older times ranging from 10,000 BCE (Before Common Era) to 500 BCE, people generally lived in the same small geographical area for their entire lives. Lack of transportation, slow speed of travel and limited interactions with people outside their geographical area resulted in slow rate of change in the patterns of living and thinking. Considering this scenario, it is not surprising that philosophies of life originating and evolving in one geographical area have a similar pattern. In ancient times, pockets of civilizations sprung up in different parts of Earth without much interactions due to limitations of transportation and communication.

On the Indian sub-continent, the philosophies of Hinduism, Jainism, Buddhism, and Sikhism seem similar in fundamental respects. The basic premise of their philosophical thought is that the universe that lies outside of us is identical to the universe that lies inside us. Experiencing the non-duality between the external and internal universe seems to be the ultimate wisdom to be realized. Introspection is the indispensable vehicle for realizing universal truths and

consciousness.

In contrast, the relatively small geographical area surrounding Jerusalem (identified as Ariel in Judaism) seems to have been the founding region for three religious philosophies namely Judaism, Christianity and Islam. Before the dawn of these three religious philosophies, it is safe to assume that the inhabitants of the relatively small real estate on world map, entertained very similar eating, drinking and thinking habits. Consequently, these three philosophies tend to believe in God as an external identity that is accessed through an intermediary such as a Prophet, Messiah, or Son-of-God. Unquestionable faith in the intermediary is common practice. Besides, the intermediary as well as God, the ultimate reality, is consistently a male figure.

There have been philosophies of life that were nurtured on the American continents even before they were named North and South America. The original inhabitants identified themselves under various indigenous names including Mayan, Navajo, Cherokee and several others; anything but Indian. The name Indian seems to have been attached to their identity by foreign invaders. The broad faith of native Americans seems to be based on an all-pervading universal Spirit, which is directly accessible without the need of an intermediary medium. The Spirit is envisioned as a universal Energy that always remains constant. Native Americans have always drawn their life energy and wisdom from devotion to the universal Spirit.

The philosophies prevalent in the Orient seem to have had an integrated base of Shinto, Tao and Buddhist philosophies. These philosophies also seem to embrace concepts of

universal energy as the guiding spirit of life.

Understanding and respecting the strengths of different philosophies and faiths of life becomes the stepping stone to enrich our own faith. Lack or total absence of this tolerant attitude seems to have been the root cause of conflict around the world ever since organized religions came into competitive play.

Individual faith and philosophy of life from which to draw strength and wisdom is entirely a personal opinion and an introspective experience.

Circumstantial Evidence

The past years and quality of a Man's life is circumstantial evidence of his thoughts that condensed in his actions.

Philosophy

Philosophy is a faculty of mind through which Man entertains scholarship about life. Living in harmony with Nature may be the simplest way through which to experience the real essence and flavor of life. The essential philosophy of life seems to be about simplicity and clarity of thought.

Surrendering out of Weakness

When physical body becomes emotionally weakened, its defense mechanisms crumble making it an easy target for invading bacteria such as viral infections. As a result disease sets in. In the same sense, when a family structure weakens due to internal squabbles, disharmony takes over and destroys the family. Similarly, an internally weakened country succumbs readily to foreign forces and enslaves itself.

Colonies

Colonizing territories outside their own borders has been a practice in all-living species including humans. Commonly seen are colonies of bees, ants and humans. Human colonies were established more readily when immigration laws were non-existent on continents around the globe.

In 21st Century, Man is dreaming of colonizing outer space and planets.

Barbarian

Barbarian is an attitude of Man driven by ego that enjoys trampling on the free spirit of other men and living species.

Grades

A schoolteacher gives grades to students. Life gives us the grade that we deserve irrespective of whether we are religious (believer), an agnostic (believer sitting on the fence), an atheist (non-believer) or none of the above. Ultimately what really matters is what is ticking inside of us that drives us.

Conquest

Conquest of other lands and people seems to have been a favorite agenda through the history of humanity. Insatiable thirst for additional resources seems to be the core driving force behind it. In the process of establishing and ruling the new colonies, the conquerors try to convert the mind-set of their new subjects through various techniques including economic and psychological incentives. Over a period of time, the conquered subjects were induced to surrender and lose their self-identity to the point that they start aping the life style of the conquerors, which was duly rewarded. Thus, the process of converting the mind-set of the subjects was complete, which made the job of governing easier. History of all contents bears ample witness to this process and revealing that a fragmented and morally weakened society falls prey to aggressive outside forces and then enslaves itself.

A strong and wise individual always has adequate moral strength and courage to keep the windows and doors of his house open for letting in fresh air and at the same time deter any aggressor.

Savage

The word “savage” is used as derogatory word by the self-righteous civilized people for addressing the so-called uncivilized people. The audacity of the civilized is incapable of empathizing with the uncivilized.

Both, the civilized and the uncivilized are committing savage acts against each other even in the 21st Century. Only their weapons are different. Who is to judge whom? Being or believing that you are civilized is a privilege and a responsibility.

The gap that exists between the civilized and the uncivilized, between the privileged and the impoverished is a measure of humanity’s conscious awareness and insensitiveness. It appears that humanity has still to advance far before it can honestly call itself civilized.

Addressing another human being as savage is self-incriminating attitude of Man. A brave warrior fights off an aggressor fearlessly with all might to protect individual freedom, honor and values of life.

Blind Rituals

Rituals are not blind. Individuals follow rituals blindly most of the time. Several precious religious rituals followed by mankind have been written in the form of verses in root languages including Tamil, Sanskrit, Hebrew, Pali, Latin, Greek, Slavonic, old Arabic and a few other. Now these root languages are not used in daily life, and yet most religious rituals are performed in these root languages even in the 21st Century. Since a common man does not understand what the priests are reciting, the religious rituals are gradually dying away or are being blindly followed. Humanity is being deprived of the precious wisdom encapsulated in these poetic verses. Blindly following religious rituals may prevent the faithful from comprehending the godly and heavenly principles of life.

The Art of Receiving

On the offensive front in a Football game (American Football), if you are a poor Receiver and fumble with the ball repeatedly, then you miss the euphoria of a Touchdown. You also break the chain of connective passes from your teammates. In the ball game of life, if you are a poor Receiver of affection from others, you cannot pass on the same values to others. You also break the chain of pleasant relationship. A poor Receiver in life is invariably a poor Giver as well as a looser of pleasant experiences of life.

Perfect Gift

When a gift package arrives, it is unwrapped eagerly. The carton and packaging material is discarded and the gift admired with bubbling enthusiasm. The instruction manual for assembly, operation and care enclosed with the gift is often helpful. When an infant is delivered at birth, only the umbilical cord needs to be cut. No assembly is required and no operating manual is furnished. The doctor says “Congratulations. Here it is. Take good care of it”.

Man’s Third Eye

God is an idea or ideal to be sown, nurtured and harvested within ourselves by us; and not harvested in the Heavens. God is not a lofty ideal but a simple reality to be experienced. Depending on the vision of the Third Eye, each individual experiences the reality in individual specific ways. The third eye is symbolic of our conscious awareness.

Genealogy of Blissful Consciousness

Each individual transitions through varying levels of life awareness during entire lifetime. It seems to be an ongoing process of understanding our own self from different perspectives. Some individuals choose to consume designer's drugs such as alcohol and marijuana to experience various levels of life experiences within a short span of a few hours. Happiness is not necessarily a blissful experience,

Happiness and sadness are transitory and cyclic emotions causing their respective emotional ripples. When happy and sad vibrations are not allowed to affect personal disposition, a sense of equanimity pervades in the consciousness. This seems possible only after understanding the nature of transitory phenomena. Gradually, through the emotional state of equanimity surfaces a blissful state of consciousness, which continues to deepen and anchor permanently. Life of Gautam Buddha and similar self-enlightened Masters are prominent examples for comprehending the genealogy of conscious awareness. The philosophies of life based on logic, reason, introspection and devotion to universal truths allude to the progression of human consciousness in this direction. Achieving blissfulness is not a lofty objective to be accomplished but simply a state of equanimous approach to life. Buddha is not a title bestowed by any religious authority, but simply an affirmation of the potential of every individual's blissful consciousness.

Transit Lounge

Waiting in a transit lounge is a common and invariably an interesting experience for travelers changing or switching planes, trains or buses during a long journey. While waiting in the transit lounge, the traveler has expectations about the next lap of journey.

In the journey of life, everybody seems to understand the basic phenomenon of birth, life span and the inevitable death. The guessing game begins after that point. What is the connection or destinations after that point? Heaven, Hell or a Transit Lounge is one of several questions about the onward journey. The question of a Visa for these destinations never comes up.

The word Death implies the end of a process; whereas Transformation implies a continuation of some sort. Is rebirth a possibility and if so, for what purpose? Universal vibrations prompt that a satisfactory answer may eventually surface through introspection and experiences of life and not through any philosophical/religious treatise.

Arielle



Letter to Grand daughter, Arielle, for her 16th Birthday:

I am writing this letter when you are barely eight (8) months Old. Pushkar Oli is approaching his 8th birthday and I am about to touch my 80th year milestone. This letter is being written with an intention that you shall receive it on your 16th Birthday. I will not be around at that time, but my best wishes and blessings will be ever present for you.

Sixteenth birthday seems to trigger mixed emotions of happy childhood stepping into a world of expectations and enormous possibilities for the future. Embrace the future with continued enthusiasm and willingness to accept it as it unfolds itself.

We are all descendents of the unique race called Humans. The all-inclusive universal spirit of humanity exists in total harmony with Nature in which we seek our individual identity. The closer we identify ourselves with Nature, the better we understand ourselves.

You may commonly hear the word religion mentioned in daily life. Religion is simply a way of life and an individual opinion. Let it not come in your way of experiencing humanity in all its splendor with an all-inclusive spirit. May the sweet and innocent girl that I see in you stay with you all along. The noble spirit of humanity with all of its warmth is omnipresent for you to tap freely into its universal wisdom. Always be open to the enormous possibilities of life to enrich yourself and your environment.

By the time you reach your 16th birthday, I hope that you will begin to comprehend the spirit with which I am addressing this letter to you. We all hope that you mature into a humble, sweet, happy, and self-assured human being always touching every living being with sincere compassion and love . I have especially used the word “living being” because our family has had a long tradition of loving, respecting and taking good care of our house pets, which has included a parrot named Mithoo, dogs named Moti and Sally, a rabbit named Rani, parakeets named Charlie and Pat, cats named Tori and Amira and finally a buffalo and a cow. Freely interacting and respecting members of families from maternal as well as paternal side without reservations has also been a self-enriching tradition for us.

Your paternal Grandma has expressed several sentiments on womanhood in her book entitled “Many Faces of Women” and has dedicated the book to you. May you live up to your own dreams and passions to the fullest satisfaction you desire.

The warmth of blood flowing in your consciousness may one day bring an appreciation of the deep and yet simple philosophical concepts of life, which steer us to experience the unity in diversity of life.

Be aware of your ancestral soil of the Indian sub-continent and its fertile minds that have provided a window to universal consciousness. Through times immemorial, India has been a land of Seekers that have not sought the traditional God or Heaven. Instead, they have reached out for the universal wisdom that removes ignorance and frees a human to experience the all-inclusive universal truths. It will enrich you in immeasurable ways. For this reason, I fondly refer to the Indian sub-continent as the “Pearl of Human Consciousness”. Simultaneously, always be grateful to the soil of the American continent that has nourished you from day one since birth. The United States of America symbolizes one of humanity’s great and enviable social experiment to date.

Always maintain a smiling demeanor because it is infectious and will unlock the doors that you want to open. You and your crystal clear vision will be our window to the future. Your 16th birthday may well become your stepping stone into the womanhood you desire. But always remember, as my mother wrote, that in the long run we get what we deserve and not what we desire; and it is the right thing for us.

Our entire family's sincere good wishes for your genuine happiness will always be with you. Happy 16th Birthday. Since it is only a one time event in a lifetime, enjoy and cherish it with a smile :-).

Grandpa



Unlearn Fear

In order to protect himself against vagaries of Nature and the unknown, Man together with fellow men builds a roof overhead and calls it a Temple, Church or Mosque. Instead, consider establishing a place of worship in your own heart where you live comfortably at all time.

Fear is a learned habit. Fear is an empty space in our conscious awareness that begs to be filled; fill it with something that radiates hope and is not transient.

Wake-up Call

It is unsettling to see 21st Century America falling faster in its own eyes than its physical infrastructure. Its political Will and Vision appears self-incriminating irrespective of the power trading between the Democrats and the Republicans. As a result, the cultivated and enviable qualities of optimism, innocent simplicity, entrepreneurship and open mindedness of America is becoming endangered. Only when the weather gets cloudy and damp, is there a hope for sunshine.

Rise and Fall

An American actor who had become quickly famous after his roles in a films during his teens was being interviewed on TV. At the time of the interview, he looked in his early thirties. During the interview he made a simple but profound comment. He said “ The moment you become famous, you stop growing emotionally” . Unfortunately, I do not remember the actor's name. But often, the message is immensely more important than the messenger.

The above comment connected with some earlier thoughts about the sudden rise and subsequent fall of families, dynasties, nations as well as civilizations. More sudden the rise, equally sharp is the decline. The fundamental principle of “Slow and steady” for long range durability and strength seems to apply to all situations of life. Slow growing trees that become huge, strong and long-living stand as testimony to the universal rules. The Red Wood trees in America or the Banyan trees in the tropics are embodiment of the universal realities.

Behavior

Wrong behavior starts for one reason and then continues for another reason....said Dr. Phil on the Dr. Phil Show.

New Dimensions

Ideas are omnipresent and ready to be soaked in from our environment. What really matters is to give an idea new and useful dimensions based on our own conscious awareness. Each individual is unique in that respect.

Childhood Friendship

As children (2-10 year old) we play a lot in our neighborhood. We grow up and move away from childhood friendships. Then we meet some of the childhood friends after a gap of 25- 50 years. Meeting each other after 25-50 years feels like we had never been away.... What a great feeling!

Level of Spirituality

The level of spirituality is not about high or low because it is simply an inner individual-specific experience.

Wedding Vow

Taking a wedding vow seems like verbalization of the mood of the moment. In a romantic mood, a couple exchanges wedding vows in the form of “ ...Until death do us part”. In view of the very high divorce rate in the modern world, the language of the wedding vow may need to be amended to “...Until the lightening of the next mood strikes, do us part”.

Shadow

Children play around happily in the shadow of their parents and grandparents. For children, it is like playing under the shadow of a tree that protects them from harshness of the elements including the high noon sunlight. Unfortunately, in modern nuclear families, the institution of grandparents has shrunk; as a consequence the protective shadows for children have also shrunk.

Like children, seniors past their age of 70's also feel the need for a comforting shadow, but are often deprived of it because those who were more senior to them are no longer around. Subconsciously, a comforting shadow feels like a protective umbrella overhead. I feel that way because now at age 80, my grandparents, parents, and most of their generation have virtually disappeared from life. Instead of watching shadows, it is now pleasurable to watch and embrace the emerging world and the hope it radiates.

Worship

Three important vibrations seem to define the word worship. Worship = Adoration + Devotion + Unconditional submission. Worship the universal Energy that creates, nourishes, and transforms us by experiencing its presence within and all around us.

Skin Color

No two skins are alike. The porosity of the skin breaths life into you, and lets you experience the miracle that you are. Stay physically and emotionally healthy, which will radiate the natural glow of your skin without the need of any synthetic beauty aids. Inside our skins, all of us look alike...yucky. Animals, birds and all other creatures proudly show off their natural colors because they are innately comfortable in it.

Science

Science is a faculty of mind to be nurtured and nourished for openly looking at information, collecting concrete data, analyzing it and then drawing rational conclusions. Each one of us has an innate scientific faculty, but it either blossoms or stays dormant depending on the choices we make. Science is a logical and introspective approach that we choose to experience life on a daily basis.

A Perspective



The beautiful painting above presents a window to our conscious awareness. Conscious awareness is simply an individual's point of view, a perception, and a perspective. Every disease and related pain is manifestation of our mind's ability and inability to deal with the free flow of life energy throughout our body. This is the energy that enables us or its obstruction disables us. Failure of Pancreas, blockages in our arteries, feeling of depression, headache, backache, and constipation are simple examples of malfunctions in our body that are caused due to energy blockages. This is the energy, which seamlessly connects with the universal energy that creates, nourishes and eventually transforms us. This is the same energy that effects every phenomenon in the universe. For a change of perspective, take your personal God out of

this picture and try to channel the mind, its vibrations and energy....to experience its vast potential.

The picture also represents a window to the vibrant universe outside of us as well as the identical universe inside us. Looking from inside, we see the beautiful blossom outside the window and feel its vibrant energy. The blossom is looking at us through the window and smilingly asking us, why are you suffering?Suggesting, just be your own Self.

Fanatics and Lunatics

Fanatics and lunatics could be close cousins sharing similar DNA (biological identity). Fanatics “believe” whereas lunatics make-believe.

Religious fanatics are people that do not seem to use their brain gifted by their own God. Their sole interest seems to lie in glorifying their own God and down sizing Gods of others.

Every religion on Earth, without an exception, has its own fair share of fanatics that keep their own world spinning around themselves. Since there are no fanatics living on Moon, it has no need to spin around itself. Instead, the Moon circles around the Earth observing and enjoying the religious show of fanatics and lunatics on Earth. There seems to be a fine line between a lunatic and a fanatic. Psychiatrists try to identify and define that fine line. A fanatic defines the fine line by himself.

A Politician's Faith

A politician is shrewd enough to realize that his faith is simply the voter's faith that gets him elected. However, many elected politicians do not realize that dishonoring the faith of voters extracts a heavy price. A healthy democracy thrives on Common Sense, which simply translates into “Sense of the common Man”. History bears witness to every dictatorial rule that disregards the aspirations of the common man and as a result ends up paying a heavy price including his own life.

Intuitive Feelings

Sometimes it feels that we are born alone, we live alone, and then we die alone. Wrapped in cloak of loneliness, we feel consumed by the fires of life such as frustration, ego, anger, jealousy and those hindering our gifted intuitive feelings. Intuition seems to be the wisdom that surfaces in absence of mind.

Buddha and other self-enlightened Masters seem to have thrived in the recluse of their chosen environment of solitude. In their solitude they have been able to extinguish the fires of life described earlier. Subsequently, their enhanced intuitive feelings seem to guide them to experience the wisdom of universal consciousness. Gods do not seem to tread in their solitude to disturb them.

However, God seems to be ever present in disturbed pockets of mankind.

Personal Faith

Your individual faith is simply your personal opinion and way of life. That is it.

Soul Concepts

There seems to be no single or sole concept of Soul although everybody uses the term very casually in normal conversations.

The concept of Soul has been ever open to experiments, experiences and interpretations in the dynamic of ever changing consciousness of mankind. We get a vibration from the self-enlightened Masters that Soul does not change; its concepts or interpretations do.

From our partially enlightened experiences, Soul seems to be an integral part of the universal energy that breaths life in us, creates, nourishes and eventually transforms us back to its basic elements or composition.

Scientific techniques of detection and measurements have identified 75 basic elements, which include gases, liquids and solids. All of these basic elements are arranged in a specific order in the Periodic Table of Elements. These elements represent the composition of the Earth and Universe, as we know it at this time. After death, a human body simply reverts back to its basic elements listed in the Periodic Table. Where lies the elusive element called Soul that seems to breathe life in us?

The concept of Soul, its composition and seat continues to challenge human mind and consciousness. Believers and non-believers of the concept of Soul continue to think along parallel lines and defy any meeting point of agreement. Both of them have no tools like science to prove or disprove their mutual theories in measurable terms.

Only the powers of Introspection, which is free of science or religion, seems to have offered the self-enlightened Masters the sole satisfaction of attaining and experiencing a blissful state of consciousness in which there seems to be no further need to search for the Soul. They seem to experience the non-duality between an individual Soul and the universal Soul, which may be the eternal source of all that exists.

Neat Idea

Several centuries ago, in the prehistoric era, there was a Man who lived a very simple and contented life. He built a small cottage for himself and his needs were minimal. One day, he put out a new and neat idea called God. Then he left.

That Man did not realize that over a period of centuries, a huge industry was to spring up creating millions of businesses and jobs built around his idea. Several man-made religions sprung up all over the world and continue to spring even to this day to cash in on the original idea. Each religion was designed around local folklore, traditions and simply represented a way of life.

Based on the original idea, some of the new jobs created include the chief patriarch (Pope or Jagat-Guru) , the cardinals, bishops, missionaries, architects and builders of places of worship (churches, temples, synagogues, mosques), sculptors, painters, copy writers, publishers, specialty foods, clothing, jewelry, memorabilia....just to name a few.

Nobody else seems to have come up with a better and more durable idea with such long-term global implications as yet!

The original inventor of the idea chose to remain anonymous in his own interest! He did not want to be blamed if somebody misused or mis-construed his original idea and got hurt. The idea was denied any patent protection because it cannot be proved or substantiated. As a result, his idea has been freely used globally ever since its inception. That is why it is being identified as a neat idea.

Mutated Virus

Hinduism, Buddhism, Jainism, Judaism, Christianity, Islam, Bahai, Sikhism, Mormon, and several other religious faiths are manifestations of a deadly mutated virus for which an effective anti-virus vaccine has not yet been developed. Mutation of the original virus started more than 10,000 years ago. The most conspicuous pathological symptom is that the affected patient telepathically communicates with an imaginary friend that may not exist.

Throughout the history of time, the self-enlightened Masters have only advocated experiencing life fully and finding your trusted friend within.

Crucifixion of Ego

The Devil within us always fights with the Divine within us. Devil is the lifestyle of Ego defined by greed, ignorance, and indulgence. Eventually the Ego has to carry its own Cross to crucifixion; leaving an eternal message “Do not follow Me”.

Sin and Sinner

It is self-incriminating for any religious faith to preach that Man is born a sinner. Every Man is born as innocent and pure as the streamlet emanating from a glacier. As the streamlet flows down the slopes, it picks up precious as well as undesirable elements from the soil. The texture of thoughts and the resulting actions pollute or purify the consciousness of Man. Sin is the thought and resulting action that induces disharmony with life and Nature.

Sin committed by Man has a natural way of eventually dissipating in Nature's womb. It is like a mother forgiving her child unconditionally. When a stone is hurled into a pool of stable water, pronounced ripples emanate, become larger and less pronounced, and eventually merge in the still waters. This is Nature's way of resolving a disturbance.

Sin is a disturbance that a Man commits and ultimately punishes himself. Sincere repentance is the only way out. No court of law or any religious authority has jurisdiction over it. Nature handles its disturbances in its own ways.

It is naive to believe that sin is washed away by Holy water. Every drop of water is Holy until it is polluted by the intentions of Man. By the same token, every polluted drop of water can also become Holy with the intention of Man.

It seems that Man himself defines the dimensions of sin with his conscious awareness. Therefore, he is the one who ultimately forgives himself through sincere repentance. Courts of law and religious authorities may only do the damage control.

"Amazing Grace, how sweet the sound,
That saved a wretch like me....
I once was lost but now am found,
Was blind, but now, I see".

These famous words of "Amazing Grace" embody the conscious self-enlightenment of the 22-year old ship captain who, "In the very moment of realization", renounced his profession of selling human beings from Africa as slaves to the colonial empires in 17th Century.

It appears that eventually a human becomes a recipient of the intuitive wisdom conveyed by the Amazing Grace.

Apple Defying Gravity



What a Fruit!

Newton played with his apple and announced how gravitational force pulls everything downward towards earth.

Steve Jobs played with his apple and developed a company whose stock seems to defy rules of gravity and keeps on climbing. As of April 2012, Apple is the largest global company and realize that it was created in just one lifetime.

Steve gave the world an entertaining toy called "iPad". It seems that he letter "i" stands for an Apple, and "pad" stands for playground.

My nephew, Ashwin Deo, wrote "What a great job you did, Steve". If you want to be creative, eat an apple or play with it every day!

Festival of Colors



Holi is a Hindu festival around the month of March in India to celebrate Spring. It is celebrated with romance of a broad range of earthly colors. Colors are showered on friends, in the form of powders or liquids< to mutually celebrate spring on Holy Earth. I made up the word Holy Earth to match the sound and vibration of Holy Ganges, Holy City, Holy Water, and Holy Shit (God's Debris) thereby running the risk of being labeled as a dirty Hindu! But I know that Hindus are the forgiving type.

April Fool

Long time ago, after the calendar was initiated, a very wise Man dedicated April 1st as the day to remind us of the oblivious foolishness and madness that resides in each one of us.

Stem Cell Technology

Stem cell technology seems to be the next promising frontier of science and applied technology. It seems that once the scientists lock on to successfully assembling or growing any one part of the body namely the liver, pancreas, kidney, etc there will be a relatively faster rate of transference to apply the same technology to other systems in the body. Optimism for this technology stems from the fact that even Nature seems to use this kind of technology to create an entire human body. Starting from a fertilized egg, which is a living cell, the entire human body is simply an accumulation of living cells in an orderly fashion.

We still have to wonder at the Source that infuses intelligent life in the seemingly continuous process of creation, preservation and eventual transformation.

Female

In her book titled “Many Faces of Women”, my wife Usha wrote:

The word FEMALE includes last 4 letters MALE...this makes each one of us complete...this complete packaging brings with it the good, the bad and everything in between...don't be afraid of challenges and struggles in your lives. It is the bad times that teach you to evolve...

Dreams

I like dreams. They reflect a unique blend of frustrations that seem oblivious during the day and do not find adequate venting to release the latent pressure. The scriptwriter of dreams chooses to stay anonymous.

Human mind seems to be a random house of all life experiences stored as digital and virtual images in the hard disk. The data filing system seems organized while we are awake. However, when we are sleeping, our mind seems to transition through varying conscious levels ranging from conscious, subconscious and the unconscious with fuzzy lines of demarcation. Only deep sleep prevents access to the stored data.

Randomly digitized memories coalesce and then project true-to-life virtual images on our mental screen. The audience is strictly limited to one. Sometimes, the virtual image of a person in the dream seems so real even though the person has passed away 50 years ago. Two different personalities get mixed up or merge into each other... I clearly saw my younger brother, Surendra, in my dream 40 years after his death. He was walking in front of me on Nagpur's railway platform and I was following behind. Moments later, I realized that his image was transformed into his equally tall son Ashwin. Sometimes, two different places on two separate continents seem to exist side by side. I have seen the Boeing aircraft, in which I was traveling, was landing smoothly on an Indian highway amidst farmland and I am only amused. I meet people repeatedly in dreams that I have never met in real life, but I do recognize them. In many dreams, I have seen myself shopping in streets of Manhattan, New York and then at the

end of the shopping, I am trying to catch a local train (Metra) to return to our home in Addison, Illinois and thinking that it is only an hour long ride. I am no Jackie Onassis, living in New York and going to Rome for a shopping spree! While I am physically in Addison, I dream and see myself walking along a familiar street in Nagpur, my hometown in India, and checking if the name of the street has changed! In some dreams, it feels like the movie "Sixth Sense" in which the 10-year old boy confides to his adult friend that he sees Dead Men Walking all the time. The friend in whom he was confiding was also one of the Dead Men Walking. Some personal dreams you do not want to share with anybody because they are either ridiculous or absurd.

There are three things about dreams that I am sure about because of personal experiences. After we lay down on bed to sleep, at some point of time the rhythm of our breath perceptibly slows down and that marks the beginning of our transition into the subconscious. The second observation is that the very moment in which we transition from deep sleep into the awakened state, the tip of our tongue is invariably touching the upper pallet. The Yoga system suggests keeping the tip of the tongue touch the upper pallet for enhancing mental concentration. Maybe there is some connection. The third fact is that a dream is invariably interrupted to answer Nature's call for emptying the bladder.

The above experience which is almost on a daily basis prompts that gradually falling asleep may be a sneak preview of the process of death. First the rhythm of breath slows down and gradually the mind checks out and along with it all thought process. There are no dreams in deep sleep. It is a stage of nothingness in which there is absolutely no

awareness of either body or mind. The only difference is that the heart keeps on beating if we are permitted to wake up in the morning and the heart stops beating if we are not to wake up ever. However a more meaningful prompt is that consciously slowing the rhythm of our breath and disengaging our mind of expectations may hold the key to a unique self-enlightening inner experience. This indeed may be the focus of a Yoga technique which is identified as Pranayama in which the rhythm of breathing is consciously and progressively reduced. My maternal grandfather, Dr. P. G. Nakhare, diligently practiced this specific Paranaayama technique for several years and lucidly shares his progressive experiences in the book titled “Seamless Generations” (2013 Edition).

Dream seems to be a screwed up dimension like the Twilight Zone. Who the hell really knows! Coming out of an intense dream when you wake up in the morning, you shake your head in disbelief, wash your face and start brewing a fresh cup of tea. You are back in the real world in which you do daydream and build castles in the air.

After all, we see movies in a theatre or home TV to fantasize and dream. It seems that dreams never leave you alone.

Conspiracy

A major landmark verdict deciding on the Class Suit filed in the World Court of Justice against the major currencies of the world reads as follows:

“All accused stand Guilty as charged. The charge leveled against each one of them was that they jointly conspired to fatally wound the Common Man. Each one of the following defendants has been sentenced to life imprisonment, with no right to appeal until they are dead. The names of the defendants are Dollar, Pound, Euro, Ruble, Yen, Mark, Franc and Yuan. The imprisonment starts as of today”

The Judge expressed the hope that this landmark verdict will prevent future international criminal scams and alert the Common Man to vote prudently to safeguard individual rights. How would the common man manage after the leaders are imprisoned for life?

What Defines You

Your religious faith or absence of it does not define You. Your intentions and actions do. Religious philosophy is no more and no less, only your own opinion, experience and a way of life. A soldier is not defined by the uniform and stripes he wears, but by his actions in upholding the values of life he vowed to defend. The real measure of a Man is how tall he stands in his own image after sublimation of his Ego.

Cracks

Premature cracks in a building or a river dam constructed by Man are usually indicative of weak foundations.

Stresses of life challenging and rupturing individual faith and philosophy of life may also be reflections of weak foundations of the faith itself.

Our planet Earth may be a few billion years old and human form as we know it today is barely 200, 000 years old. In comparison, the fabricated religious faiths of humanity are barely 10,000 years old. We are already witnessing cracks and fissures in them and amongst the self-righteous religious people.

Genealogy of Ancestry

Our ancestry is our heritage; it is what we have descended from and own it as a consequence. Ancestry is not a choice to be made. The past does not change with the audacity to disown ancestry for whatever reason.

Peaceful Rest



Peaceful rest beats all comforts and pleasures of life!

Cocktail

Life is a cocktail of Prose and Poetry, and therefore the cocktail is named Prosetry. Prose + Poetry = Prosetry.

The proportion of prose, poetry, and ice cubes in an attractive glass determines the texture of the cocktail that is life. Excess prose makes you a Politician, excess poetry makes you a Sufi, and excess ice cubes makes you a Pessimist. A balanced mix makes Prosetry, a very desirable cocktail.

Sex and Sexuality

Sexuality is a natural built-in instinct in every living species on Earth. It seems to be manifestation of Nature's evolutionary process. Amongst a human couple, absence or denial of sexual feeling tends to make one partner a philosopher and the other one an absentee partner. Taking an oath of celibacy prematurely is like going against Nature; which automatically implies struggle. Swimming against the current of a river is struggle. When a religious oath of celibacy is administered as a compulsive affirmation, it loses its spirit. The spirit of an affirmation is in willing and effortless submission.

On the other hand, triggering sexual urge with medications such as Viagra seems like another unnatural way of approaching an impulse of self-gratification. An attitude of effortlessness (not implying absence of effort) seems to hold the key to unlock the secrets of Nature. Celibacy is often misconstrued under vague notions of spirituality.

On planet Earth, humans is the only living species that wears clothes ranging from a bikini to a burkha and all variations in between to express its sexuality. An Arab stares at a bikini and the Westerner stares at the burkha wondering equally ~~

Perceptions

If God, Goddess, and Devil are perceived in the form of humans, you naturally expect to see them virtually on Earth. If Heaven and Hell were perceived as places, then it would also be natural to expect and find them on Earth. For our convenience, Nature has incorporated each one of these realities within us so that we do not have to go far to experience them. If at all we decide to go farther, we will find them manifesting in every element of Nature all around us.

Om (a,u,m)



Om is not a word, a religion, nor the name of any perceived God. Om is a symbol used for the sound put out by our vocal cord or alternately uttered silently in meditative contemplation. It helps in tuning individual consciousness with the universal consciousness of oneness, harmony and non-duality. In another word of speech, Om is a holdall of our conscious awareness.

Diversity of Cultures

Diversity of cultures need not become war of the worlds. Properly managed, diversity is strength with immense latent benefits for all. Fingers of the hand with varying sizes and appearance of each finger prompt us to this wisdom. However, mankind has always misused diversity for personal gains. It has been a clash of the Titan Egos. On the other hand, each finger of the hand complements the rest of the fingers and the whole human body benefits.

What keeps the World Ticking

Listen to the politicians and you feel that the whole world is falling apart at the seams. Whatever is really falling apart will be eventually mended in spite of the politicians. Common sense, which represents the gut sense and wisdom of common man, is a potent cumulative force that constantly guides the destiny of mankind.

Twitch and Tick

I can feel every twitch and tick in my body because I live in my body every moment. I have also realized that every twitch and tick in my muscles is manifestation of a thought in my mind. The thought is often a feeling of incompleteness in some aspect of life. Naturally, there is a consistent inner desire to become complete.

Why?

I have often wondered why the topic “God” crops up in mind so frequently? It seems the answer lies in the question itself. That son-of-a-gun, God, seems to be ever present within me and amusingly watches every move I make. He has given me a big enough ego and brain. That way, I cannot blame him. I am always looking for someone to blame.

It is a self-assuring feeling to know that some one so friendly and benevolent is constantly watching over me from within.

Exploration

Some live in the midst of people and yet feel lonely.
Some choose to live alone and never feel lonely.
Some shoot rockets in sky to explore space.
Some explore the space within.

Crowd does not distract. The mind does.
Caves and forests have their own silence.
Mere physical seclusion is not the seat of answers.
Convincing answers stem from inner experiences.

Biography of Learning



Dr. Nakhare;s bungalow @ 389 Abhyankar Road,
Dhantoli, Nagpur, India

School systems are generally standardized for imparting education. Yet, every individual's learning process seems to vary depending upon how learning is internally defined by the individual. Each individual comes with personal bag and baggage to experience life. Learning is like playing Golf in which you make efforts to improve your own score. Competition with others often seems to destroy the spirit of learning.

Ever since childhood, a commonly heard message registers that reading books is good for learning. However, I have been an unashamed and unapologetic non-reader of books. At the same time, I am very happy that my wife, Usha, and three sons Deepak, Vikas, and Sagar are voracious readers and fill

me in when ever necessary. Besides, my other benevolent friends including Google are ever willing to help.

In generality, I have often opted to learn about life from internalizing my own personal observations and experiences. By doing so, I have been aware of running the risk of reinventing a wheel. However, this habit may also present a remote possibility that the wheel invention could propel a vehicle that has not been invented as yet.

As admitted earlier, I have read very few books in depth on any subject except the textbooks (essential reading) that crossed my path during the journey through school and college education. However, in high school I thoroughly enjoyed listening to my Geography teacher, Mr. M. R. Bhide. He vividly unfolded the veracity of global flora, fauna and people. While listening to him intently, I dreamt of seeing and experiencing it.

My maternal grandfather, Dr. Nakhare, was a physician. He was proficient in Sanskrit, English, Hindi and Marathi languages. That enabled him broad access to the original literature on the history and philosophy of human thoughts. He extracted pertinent information from the books of knowledge, but his wisdom seemed to have condensed from his self-interrogative reflections. He had read with fascination philosophical thoughts of two self-enlightened Masters of the 20th Century and had also met them personally. The two self-enlightened Masters were Raman Maharshi of Arunachalam and Meher Baba of Ahamednagar in India. Since I had accompanied my grandparents during those visits, I had the opportunity to see these two silent self-enlightened Masters in person and experience the aura of their Silence.

Both of them had embraced “Mauna Vrata” (self-discipline of voluntarily abstaining from speaking) for almost 2/3 of their respective life spans.

I had lived in my maternal grandparent’s house in Nagpur since childhood to attend school and university. As a result, I could not help but observe my grandparents very closely. My grandfather was a man of pleasant demeanor and few words. His presence seemed to radiate harmony, which enabled me to have a glimpse into the domain of utter simplicity. Simplicity seemed to be about harmony within a person that effortlessly radiates out and touches the environment. On the other hand, my grandmother’s zest for social life and religious rituals seemed like the flavor of lemonade muddled with an extra pinch of hypocrisy. I loved them equally. Together, they mirrored the realities of life. These precious experiences were soaked up in my conscious awareness through casual observations of my grandparents in daily life. The nurturing environment seems to have guided my preference for “observing” as opposed to “reading” to learn about life.

I had observed that traditional Hindus travel to so-called religious places such as Gangotri, Haridwar, Varanasi, Nasik, Rameshwaram, Tirupati, Pushkar and other places in a gesture of affirmation of their faith and other reasons that I may not be aware of. From my personal perspective, visiting the home of my grandparents where my younger brother and me were born has been a holy place to visit and affirm my personal belief system. All of us five siblings lived in that house throughout our school and university education. Later our parents lived in the same house throughout their retirement years, which further added to its sanctity in my heart. I have always fondly referred to that house as Dr. Nakhare’s

bungalow.

Several relatives and acquaintances of my grandparents, parents and their newer generations still live in the area. Their homes are places where I soak up their warm hospitality to relax and entertain the pleasant and ever present vibrations of my grandparents and parents.

There was a wide and deep well within the premises of the bungalow to ensure supply of pure drinking water. The water drawn from the well that quenched my thirst throughout my childhood had the same sanctity for me as the holy water of Ganges. Consequently, I never have had an emotional urge to visit any other holy or sacred places.

Although the Nakhare's bungalow was demolished in 1990's to make way for a new medical complex, I continue to see it in my dreams as clearly as I had experienced it when I lived in its warmth as a happy child.

The learning process that started in that house continues unabated to this day.

For these simple reasons, the Nakhare's bungalow has had the vibrations of a holy place for me. For me "holy" simply means wholesomely mine that help me evolve into a better human.

My wife Usha fondly remembers her childhood home in Larkana, Sindh. She lived in that house during the first six years of her childhood, which was abruptly interrupted, with the partition of British India into India and Pakistan during 1947. At that time her father, Dr. Butani, was a successful

practicing physician and had built a spacious house for the family.



“Dr. Butani’s bungalow, Larkana, Sindh”

Pakistan acquired the province of Sindh in the partition of India and as a consequence, the 3-story house of Dr. Butani was confiscated without compensation. The entire Butani family migrated to the newly defined India and eventually settled in Delhi. Dr. Butani’s house in Larkana was subsequently used as an office building for Habib Bank of

Pakistan.

While still in his middle age, Dr. Butani had to settle his family, learn the local language of Delhi (Hindi/Punjabi) to resume his medical practice and boldly carry on the fight of survival. He had appropriately named his new house in Kalkaji, New Delhi as the “Exiles Nest”. The stresses of resettling took its toll on him in the form of diabetes and later partial paralysis. However, out of those unforeseen circumstances and experiences surfaced new dimensions of Dr. Butani’s latent personality as a caring, wise, sensitive and affectionate human being.

Losing personal home and the land of birth under such brutal circumstances was an unparalleled and intense life experience for every member of the family. Subsequently, after Dr. Butani’s death in Delhi, his immediate family members including Mrs. Butani, four daughters and one son gradually found their own space in their respective lives.

During 1969 Dr. Butani’s daughter, Usha, was working at the Central Bank in Delhi. One of our mutual friends and my childhood friend, Mr. Anant Herlekar, had urged me to meet Usha and I am glad that I did. I went to her bank unannounced to pay a surprise visit and with the specific intention of meeting her. At the very first sight, I adored the sheer beauty of her simplicity, calm demeanor and empathetic voice. We got married within a month and the rest of the story is the history book of our past 40+ years.

We are all aware that bricks and mortar make a house; where as the warmth of people in it along with the veracity of shared life experiences makes it a Home. In her forthcoming

book entitled “Many Faces of Women” Usha has commented “It is the difficulties in life that help us evolve”. Old wisdom reminds us that gold mined out of earth begins to shine only after going through the intense heat of the furnace.

There is a Home, the holy place, ever present in the consciousness of each one of us that is a perennial source of warmth and wisdom whenever we seek it.

Consciously observing and experiencing life seems to enhance learning throughout lifetime. Life experiences and their interpretations are very individual specific and that is what makes each one of us unique. Yet there is a common undercurrent of universal wisdom that we all share. Constantly learning through life experiences makes it accessible.

Now the combined life experiences of the Deo and Butani families becomes the bedrock on top of which our three sons, Deepak-Vikas-Sagar, will accumulate their own life experiences and continue the Biography of Learning. They will in turn define themselves in the broader context of the ever changing Universe.

Cardinal Sin



With my limited interest in the bureaucracies of any religious institutions, all I know is that in the hierarchy of the church, Cardinal is one of the designated positions. Each religious title carries a dress code. The term cardinal-sin sounds like a sin that is committed by some cardinal behind the veil of celibacy. Modern media has exposed some of the cardinal sinners in recent years. It seems that the hierarchy of every religion in the world has their share of sinning cardinals in one form or another.

The beautiful bird named Cardinal chirps and sings away in harmony with Nature. Birds, animals and other creatures do not entertain any concept of celibacy or sin. But that does not make the creatures any less than humans in the eyes of Nature. Each creature has been given a brain to suit its needs.

In human consciousness, celibacy is one aspect of self-discipline that seems to surface gradually out of voluntary submission and abstinence instead of being administered through an oath. When the purpose behind celibacy is clear, it happens naturally and willingly.

History of Truths and Myths

Truths have no history because they exist eternally; without an end and therefore without a beginning. Truths are not made up or created. On the other hand, myths are created or manufactured by humans. Late Swami Chinmayananda, a proponent of Vedanta philosophy of life had commented that “Anything that is manufactured or produced has a date of manufacture, a life span, and a date of expiration or an end”.

Religious organizations are creations of Man’s inventive genius and therefore destined to be mended, reformulated or else outdated in due course of time. Religions dealing solely with physicalities and their limitations seem to invent Gods, Goddesses, Hell and Heaven that cannot be proven or disproven. On the other hand, all matter as well as every living species on earth, including humans, is Nature’s undeniable creation and there is no need for Nature to prove it. Everyone can see and feel it.

So, what is the great fuss about competitive religions asserting their historical legitimacy and trying to prove the superiority of their own God and philosophy of life. It seems to be all about my opinion versus your opinion.

Universal Wisdom

Universal wisdom, which is all-inclusive, is not about race, nationality, religious faith, scholarship or absence of any of these ingredients. Universal wisdom is a vibration that is accessible to everyone without the need for an intermediary medium. Child like innocence, simplicity and curiosity seems better able to access it effortlessly. It is self-incriminating for any individual to claim wisdom.

Universal wisdom effortlessly radiates out of a person who has it and freely shares it.

Introvert and Extrovert

Introvert is afraid of coming out of the eggshell. Extrovert smashes out of the eggshell and heads for the skies. Neither seems able to define and find what they are seeking.

Pinnacle of Knowledge

Reaching the pinnacle of intellectual knowledge marks only the beginning of experiencing that knowledge. Ultimately, it is the inner experience that enables us to comprehend the reality of our existence.

Ecstasy



During the high school years, I had casually glanced through an English translation of a Persian poetry book titled “Rubaiyat of Omar Khayyam”. A picture on the cover showed bearded Omar sitting in the romantic environment under a tree. A beautiful maiden holding a fancy pitcher was pouring wine in a goblet for offering it to Omar. Omar held his

extended hands to accept the goblet.

Omar Khayyam was described as a Persian poet who ecstatically sang his poetry about passion and love. At my age of 13-14, I interpreted that the picturesque scene was depicting a composite image of male-female, wine, sex, passion and love. I dreamt of replicating Omar's life style! At the age of 13-14, little did I realize that Omar wrote poetry and ecstatically sang the music of a different kind of passion, intoxication, and love. It took several decades to gradually comprehend the spirit of Omar's poetry, music, passion and intoxication. I realized that experiencing that spirit may not be as easy as it sounds. Omar, the self-enlightened Sufi, wrote and ecstatically sang about the passion for embracing the creator and its creation. The ecstasy of an embrace in which the duality between the creator and its creation cease to exist.

Myths

The dictionary meaning of myth is “a traditional or legendary story, usually concerning some being or hero or event, with or without a determinable basis of fact or a natural explanation, especially.”

Myths and mythological stories are very engaging for children as well as those who do not mature as adults. Myths are useful for communicating useful messages and values for life. Some mythological stories include combinations of human as well as non-human characters. Each civilization has its own cultural specific familiar characters.

As an individual matures, the facts and fiction, the obvious and oblivious are gradually sorted out based on conscious awareness, which seems to vary from individual to individual. Stories associated with real life characters are usually glorified to make useful points. In some cases, astral coincidences, magic, miracles and revelations are associated or roped in to claim legitimacy. Faculties of logic and reason are conveniently brushed aside to promote blind and unquestioned faith.

Each human that is worshipped by the faithful has lived in flesh and blood and was born of natural biological parents. Every person born is an Immaculate Conception of Nature.

Individuals that are worshipped have demonstrated uncommon strength of character and wisdom, which are worth emulating. A common Man often gets confused with pretentious Masters, but eventually does find a genuine one at the right time.

A short list of commonly known self-enlightened Masters and their approximate timeline is presented below. We have learnt that timelines reported in various search engines on the Internet seem to be skewed and should be taken with a pinch of salt.

The available figures are rounded off for convenience:
Rama, Ayodhya, India, 8,000 BCE (Before Common Era)
Krishna, Mathura, India, 5,000 BCE
Mahaveer, India, 1,000 BCE
Moses, Egypt, 1,000 BCE
Confucius, China, ~ 600 BCE
Tao, China, 600 BCE
Buddha, India, 500 BCE
Shinto, China, 100 AD
Jesus of Nazareth, 100 AD
Muhammad, Arabia, 600 AD
Jalaluddin Rumi, Afghanistan, 1, 200 AD
Guru Nanak, India, 1,500 AD
Bahauallah, Persia, 1,900 AD

It seems prudent to follow their life examples, experiences and imbibe their words of wisdom rather than trapping their images in closed walls of temple, church and mosque. Realizing that organizations, rules and regulations tend to restrict freedom of minds, none of the self-enlightened Master has ever initiated or instituted a religious organization. Each one of them freely offered and shared whatever they could. Each generation is undoubtedly a beneficiary of guidance from living self-enlightened Masters so that myths do not have to become sole foundations of human consciousness.

Philosophy of life evolves out of mankind's joint experiences. A philosophy of life that stands on its own weight and withstands the scrutiny of universal logic will stand the test of time. Philosophy of life is not a competitive sport. The myths and mythological stories should continue to entertain and enrich the young and developing minds. History of mankind should provide a flexible link of continuity. Each pocket of humanity is ever blessed with the presence of a self-enlightened Master amongst them that they can relate to culturally and emotionally.

Complementary Faculties

Scientific exploration and Introspection symbolize the outer engineering and the inner engineering. Both of them are philosophical faculties of the ever evolving human mind. Utilizing these complementary faculties, while recognizing the strengths and limitations of each, Man explores the outer universe and the universe that lies within. Initially in this search, Man assumed and presumed some concepts and then progressively amended them in the light of new revelations. That is real progress.

Blind faith seems like a dead end that blocks real progress. The frail arguments of diverse organized religions have embroiled humanity in the madness we are witnessing over the past several centuries including the 21st Century. An individual's limited experiences with Nature and inner-self have produced Gods for self-preservation; more out of fear than devotion.

Mother's Day

The unparalleled relationship of a mother and child is that of creator and its creation, and the subtle vibrations of non-duality between the two.

Each and every living species on Earth, including humans, has a Mother and therefore experiences the self-enriching universal vibrations of non-duality.

Greatness

Ambitious individuals work hard to achieve greatness and naturally desire to be acknowledged by others. Feeling great every day and acknowledging your own Self may be more self-enriching.

Aches and Pains

Intensity of aches and pains in the body seems to grow sharper in the downwards direction from the head to you-know-what. During younger age below 50, backaches and most other internal body pains occur and seem to go away relatively quickly. However, after 50, the backaches seem to linger on because the body and mind complex becomes a storehouse of anxiety and related stresses. This is not rocket science to comprehend but unfortunately the obvious often stays oblivious! Emotional imbalances keep on piling up the pain. The overlapping layers of emotional imbalances that accumulate over the years need to be peeled off layer by layer. The process cannot be rushed because old habits die-hard. Most humans learn to peel only bananas and oranges; even monkeys can do it easily.

Mind, Intellect and Consciousness

The worth of any word seems to be in the experience it enables. During my high school years, I was listening to a religious speaker talking about the importance of self-realization in the spiritual journey of life. Three words mentioned prominently were mind, intellect and consciousness. The spiritual journey sounded very complicated because I was not even aware of the real meaning of any of the three words. I knew for sure that I had a brain that enables me to think.

Each one of these three words mind, intellect and consciousness seemed like a station in the spiritual journey of life to figure out who am I, and what the hell am I doing here or what am I supposed to do?

Now after watching and experiencing the world for several decades, it seems that the spiritual journey can be as complicated or as simple as we choose to entertain. Intellectualize the journey, and you begin to raise questions. Embrace it silently with an introspective approach, and you begin to find answers.

While fully experiencing the journey of life, it seems that we will voluntarily get off the train when the right station arrives. That station may be beyond human consciousness. Those who are familiar with the TV show episodes of Twilight Zone will realize that it is the Willoughby station.

Heart of the Matter

Human mind is inherently mischievous. A child's mischievous mind is a common experience for all. To stop a child from doing mischief, the worst thing that a parent can do is to say "No don't do that, and sit quietly"

The over-used word "No" is routinely disregarded by the child. A parent that cannot communicate with the child may resort to slapping the non-obedient child, which worsens the situation. A wise parent effectively communicates with the child to divert the child's attention and avoids using the word "No".

The human mind is invariably in the middle of mischief. We invariably find ourselves in the middle of an equilateral triangle in which the center is equidistant from the three corners. The three corners represent our thoughts, speech and actions; implying that what we think, say and do are poles apart. As we consciously shrink the size of the equilateral triangle, our thoughts, speech and actions coalesce harmoniously. Then we do what we think and say and stop being hypocrites.

Coalescing with Nature

The Jain, Hindu, Buddhist and Sufi philosophies of life seem to share a similar platform for seeking and experiencing an all-inclusive universal consciousness of oneness or non-duality. The language of god, organized religion and prophet is not the focus of devotion and dedication to experiencing universal Truths.

Although the language of these philosophies varies, the latent spirit remains the same. The Jain philosophy stresses on the uniform desires of all living species, including humans, to entertain life in its own ways. Through logic and reason, the Hindu philosophy tries to experience the non-duality between the eternal creative energy with its creation. The Buddhist philosophy seems to focus attention on breath to experience it as the bridge between individual breath and the universal breath. The Sufi philosophy tries to experience total fusion of two lovers through the ecstasy and love between the creator and its creation.

All of the above mentioned philosophies of life peacefully cross the borders of traditional ritualistic parts of religion without any intention of challenging them. Ultimately, each human chooses a path that suits him/her the best. The issue of converting from one religion to another never arises unless the politics of religion and ignorance steps in.

Spark

A spark can either light up a candle or start a destructive fire. Candlelight can kindle hope, whereas an intense fire is never productive. Ultimately, both the candle and fire extinguish. Each individual is capable of generating a spark to accomplish either one of the above feats. The choice made is always individual specific. Realize that merely 75 years after death, an individual's identity is totally erased including all the glorious titles that might have been his/her personal pride. The only aspect that lives on is the hope, humor, optimism and goodwill that the individual may have kindled for the following generations. An imprint of a self-enriching message for life that lives on as a vibration in human consciousness is immensely more valuable than the messenger.

Garbage

Information = Accumulation
Intellectualization + Verbiage of Information = Garbage
Reprocessing Garbage = Extension of stupidity
Internalizing Information = Gradual access to Wisdom
Every individual is born free to choose between amassing the obvious information or realizing the oblivious wisdom.

Conditioning

The word “conditioning” often connotes conditioning the mind or putting restrictive borders around thoughts and movements. Allowing the mind unconditionally open to new thoughts and ideas may be considered a healthier form of conditioning.

Tropical climate region has hot summer days and the nights are also uncomfortably warm. In absence of air-conditioning or fans, it is comforting at night to sleep outside on cots under the gaze of stars to catch some soothing breeze. These regions are often blessed with abundance of mosquito population. During childhood, my hometown Nagpur in India, was one such place. Mid summer temperatures soared to 110 to 120F and the air seemed bone dry. During the summer months, we slept on cots with mosquito net on each cot, which forced the blood-thirsty mosquitoes to sing or hum their frustrations from outside of the net. Our freedom of movement on the cot during sleep was restricted due to the net but really not in a negative sense. The benefits far outweighed the slight inconvenience of the net. In the same overall sense, exercising freedom of thought with voluntary restrictions is self-enriching.

Dictatorship and democracy are social conditioning systems with their distinctively different disciplines. On a national scale, political conditioning of the citizens often seems to imply restricting individual freedom. However, freedom without responsibility can be equally hazardous. Striking a balance between the two is the role of good governance with statesmanlike qualities.

A progressive and healthy forward moving social structure is self-governing that honors individual rights with responsible freedom. A healthy social structure is in an ever evolving mode just as a leader is not born a statesman, but progressively grows in statute.

The internal management of Mother Nature with checks and balances is a self-governing mechanism and the most ideal model of conditioning for humans to imitate.

Weight Control

Constantly watch what you put in your mouth, its quality and quantity. Embracing a fast weight gain or reduction regime only postpones the ideal you wish to achieve. Any promise of fast results is simply a see-saw routine. Unfortunately, there is abundance of takers that are eager for quick gratification: a disease of modern times. A body that is disciplined to breathe slowly and uniformly achieves an inner balance that automatically maintains its ideal weight, metabolism and ensures durable health.

Your body is ever eager for achieving the ideal weight when you are seriously ready.

Nirvana

The word Buddha implies the self-enlightened one. In real life, Gautama Siddhartha the crown prince was more than a prince or an ascetic. Gautam attained Nirvana is a commonly heard expression. The state of Nirvana seems to be manifestation of personal experiences and the universal wisdom that effortlessly condenses in conscious awareness, Wisdom is universal truth that does not change, ever. Buddha consciousness assures that Nirvana is within the grasp of every individual that dares and desires it. Gautam Siddhartha did not claim to be a God, nor did he ever chase the mirage of God or Heaven. Uncompromising devotion to the idea of experiencing universal truths and associated wisdom was his thirst, which was totally quenched in Nirvana consciousness.

Hobby

Hobby seems to be a natural instinct to assemble, make or create something. In mother's womb, a single cell identified as the fertilized egg seems to multiply, assemble and accumulate in an orderly fashion as a human body. Maybe it is this experience that manifests itself as our intuition for a hobby. A personal hobby seems to evolve out of several trials and frustrations. A person that reads books on how to cook is usually not a good Cook. A person that reads books on gardening is usually not a Gardner. A person that buys an expensive musical instrument before even learning music is usually not a Musician. Passion for a hobby is undoubtedly a progressive and self-enriching inner experience. An individual that lives with passion for life ultimately find himself/herself.

Conquest of Fear

Defeating a visible enemy seems much easier than conquering an invisible and unidentifiable enemy. Fear is a seed planted by the human mind but not remembering the time when it was planted. The seed readily sprouts and keeps on growing.

Until the ignorance of fear is resolved, any forward movement is impaired.

Pranayama

Pranayama is a Sanskrit word and therefore oblivious to those who do not understand Sanskrit or any other Indian languages. This is an effort in unscrambling the word to extract some useful meaning out of it. After all, we are born free to express and experience ourselves.

Pranayama is an ancient Hindu philosophical approach that complements Yoga to access and experience universal wisdom.

Pranayama = Prana + Ayama

The word Prana implies breath energy that connects us with the universe. The word Ayama implies the rhythm of the breath and the self-enriching experience it enables.

Pranayama complemented with Yoga system of exercises is the beginning of a journey leading to a self-enriching and transforming experience. This is the consistent message of self-enlightened Masters through the history of mankind. The intensity of thirst for this unique experience is ever growing, which guides individual consciousness. A unique dimension of experience is revealed when an effort becomes effortless. The unique experience is beyond the physicalities of body and mind.

Leadership

A leader listens intently and carefully to his own inner voice; whereas others listen to him. A leader is aware that under all circumstances, change is inevitable and that his initiatives must consistently produce measurable results that empower all of his followers as well as the opposition.

In dictatorial governance, the life cycle of power follows the same fate destined for the rise and fall of dynasties. Whereas in democratic governance of a country, winning the majority of votes through electoral process is the criterion in choosing leadership in the hope that it reflects the pulse of the country. Politicians dreaming to lead the country must first get elected, then assume power and implement their vision as best as possible.

In order to get democratically elected as the leader, the politician puts on an image and verbiage of being a common man in tune with the common man's aspirations. However after election if the leader continues to behave as a common man in vision and actions, the country suffers for lack of leadership.

A grounded leader with a clear vision and unshakable courage is not a common man. He has to be an uncommon man in his thoughts and actions that condense from it. Results always speak louder than flowery words and political promises.

Put in other words, a common man does not have the capacity to deliver hope and optimism that kindles the vast potentials of people and nation as a whole. A successful leader and statesman is invariably an uncommon and practical

visionary, effective communicator, integrated in personal attributes and an effective negotiator.but in the process does not negotiate away his people's trust.

In a democratic country it is always crucial for every eligible citizen to vote responsibly and be counted because your future depends on You.

Effective leadership is a unique blend of several uncommon skills including the obvious and the oblivious. Since the spirit of leadership cannot be encapsulated in a mathematical equation, it is invariably gut-wrenching for an electoral process to ultimately select an effective leader that can provide the desired Leadership.

Essence of Spirituality

It seems that Spirituality is a word that takes on a different meaning from one individual to another. It is a sensitive vibration that can only be felt, but cannot be defined by any dictionary or religious scriptures.

Spirituality seems to be sensed and experienced more readily either by an individual with disarming simplicity and innocence of a child, or by an individual with uncommon and cultivated ability of introspection.

It seems to take a longer time for an intellectually inclined to achieve it; and some of them never do. So they ask, what is it and what benefits does it offer? They try to Google for an answer!

Vision

Diabetes has a way of affecting and effecting individual functionalities in different ways. In my case over the years, Diabetes has weakened the walls of my blood arteries. As a result, blood leaks in my eyes frequently causing a blurry vision. However, as my vision is getting progressively impaired, I seem to see and perceive myself and the world around me in a different perspective....more appreciative of what I can still see and did not see previously. The obvious and the oblivious in life seem to get more in focus. A recent massive hemorrhage (blood leakage) in my right eye prompted this note.

Politics and Religion

Mixing politics and religion seem like a dangerous cocktail. When the cocktail is stirred with a stick of Ego, the mix becomes explosive. Never the twain should be mixed, lest they poison each other.

In essence politics is a way of positioning yourself, whereas religion is a way of becoming your own Self. Politics is primarily about managing ego, money, fame and obvious power. Religion is about relinquishing everything connected with the ego. Politics is a public affair, whereas religion is an individual specific engagement. A political journey can be pursued only for a few decades until a thumping electoral defeat or old age terminates the career. Religion is a lifelong individual-specific journey for seeking universal wisdom and truths.in which to find our real identity.

The Four S's

The four S's are Saint, Sadhu, Sufi and Scientist. All of these four words imply individuals that introspect on the realities of universal truths. Stated in other words, through self-less way of leading life and powers of introspection, an individual ascends to the universal consciousness of a Saint, Sadhu, Sufi or a Scientist. Each one of them has a different frame of mind, but shares common values of freedom and independence of mind. These four words do not represent any title bestowed upon them, nor is a title ever a quest for them.

Introspection with steadfast devotion to realizing universal truths is not a religious ritual. It is simply about becoming aware of the reality and purpose of existence. Self-enlightened Masters prompt that as introspection becomes an effortless approach to tune into the vibrations of the universe, you begin to experience the non-duality between the outside universe and the universe inside of us. It is entirely an inner experience.

Years after the death of Mother Theresa, the bureaucracy of her religious faith was assessing her performance to determine if she should be elevated to the status of a Saint. Is Mother Theresa waiting for that certification? The youth and consciousness of 21st Century poses this question in all sincerity to each and every religious bureaucracy around the world.

A Sufi embraces universal vibrations through poetry, music and dances ecstatically to experience the fusion in love between the creator and its creation. A scientist uses tools

of measurement to assess the dimensions of universal truths such as forces of attraction (gravity), evolution, regeneration, and related topics.

Becoming a Saint, Sadhu, Sufi or a Scientist is purely an inner individual experience. It is about becoming self-enlightened in total freedom of thought to the reality of all that we see and perceive.

Brilliant Stories

The simple Aesop's fables such as “The boy who cried wolf” that mesmerize children serve a good purpose. However, as the children grow up they grow out of those stories. The stories about male and female God, the Great Flood, Heaven, Hell and Devil, are common and similar in different cultures. These stories have meaningful interpretations in local religious philosophies. However, the deeper purpose of these brilliant stories is invariably not understood. As a result, believing in God as an external source seems to defeat the essential purpose of the brilliant stories.

The commonality in all religious stories seems to be about a supreme being identified as God that is the source of all that we see. That God is described as descending or presenting itself on planet Earth in the form commonly described as an Incarnation, Son-of-God, Prophet, Messiah, and similar connotations.

Believing God as an external identity seems to serve as a crutch. Use of any external crutch serves a limited purpose. Seeking and experiencing the idea of God within is self-enlightening because it enables coalescing and harmonizing all external identities such as God, Heaven, and Hell within the consciousness of Man. Union and harmony seem to be the essence of Nature or the Universe at large.

Ultimately, the power of introspection alone seems to enable each one of us to define and find ourselves in the context of the ever-changing universe. The individual that is able to envision and experience the entire universe within has been identified throughout this book as the self-enlightened

Master. Through this approach, a human seems to ascend to divine consciousness.

Mystic

Mysticism is neither a religion nor a philosophical word. It simply represents an inner self enriching experience. Sufi or Fakir is a mystic that dances in ecstasy experiencing the union in love, which is far beyond the transitory pleasures of physical body. It is not the love depicted by Hollywood or Bollywood. There is a mystic in each one of us that is ever thirsty for harmonizing with Nature.

The Worth of a Name

Every human is born naked and pure without identity of a name or religion. A traditional religious person is attached to exclusive names and vehemently disowns other unfamiliar names. The typical names that have aroused inter religious animosities over the centuries include Rama, Krishna, Buddha, Mahavir, Moses, Jesus, Mohammed, Bahauallah, Nanak and several others. Each one of those listed seem to be self-enlightened Masters who would state unequivocally, if they could today, that a universal message is immensely more important for introspection than the name of messenger.

Merely repeating the name of a self enlightened Master while flipping a rosary without comprehending its spirit serves only the singular purpose of showmanship. Even a Myna bird or a Parrot is capable of doing that effortlessly.

Devotional Songs

The beginning words of an Islamic devotional song are:

“Allah Hoo, Allah Hoo, Allah Hoo”

Allah is the word for God in Islam. The word Hoo simply implies “IS”. So literally the two words “Allah Hoo” simply imply “Allah IS”.

Sufi is a Muslim who chooses to embrace only the word “IS”.

Who or what is “IS”?

IS is what it is today.

IS is what it was yesterday.

IS is what it will be tomorrow.

IS is always the same; the eternal Source.

IS is embodiment of harmony, all-inclusive love and union.

In a similar sense, a genuinely devotional person of any other religious faith sings and dances to experience the non-physical dimension of love and union. To experience a love that is non transitory and unconditional is a devotion that is all about becoming devoid of your own Self.

Rope Walker

Walking on the rope is a constant balancing act every step of the way. However, before taking the first step, the ropewalker steadies the body, breath and mind. It is a simple principle to understand at the intellectual level but requires patience, concentration, dedication and tenacity to execute it. Every activity in life, including a simple prayer, requires it for fulfilling itself.

Name of the Game

Man seems to recognize that God is an idea and an ideal. But as soon as a name is assigned to God, the Hell breaks loose. Then each one wants a personal God to love, cherish and extract personal favors.

Demeanor

A voluptuous demeanor attracts only the vultures. A pleasant demeanor stemming from within effortlessly attracts what you desire and deserve. The magnetic forces of attraction only follow rules of Nature.

Modern Times

Some lament about the modern times and how human life has been adversely affected. They say that it has added stress and pollution that contribute to innumerable diseases. The flip side is that modern times are offering the best of whatever entire mankind has ever experienced. Over-all life is so much easier enabling us more time to accomplish more with lesser effort. That enables us to enrich our lives physically and emotionally. Then why are we constantly complaining? If our great ancestors, the cave dwellers, could visit us today, they will rejoice themselves to death.

Death is the ultimate end of our life journey. Whether we choose to rejoice or stress the hell out of ourselves is all up to us. Stress of life does not come from outside, instead it is perception of the perceiver.

Many Masters in One Life

My wife, Usha, was immersed in reading a book titled “Many Masters , Many Lives” authored by Dr. Weiss. We have heard on television about past life regression and similar topics. Although I have not yet read the book, I have a fair idea about what Dr. Weiss may have written about simply because I was born in India and lived there for the first 25 years of my life. Hindu philosophy talks about many lives in a cycle of birth and death in a cause and consequence relationship. Also talked about routinely in India is the important role of a spiritual Master for removing ignorance and enhancing conscious awareness.

Ever since my birth, I seem to have been pleasantly busy and busted with life that I have not had the time nor the priority to dwell on my previous lives. I simply happen to believe that I am the final product or the consequence of the sum-total of my previous lives. Therefore, it has been more meaningful for me to focus only on the current life and try to improve the product “Me” as best as I can.

The word Guru or a Master implies a source of universal wisdom and enhanced vision for life. We grow up realizing the vast difference between knowledge and wisdom. Only knowledge that can be experienced condenses as wisdom, which is an inner experience. Consequently, every source from which we receive wisdom becomes our Guru or Master.

From the above mentioned perspective, it is safe to address this very lifetime as the beneficiary of “Many Masters in One Life”. Each one of us encounters innumerable Masters during our lifetime. In the early stages of life, we encounter Masters

but fail to recognize their subtle signals. Years later, it dawns on us that the source was indeed a Master. A Master, the source of wisdom, is not necessarily always a person.

Before making the following observations, it is important to communicate that this composition is a biography of conscious awareness and not a personal biography. A brief list of my innumerable Masters through lifetime includes the following:

Our Parrot, the Banyan tree under which I played as a 3-8 year old, the Goat that screamed mehh~~~ before being slaughtered as I watched, the smiling Beggar without legs who maneuvered himself daily on a small 4-swivel platform in the bazaar, witnessing cremation of my maternal grandfather when I was 18, our two cats Tori and Amira, and this very personal list continues to grow endlessly. Meaningful universal messages and different dimensions of life continue to surface through each one of the Masters and related experiences. Many Masters in this very life, seem to keep each one of us engaged in life to grow and to enrich ourselves. Each one of the Master source provides a newer perspective and vision for life.

Wisdom seems to be a realization and a subtle vibration that is often not described in the words of any language. We humans tend to make the concept of a Master or Guru appear complicated. Living in the present makes each one of us a better receptor of universal vibrations.

When Rivers Collide

The above title appeared in Facebook on a beautiful photograph of two rivers merging together in the midst of mountain ranges and rich vegetation all around. It seems that Forces of Nature do not collide; instead they complement each other. Only the Egos of humans seem to collide. A river has no ego and has nothing to prove through aggressive collisions. I had emailed a copy of the above title along with picture to my friend Jim Ledbetter who made the following pertinent comments:

“Rivers, Fish and People - Lucky me, I’ve seen the Green and Colorado rivers merge, as well as the Ohio and Mississippi. Watched schools of fish moving together without colliding, suddenly changing directions with Nature’s choreography, as do swarms of migrating birds. Even people merge well except for the meddling of their leaders. Politicians’ mess up everything that works naturally; come to think on it, they (politicians) also control the Army Corps of Engineers, who have messed up more rivers than there ARE rivers! “

Equal Justice



The religious faithful claim that in the eyes of God, a male and female are equal. However, in the laws written by Man under the name of God, do not seem to share the same vision.

One religious law in particular administers a punishment of stoning a woman to death when accused of adultery or infidelity. These two words used for accusation simply mean, playing in the bushes. Men in a public square ceremoniously carry out the punishment of stoning the accused woman to death.

A woman cannot engage in such acts by herself. She needs a companion, which is invariably a male. More often the man is married. Consequently, the woman and the man are committing the same crime.

If man is charged with the above equivalent crime, then women should also have the right to stone the man to death in an equally ceremonious way. Then equal justice and equal playing field would have been served.

An attitude of Tit-for-Tat or an Eye for an Eye has never resolved any issue. Humanity has to reform laws with sanity for ensuring equal and fair justice to all. God gave humans brains to draft laws, and total freedom to revise them as required to ensure fair playing ground for all. God is smart enough not to etch any universal laws in stone.

Becoming Human



Lion and Ranger in Lanseria, South Africa

In a secular world, it seems that we become human only when we learn to live and respect life in all forms in our thoughts and actions. This seems to be an essence of the self-enriching message of Mahavira, the founder of Jain philosophy of life.

Secularism is not a lofty ideal crafted by any Man or Nation. Wisdom of Nature prompts that we live in a secular world.

The Brave

It is not the job that we do, but how well and graciously we perform it, that makes a difference. Out of the dedication and bravery on the battlefield of life, surfaces a deeper meaning for the celebration of the Memorial Day and the Independence Day. Sacrifices for insuring personal freedom and honor are offered in all walks of life by unassuming and unrecognized heroes.

Experiencing Excruciating Pain

Emotional and physical pain often seem to go hand in hand because one may become the cause for the other. Any pain becomes excruciating when its intensity makes us feel helpless and lonely. While experiencing the pain, a thought flashes by, what did I do wrong? Following are some eye opening examples:

1. A newborn infant glides out of mother's womb and into this world wondering what this is all about! Initially a gentle touch feels assuring not even knowing that it is your mother. Then all of a sudden, your face is covered and you feel suffocated. You don't even know that a cloth or a plastic bag has been placed over your head to suffocate you to death. You scramble helplessly for breath and then just give up resistance. Your crime, you were born a girl. It wasn't even your idea or choice to be born.

2. A one to fifteen year old child is stolen from its parents with the express purpose of selling it as a sex-toy. The child is drugged to numb or erase its tender memory and subsequently brainwashed to grow up as a sex commodity. The child is denied its right to grow up with its natural parents. What as the child's mistake? None. Then why this pain and punishment for the rest of its life? The child and its natural parents are forced to live with the pain of separation from each other for the rest of their lives.

3. A young woman feels natural passion for a particular man. Daring all social barriers, she engages in a natural act of love with the man of her liking. Sometimes a man forces it on her

without her consent. Unfortunately, she is caught. The social law commits her to be stoned to death ceremoniously in a public square by men. With her hands and feet tied, she is placed in a vertical pit half her height in the ground. Anticipating the first stone hurled at her face and body, she anguishes on what did I do wrong or what was my fault? The very first stone strikes her head and an excruciating pain engulfs her. The second stone strikes her face and the pain is compounded. With each subsequent stone hurled at her, pain gushes out engulfing her consciousness. If this is not the living Hell, then what is? Which God administers this punishment to the innocent young woman ? Ultimately, the only relief comes from Mother Nature through turning off the consciousness of the suffering victim. The physical body still continues to shiver as each additional stone is hurled at it. The men who hurled the stones at her did not even know her. What satisfaction does he get out of the heinous act? Imagine that woman to be your sister or mother. Would you tolerate the brutal practice even for another moment? Yet such brutal practices perpetuate through the centuries under the name of God.

4. A married woman is burned alive by pouring gasoline on her body and then torching it. Probably her crime was that she did not meet the approval of her in-laws. In some cases the husband may also participate in the crime.

5. Joan-of-Arc was tied to the pole in public square and torched to death. Her crime, probably uncommon bravery displayed against oppression.

6. Teen-age youth is enticed into killing a perceived enemy. He gets good food to eat and a gun with live ammunition with

which to show off his macho-man temptations. In addition, he is promised Heaven if he dies in action against the enemy. In Heaven he will have access to beautiful maidens and luxuries of life beyond his imagination.

7. In warring tribes, men of one tribe use machete to physically dismember men, women and children of the opposing tribe. Part by part the body is dismembered.

8. Countries with advanced technology seem to have used gas chambers, germ warfare and carpet bombing techniques for extraneous motives.

Is there a man with soul so dead that perpetuates or participates in such brutal acts of violence? With what audacity does any human claim that the human civilization is the most evolved amongst the living species on Earth? It is not a question of they or us. It is about all of us; each one of us.

Animals, birds, and no other living species seem to intentionally practice any of the above mentioned acts of violence. Amongst humans, it seems to be driven by bottomless ego and greed.

Any God or its messenger will shudder to step on this Earth to witness the excruciating pain inflicted by humans on humans.

Taliban

We learnt this morning on Farid Zakaria's GPS show that the Arabic word "Taliban" means "Student". That qualifies each one of us as a Taliban of life. Every Taliban of life seems to learn at individual speed of comprehension. Having clarified the meaning of the word Taliban, it seems:

Hindus, Jains, Buddhists, and Sikhs are fundamentally Taliban of universal consciousness.

Sufis are Taliban of union and fusion in Love.

Jews, Christians and Muslims are Taliban of God, Heaven and Hell.

Fundamentalists of each religious philosophy of life are Taliban of individual consciousness.

Scientists are Taliban of matter and physicalities attempting to define the fundamentals of the universe and evolution.

Before we knew the real meaning of the Arabic word Taliban, it only stood for the name of the opposition party in Afghanistan seeking to express itself. Watching Nature and humanity, it seems that those amongst us that rise above and beyond self-imposed limitations of knowledge, eventually become the self-enlightened. Each Taliban of life is innately or subconsciously seeking self-enlightenment in a spirit of all-inclusiveness.

Relaxing in Silence

We relax when we become ourselves. The clutter and noise of logic, reason and life experiences eventually guides us to the hidden silence we admire and adore in Nature.

Silence is not about withdrawing from the external crowd, but it is about withdrawing from the crowd within. Silence is essentially about “Selflessness” in which to find and discover our own Self.

Message

Kabir (15th Century AD) was a Sufi, Yogi and “you name it” all rolled into one. He did not desire to be a Saint, Prophet, Son-of-God, Mullah, or a Pundit. He himself was a simple Message.

Kabir was quite familiar with the philosophical thoughts expressed in Hindu, Judaism, Jain, Buddhist, and Christian philosophies of life and ways of living. But Kabir chose to connect with the natural vibrations and rhythm of his heart. In the music and ecstasy of the natural rhythms, he addressed the individual heart that is eager to blend and merge itself with universal rhythm and its wisdom.

The Breeze

It was the momentary, free-spirited and exhilarating breeze. It moved gently touching everybody and everything in its path. Touched by the breeze, some exclaimed....Ah, it felt so good!

Then the breeze stood still and died. Some missed its presence; but they could not see it.

Breeze is how a human's life span is; but a moment. What is a mere 100-120 years of human life span when compared to the life of the ever-changing universe that runs in billions of years? Yet, the human lifespan seems to be a precious opportunity for an individual to experience its innate and non-dual relationship with the universe. The universe is not about magic and miracles; it is the reality.

Honest Passion

George Will of ABC TV Channel made a profound statement saying "One of the biggest problems that most of us seem to face is the absence of honest passion".

Globalization

Pleasure, gratification and then more pleasure is an endless cycle that has built-in pain as a consequence. Globalization of pleasure and associated pain will keep humanity busy chasing the mirage of happiness for centuries to come. Globalization seems to be about aping each other at the cost of smothering precious individuality. Only a very few individuals amongst us are able to comprehend and experience the true nature of happiness. That may be why from thousands of tiny seeds in a single fruit of a Banyan tree, only a few sprout and become the majestic Banyan.

Tall Structures

Tall and taller architectural structures are built to match the ego of Man and desire for the undefined immortality. It may be refreshing to visit a place where there is total absence of any structure built by Man. That place is inside us, which is ever eagerly waiting to welcome us.

Neither the symbolism of tall structures nor any other symbolism initiated by Man will ever have the capacity to sublimate ego and define immortality simply because these are inner experiences.

There is everything right about designing and building extraordinary architectural structures to stretch the horizons of human imagination and ingenuity.

Multiple Choice

First there was no human on Earth. So God created Adam and Eve, and gave each one of them a free choice to pick a suitable partner.

The Flagship

The art of Marketing has been practiced and perfected ever since the inception of religions organizations by mankind. The Flagship product, God, is attractively packaged and described in simple language for mass appeal. Offering emotional incentives and ongoing support are some of the important tools of marketing.

Out of this long experience have surfaced the tools of advertising, multi level marketing (MLM), multi national marketing (MNM), merchandising, transportation and other related skills.

Religion seems to have become the largest successful global enterprise that markets an invisible product. Due to its enormous financial success, their Flagship product has been imitated and branded under various names. No patents have ever been issued for the Flagship product. The brilliant idea cannot be proven or disproved.

Bread and Butter



Kawad as shown in the picture is a contraption fabricated from cane and bamboo that is carried across the shoulder(s). At either end of the Kawad is a basket to carry goods in rural areas where footpaths were more common than roads.

During early 1940's we lived in Dantewada, Bastar State, India for a few years. At that time, we had witnessed with interest postal mail being transported daily from Jagdalpur to Dantewada in a Kawad over a distance of 80 miles. The mail carrier trekked 7-miles one way carrying the mail, and then exchanging his load with the mail to be carried back to the base camp. That was a 14-mile daily trekking for the mail carrier, which was his bread and butter job. However, butter was probably almost invisible in his daily diet. The mail carrier

was not a marathon runner by choice.

The mail carrier trekked to a rhythm with a consistent speed ranging from 2-3 miles per hour. The uniform rhythm stemmed from the flexing of the cane rod across the shoulders with every jogging step of the mail carrier. It was a sight to behold. The mail carrier was a perfect embodiment of a disciplined marathon runner.

Devotional Shoulders



The picture above is a depiction of a popularly known Indian mythological story of Shrawan Kumar from the episodes of King Dasharatha of Ayodhya and the epic story of Ramayana, which is astrologically estimated around 8000 BCE. Young Shrawan Kumar was devoted to his totally blind parents. Whenever the three of them had to travel, Shrawan Kumar carried his parents in a contraption called Kawad as shown in the painting. Shrawan Kumar is popularly known for his

devotional service to his parents.

The following is real photograph of a 21st Century young man named Balwinder Singh:



Balwinder Singh, a Pearl amongst us humans, is a 23-year young Man of 21st Century India. His picture was procured from Facebook on July 29, 2012. Reportedly, since last two years, Balwinder Singh is traveling on his feet carrying his mother and blind grandmother in a Kawad slung across his shoulders.

The Kawad, as seen in the picture, is a contraption fabricated with a thick 6-ft. long cane which is slung across the shoulders. A basket woven out of bamboo and cane is hung from either end of the cane to carry the load across the shoulders.

Balwinder sing has been carrying his own mother and blind grandmother in a Kawad to enable them to undertake the Char Dham Yatra, which is a visit to four holy places of choice for a Hindu to visit in India during lifetime. The only affordable

transportation for Balwinder sing for this journey is “Have feet will Travel”.

Blessed are the two women with Balwinder sing’s spirit, strong shoulders and feet. The four religious places that the trio plans to visit will be blessed by the very presence of the trio. Also enlightened will be the people who will be able to witness Balwinder sing carrying his dual darlings in a Kawad across the countryside.

Balwinder sing is a Pearl amongst humans that keeps the spirit of selfless service alive. Each selfless worker bears this remarkable spirit. Natural pearls come in various shades, but each one is a real Pearl to behold.

May the trio complete their cherished journey.

Sense of Humor

Criticizing ourselves with a sense of humor unravels our inner wisdom to rediscover ourselves. Consistently criticizing others, depletes our creative energies.

Curiosity

NASA's unmanned spacecraft named Curiosity is approaching the planet Mars just after midnight today, August 05, 2012.

Curiosity has traveled 37 million mile in approximately eight months by traveling at a speed of 13,000 miles per hour. It takes eight minutes for an electronic signal to reach Earth from Mars. I have personally traveled in manned bullock cart in Bastar State, India during 1943-45.

The bullock cart pulled by two bulls cruised at at 2 miles per hour (MPH). When necessary, we could crank up the speed of travel to 2.5 MPH by petting the bulls, talking with them sweetly or twisting their tails.

So, I notice now that Man has made some progress in the speed of travel.

The Present

Do not immerse yourselves too deep in the past and obscure the present. Do not climb too high in future aspirations, lest you lose touch with the ground. Plant your feet firmly in the present to experience reality.

Childhood

If your childhood was good, its impression is permanently etched in your consciousness. Unfortunately, it is not a child's choice to have a good childhood. A good childhood is constantly surrounded with abundance of affectionate care.

Poverty of Mind

The disparity between the rich and poor is a barometer of insensitivity amongst humans. Poverty of mind equally and adversely affects both the rich as well as the poor.

Holy

A religious book becomes holy only when we introspect on the written word. Otherwise, it remains an open book for any bird to read.

Visitor's Visa

Nature is quite liberal about granting Visitor's visa. Every human automatically gets a Visitor's Visa at the point of entry, which is valid for 100 years. If any one over stays, the visa is automatically renewed. There is only one condition, which is strictly implemented. Whatever you buy and own during your stay on planet Earth must be left behind.

Prayer

Prayer is uniquely an individual-specific vibration with which the individual tries to connect with Nature and its universal forces all around us. A sincere prayer is not a religious act or ritual.

Prayer performed with devotion to realizing universal awareness becomes a self-enriching experience. However, prayer performed with personal ego and desires becomes merely a meaningless ritual. Sincere prayer materializes as an inner self-rewarding experience. Prayer is not answered by any outside source. However, it seems that outside sources with physical attributes and names are used for favorable placebo effects on individuals with shaky faith in themselves.

This wisdom has percolated through the introspective experiences of self-enlightened Masters. The same experiences are possible for every committed individual without any ifs and buts.

One-Minute Yoga

The 1-Minute yoga is a self-prompting technique to experience the meaning and dimensions of the word yoga, which means union in one dimension. The term 1-Minute yoga is simply an interpretation of an age-old technique of inner experiences that stands on its own weight.

The 1-Minute yoga puts us in a Neutral Gear to enhance conscious awareness. It is about steadying the energies of Body, Breath and Mind. The Body-Breath-Mind complex embodies our entire being. Sit in any comfortable position, preferably with upright back, and gently close your eyes.

1. While maintaining the entire Body still and free of any muscle twitches, feel the heart beating for you with its regular rhythm.
2. While maintaining the mode of Step # 1, feel your Breath, its inhalation and exhalation by concentrating at the front end of both nostrils, and feel its regular rhythm.
3. While maintaining the mode of Step # 1 and # 2, steady your Mind. Do not let any new thoughts enter your Mind and do not let any old thoughts resurface in your Mind.
4. While simultaneously maintaining the modes of Step #1, #2 and #3, continue for one minute. This is the outline of 1-Minute yoga.

As you continue to practice this 1-Minute yoga and begin to

experience its benefits, repeat it more frequently during the day without increasing the duration of one minute. Through this indulgence, you will begin to experience and appreciate the inner beauty and magic of the Body-Breath-Mind interrelationship. It will gradually begin to correct emotional imbalances, which reflect as disease or “absence of ease”. You begin to realize that balanced Mind optimizes emotional and physical well being, energy level and enthusiasm for life. You will begin to look at this day as the very life of life, for in it lie all the realities of existence.

By starting the practice of 1-Min yoga in right earnest, you will have begun to grab the bull by the horn as an experienced bullfighter.

As you move forward experiencing the multiple benefits of the 1-Minute yoga, you will initiate yourself in the progressive levels of yoga, which include Yogasanas (Yoga exercises), Pranayama (regulated breathing exercises), Ashtanga-Yoga-Sadhana (eight levels of Yoga) and related meditation techniques for self-realization. No Gods interfere in this process. Ultimately, these techniques enable experiencing the Cosmic Energy that is at the root of all Creation. This is a simple and consistent road map provided by seamless generations of self-enlightened Masters through centuries.

The self-enlightened Masters have been active practitioners of Breath-Body-Mind integration techniques which are encapsulated in the commonly used term Yoga. Serious

practitioners of Yoga are judicious conservators of personal energies and skilled in slow or deep breathing (breaths/minute) techniques.

Turtles breathe very slowly (breaths/minute) and reportedly live for 400-700 years. The Yoga practitioner aspires to live long primarily to complete the journey of life with attainment of Universal Consciousness in which there is no further Need.

Mutation of Genes

From available medical information we gather that Gene is the smallest biological unit that has the built-in intelligence to evolve into a full human body. So human body is simply an orderly accumulation. As the Gene expresses itself embodying a complex network, the human body acquires its attributes such as vision, hearing, touch, taste, smell and several others.

Scientific laboratories can now see and study the self-evolutionary progression of Genes. Mutation of some Genes occurs in the self-evolutionary process. Mutated Genes produce abnormalities in humans. The abnormalities can have either favorable or adverse consequences for the fetus in mother's womb that grow up into a full human.

Self-enlightened Masters through the history of mankind seem to have used their powers of introspection to attain a vastly superior level of universal consciousness. These Masters did not go out in search of God. Instead, God came looking for them out of sheer curiosity. God wanted to find out from the chemical laboratories, which mutated Gene of his original creation was responsible for giving birth to the exceptionally talented self-enlightened Masters such as Rama, Krishna, Moses, Jesus, Mohammed, Einstein, and several others. God may have initiated the original Gene, but may not have had any idea that a mutated Gene could produce such remarkable and outstanding results. Now God and humans also know that mutated Genes can produce exceptional Nuts as well.

Modern Computer Programmer (CP) is following up on Nature and its self-propelling evolutionary process. The CP is now

developing computer programs capable of writing and generating its own computer program to address specific tasks in specific fields such as banking, accounting, marketing, et. This will eliminate the need of of a human programmer to handle the same task. Following this logic, a smart computer program may be developed that can address multiple tasks of a very broad range of topics; minimizing errors and maximizing output as well as quality. Slowly but surely, a computer program may be developed that will have built-in intelligence to address unforeseen situations and provide unique solutions better than a human can. Computer has no Ego or language issues, and therefore it does not clash with humans. Human capabilities are only complemented and enhanced by innovative computer programs with their Artificial Intelligence that mimics Nature's built-in capabilities. Artificial Intelligence is now a hotly pursued field of investigation raising unforeseen questions and providing unforeseen answers.

Difficult Tenant

It is a commonly heard complaint in India that a tenant lives in your building for several years and then refuses to leave. It is against evicting the tenant physically. Filing a complaint in a court of law to evict the tenant legally takes several years and a bundle of bribing money.

Diabetes softly comes in as a tenant in your body and subsequently refuses to leave, and cannot be evicted easily. Instead, it extracts money from you at progressively higher inflationary rate. It is wiser to make a reasonable and flexible deal with Diabetes to make life easier for yourselves. Be aware of a law that says “If you allow someone to trespass on your property for a specified period of time, then it becomes the trespasser’s legal right to continue trespassing on your property”. Your body is your property to protect against any trespassers.

You and Holy Water

Are You talking to Me, Sir? Yes. If you are looking for a sinner, you don't have to look too far. Look in the mirror and point your index finger at yourself.

I am not a Church of any denomination suggesting the above dialogue. From our personal experiences, we realize over a period of time that sin is our act that has condensed from the thoughts in our Mind. Therefore, we are fully aware of our folly, its gravity, and consequences. No outside authority has any power to accuse us or pardon our sin. We are the only one in this entire Universe that can nullify the sin by our sincere repentance from within. There is no need to verbalize it.

The tearful relief that engulfs your entire being is the proof that you have been fully pardoned and absolved of the sin. The free flow of natural tears washes it off. Those tears represent the Holy Water.

Conscious and Sub-conscious Bodies

A human seems to live simultaneously in two bodies that co-exist complementing each other. The body that we physically feel and identify as “I” is the conscious body, which is the obvious one. The subconscious body is the one that is oblivious. As co-residents, both of these bodies are in constant communication with each other. Both bodies represent manifestations of the same Energy.

While observing my sister closely during the last four weeks of her life, it dawned on me that while the doctors struggled to save her conscious body, her subconscious body had shut down much earlier in confluence with my sister’s wishes. The time of death recorded by the attending physician was the death of the conscious body.

My sister was ailing in Nagpur with progressive failure of both kidneys. During the last four weeks, it became obvious that she would not pull through. When my wife Usha and I arrived from Pune and stood by her bedside, her eyes seemed calmly shut. Gently holding her hand, I announced our arrival to her and assured that we will be with her. She gently pressed my hand in silent acknowledgement, but her tired eyes stayed closed. Her weakness seemed overwhelming.

Later in the evening, my brother-in-law, my wife Usha and me returned to the hospital for a second visit. This time we sat on a bench on her left side within a few feet from her bed. Her eyes were shut, but she could sense me clasping her hand on our arrival. After that, she probably hear us as we conversed amongst ourselves. Probably she could not decipher our conversations. Then after a short time, she

seemed to make a bold effort to swing her face towards us. Momentarily, she held her eyes wide open as if to catch a clear glimpse of all three of us sitting on the bench. Then she gently turned her face upwards and closed her eyes. After that incident, I never saw her eyes open again, although she lived for three more weeks in that weak condition. During the remainder few days, I sat by her bed every day wanting to believe that she was aware of my presence. Progressively her recognition of me holding her hand seemed to be fading away. She seemed to be at peace with herself and had no further need for any touch and assurance. Voluntarily she seemed to disconnect herself from this world.

I realized that only my sister would have known as to exactly when her subconscious body quit in confluence with her wishes. Further, it seemed that there was a distinct time lag of several hours or even days before the attending physician pronounced her dead; the death of her conscious body.

All life experiences ranging from pleasant to unpleasant seem to register initially in the subconscious body in the form of vibrations. Subsequently, these vibrations are transmitted to the conscious body in the form of physical symptoms such as happiness or sadness. Stresses are deposited in the conscious body as undesirable fat and related chemical imbalances.

Thus in short “ When the subconscious body is relaxed, it transmits harmony and wellness to the conscious body. Whereas, when the subconscious body is stressed, it transmits disharmony and sickness to the conscious body”.

At the conclusion of the life journey, the oblivious

subconscious body seems to shut down first and then transmits the death signal to the obvious conscious body. The time lag between the two incidents may remain a permanent quandary because death is only a one-time experience with no further earthly communications.

The conscious and the subconscious bodies seem to be linked together in an intricate cause and effect relationship. The cause is resident in the subconscious body, whereas its effect is obvious and pronounced in the conscious physical body.

This point of view stresses that if we have any ailment, real or perceived, we have to address its real cause as well as healing in the subconscious body. The ailment could be back ache, frozen shoulders, migraine, constipation, hypertension, diabetes, mental depression or any other disease (imbalance). Most treatments in the form of tablets, injections, physiotherapy and invasive surgical procedures address only the relief of the discomforting symptoms in the conscious body.

The age-old techniques such as Yoga, Pranayama, Acupressure, Acupuncture, Reiki, Mahikari complemented with various meditation techniques try to balance the energies of mind and body. A healthy subconscious body radiates positive life energy to the conscious body.

The life energies of the subconscious and the conscious bodies do not show up in an X-ray. Only powers of introspection seem to enable us to go beyond the physicalities and experience the oblivious secrets of Nature that are inherently all-inclusive .

Creative Ideas

While ideas are hatched in the Mind, the Feet are anchored on the ground. Often, the twain do not seem to meet. It takes faculties of a cultivated mind to make a creative idea fruitful. The innovative idea of God marketed to the masses has spilled blood through past 15 Centuries and the sad saga continues unabated into the 21st Century. The world may have been a far better place before the idea of God sprouted in the human mind. Unfortunately, the sprouted idea has now grown into a huge Banyan tree that claims to provide comforting shade to millions of faithful. This reference naturally draws attention to the history of human civilization.

Each traditional religion and its structure seems like shaded history of a particular civilization struggling to retain its identity. The civilization's traditional way of life does not seem to reflect an honest desire to embrace universal consciousness. The history of each traditional religion is naked testimony to it.

Only the power of introspection may have the essential spirit to experience and embrace universal consciousness. Introspection is only an individual-specific inner experience devoid of self-confining rituals and rules. Only the philosophy of life that stands on its own feet and weight will stand the test of time. The history of civilizations spanning barely the past 15,000 years is hardly a measure of time. Yet the self-enlightened Masters seem to prompt that the 100-year lifetime of a human has the potential to unravel and experience the mysteries of Nature including our own Self.

Measure of Friendship

The measure of friendship is in the hearts touched without even trying. Effortless transparent ease seems to be an important ingredient in mutually rewarding friendship. The measure of a Man is how tall he stands after sublimation of his Ego.

Global Village of Friendship

If you want to be happy, let's do it together.
If you want to be prosperous, let's share the dream together.
If you are unwell, let's share the pain together.
If we want to change something, let's shrink our Egocentric world.
Let's share simple daily affirmations, no lofty ideals.
May the spirit of the global village of friendship reside within each one of us.

Virtual Reality

Man creates unique personalized products that are durable and invisible. Some of the most obvious and yet oblivious are God, Greed, Ego, Fear and Heaven. Each one of these virtual products carries an unconditional lifetime warranty. Latest version of the same product is always freely available.

Silent Crunchy Feeling

Each one of us is the common Man aspiring to be uncommon.

We visit an isolated virgin beach seeking excitement and change from our daily life. As we walk along the shore line, we are drawn towards the wet sand constantly being lapped by gentle waves one after another. We marvel at the rhythm of the waves lapping against our feet. The sea water feels invariably cooler than the ambient. The gentle breeze and the lapping waves have a mesmerizing effect on our entire being.

While enjoying the walk along the wet sand, each step leaves a footprint followed by the next step. As we walk forward, we glance amusingly at our own footprints left behind. It reminds me of a Hallmark company's greeting card that I had purchased during early 1960's showing a picture titled "Footprints on Sand".

When we walk on wet sand along the beach, we get that strange silent crunchy feeling under our feet. The wet sand silently and readily yields under our feet picking up our footprints one after another. These are the Sands of Time.

The waves lapping against the shore gradually wipe away our footprints completely. By that time we have moved forward and away on our journey.

Now reflecting back, we sense that silent crunchy feeling under our feet while walking on the beach. It seems now that our first step on the wet sand marked our moment of birth and stepping into this world; and the last step marks our

departure from the beach and the sands of time. All the footprints of that short and exhilarating walk on the wet sands of time have now been completely washed away. The gentle waves continue to lap on the shore endlessly. Each wave lapping on the beach seems to disappear yielding way to the next wave behind it. The sun, moon and the twinkling stars continue to bear witness to the story of life

Self Preservation



I am not a man-eater by nature, but when it comes to self-preservation, I am always dead serious. I know that you are a coward and carry a Gun. That bother me none. Without the Gun, you are nothing. The space between my jaws is for your bits and pieces. Ultimately, you will be identified only by the cap you wore.

Use of Our Faculties

A Sufi with a string instrument sings in ecstasy of universal love and says “If you have the Eyes, you can see the colors in the notes”.

A passionate painter of flowers says, “If you have the Ears, you can hear the notes coming out from the colorful flowers”.

A Rainbow says, “ If you have the ears and eyes, you can feel the Universe”.

Carefully using our deeper sensory perceptions may give us an opportunity to discover ourselves.

Faith

Faith is a unique vibration.

Faith drives some to thwart doubtful opposition.

Faith drives some to find themselves and the Source.

Faith drives each one of us climb to the mountain top,

To realize that there is no more to climb, conquer or prove.

Clash of the Titans



“Upheaval - Painting by Neela Phadnis”

The word Titan is being used here as symbolism for the Ego of Man.

September 16-17 is a historic landmark of American Civil War. During a span of just 24-hour period, the Yankee and Rebel forces clashed in a small town and 23,000 soldiers lost their lives. It was the battle of the Titans. The battle represents a tragedy on either side of the human conflict.

During that short period, how can there be a victor when both sides lost so immeasurably? The consciousness of those 23,000 braves that perished within just 24 hours will continue to hound the Nation's as well as humanity's conscience in immeasurable ways. So does each clash, battle or war irrespective of its historical location, period or purpose.

In absence of an Ego, the Upheavals occurring in Nature such as forest fires, volcanic eruptions, tsunami, earthquakes seem to have a different dimension.

Friends and Friendship

Each one of us experiences life differently as time and related conditions present themselves. How we react to the changes seems to define us.

Several decades ago, I had heard an interesting guest speaker in Cleveland, Ohio. He was a feisty lawyer in his early 60's who had been repeatedly challenging U. S . Government's right to collect Income Tax from its citizens. Since his case was being repeatedly disallowed by the lower courts of law, he persisted on filing and re-filing his appeal in different lower courts of law for almost a decade. Finally, a lower court had accepted his appeal and that just marked the beginning of his lonely journey through the due process of law. He was invited as a guest speaker during a 3-day session of the Plastics Industry. Customarily, a guest speaker from an entirely different discipline was invited to speak after lunch every day. During the luncheon address, this lawyer presented a profound thought stating that " Social change is affected dramatically by the speed with which a human has been able to travel".

Man walking solely on feet all his lifetime is limited to how far and how frequently he travels. This fact defines the dynamics of social structure of the society. Subsequently, riding on camel, horse, bicycle, automobile, aircraft, and space ship has defined the rate of relative change in the social structure of societies around the world. Social changes affects values of life favorably as well as unfavorably. How each one of us balances the dynamics of the changing values defines us.

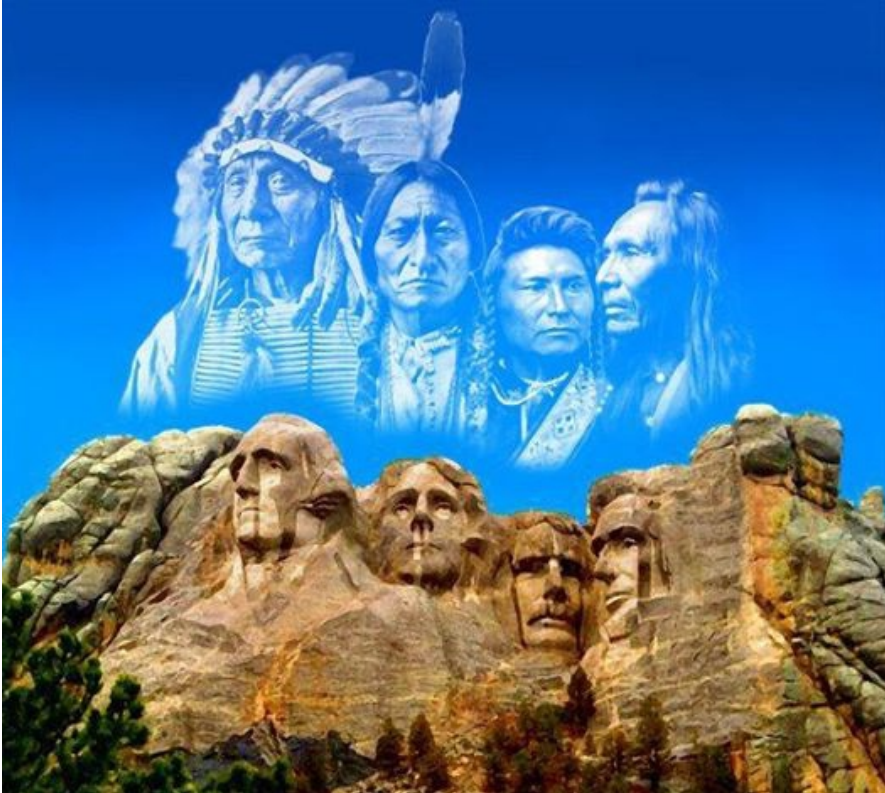
This morning a close friend of mine, Anant Herlekar, forwarded an email to me, which had two interesting quotes:

“Time decides whom you meet in life. Your heart decides whom you want in life.. But your behavior decides who will stay in your life”.

“Death is not the greatest loss in life. The greatest loss is when Relationships die inside us while we are still alive”.

The topic of friends, friendships and relationships seems to be ever present in our mind simply because each one of us is innately thirsty for it. It seems that we stop growing the moment we think that we know it all, leaving no space for growth. Social change seems to keep us on our toes. but change has been ever present throughout the history of time. However, it seems that the fundamental values of sincerity and transparency in, friendships and relationships do not change.

Brands of Truth



The word God is merely symbolic of Truth or Reality. Truth is always complete, universal, and eternal. Truth is a universal Principle and by its very nature it is not a physical entity. There seems to be no need for an intermediary medium to understand the universal principle simply because the all-inclusive Universe is its manifestation or embodiment. Each and every component of Universe is indicative of the Principle. This Principle, which is often described with the word God in English language, has innumerable equivalents in other languages around the world.

From the above perspective, the English words Truth, God, universal Principle and Universal Energy (UE) are synonyms..

The Native Americans have had a neat concept of Truth which has been addressed as a Spirit. The Spirit is conceived as a form of Universal Energy, which eternally remains constant.

Truth cannot be defined or confined by words of any human language, but may only be internally sensed by those that dare and desire to experience it. Those that experience the Truth have been identified as self-enlightened Masters in this book.

Man's faculty of logic reason and physical measurements (Sciences) simply establishes the existence and dimensions of reality. One simple example of reality is the universal and undeniable Law of Gravity. Thus science attempts to make the oblivious as obvious. On the other hand, the faculty of Introspection experiences the seemingly oblivious universal Truth identified as God or Universal Energy..

From all of the above concepts, it appears that Truth is a form of Universal Energy (UE) that has always been present in the past, it is present now, and it will always be present in future. There is never an absence or shortage of the Universal Energy ever.

In spite of this reality, we humans try to own the Truth, private label or Brand it, and fight amongst ourselves claiming our Brand's superiority and ownership. Humans have been fighting for protecting private "Brand of Truth" for the past

15,000 years. How dare,we humans have the audacity to claim ourselves as an evolved and superior living species?

Truth and Lies

Standing in front of the Judge in a court of law, the accused takes an oath to tell only the Truth and nothing but the Truth. That is why, he needs a Lawyer to skillfully handle and iron out the Lies.

The Art of Brevity

Brevity in expression of thought is about clarity of mind and heart. A quip read “ If you have to speak a word, make sure it is more powerful than your silence”.

Poetry has traditionally been the expression of every human language. Poetry efficiently condenses a broad range of human thoughts and emotions. Original thoughts captured in poetry have subsequently been expanded into infinite dimensions through prose. A classical epic invites and encourages open individual inquiry, which opens up its universal dimensions.

Oblivious Footsteps

Some footsteps leave no permanent footprints and yet seem so precious.

NASA's Apollo-11 mission to the Moon broadcast on live TV to a worldwide audience as astronaut Neil Armstrong stepped onto the lunar surface and described the event as "One small step for Man, one giant leap for Mankind". That event was on July 20, 1969 as I watched TV with my friend Jim Ledbetter and his family at their residence in Saint Char, Illinois. The moment seemed historic because it heralded a leap of Science in outer space, although the astronaut's footsteps may not have left an imprint on the lunar surface.

In diametrically opposite direction, Man has long been exploring the inner space of consciousness by using the vehicle of Introspection. Man has been at it for several centuries before NASA was even founded in USA. The inner space explorers have been respectfully addressed as self-enlightened Masters or Rishis in India. These explorers also do not leave their footprints on their trail.

Anyone that tries to leave personal footprints seems oblivious of the fact that footprints get washed away on the sands of time. A universal message stays on its own weight forever.

Fatwa

Fatwa seems to be an order issued by a self righteous religious cleric to eliminate the unfaithful opposition. Long before the advent of time, Nature has issued a Fatwa that every human shall die irrespective of his religious belief system.

Crudely imitating Nature, the egotistic humans have developed their own idea of issuing a Fatwa. Humans seem to be oblivious of the fact that Nature's Fatwa has a different and noble objective of maintaining its eternal principles of Creation, Preservation and Transformation. Unfortunately, the Fatwa issued by a human is reflection of ego, ignorance, self-presumptuous righteousness and intolerance for any different points of view.

Fatwa and Supari seem to be equivalent words in two different languages. Both words imply an act of killing in order to eliminate opposition. An individual presumptuous of self-righteous authority issues a Fatwa to kill. The actual act of killing is often carried out by hired hands. In a court of civilized law, the intent to kill is as serious a crime as the act of killing, and both are equally punishable as accomplice and killer respectively.

Driver and the Driven

While a driver drives, the co-passengers automatically travel at the same speed.

Mind is the driver of the human machine, while the heart and breath are the co-passengers. If the mind is in a relaxed state, the heart and breath follow a natural relaxed rhythm. If the mind goes in an over drive, the heart and breath are automatically forced into an overdrive. This triggers a chain of physical and emotional imbalances, which show up as discomfort or disease in one form or another. Perceptions of the mind promote stresses within.

Work or physical activity does not cause disease. In fact, it is healthy. Excessive physical activity causes only fatigue, which resolves itself with adequate rest. However, while performing physical activity, if the mind is more focussed on the success or failure of the results, stress starts building up in a cumulative fashion. Human body has an enormous capacity to hoard stress, which eventually discharges in the form of emotional imbalances, and disease.

This simple science seems oblivious to the mind in the business of daily life. Therefore “Mind your Mind” is an important daily affirmation.

Only the driver knows how fast the vehicle has been driven over the past several years and the damage that may have been caused. The garage mechanic can only provide remedial solutions.

Focus

If you are emotionally disturbed, drained and frustrated with life, just sit down, relax and write down your own Obituary and Eulogy in not more than five lines each.

Have a Good Day!

Have a good day, one day at a time. Pour all of your positive energies and emotions into it.

Do not expect good days in future, unless today is celebrated and seeded with good emotions. That may be why farmers celebrate the planting season as well as the harvesting season, the fishermen celebrate beginning of the season that enables them to take their fishing boats out into the sea. Unfortunately, an addict misinterprets the celebration and drowns himself into the sea of unconsciousness.

Your yesterday has made your today. Your today will make your tomorrow. The emotions that you sow with the seeds today will show up in the harvest and the food that you shall eat.

If you don't like your today, take full responsibility and change it. No one else will change it for you. If your tomorrow turns out shifty, you will know whom to blame.

Dying a Good Death

This morning, Oct 14, 2012, heard a comment on Fareed Zakaria's GPS TV show that the American Civil War claimed lives of 25 per cent of the nation's population. In today's terms, it is equivalent to 30 million people. Is Civil War or for that matter any war, the only way to learn hard lessons of life?

Are the experiences of one nation's Civil War transferable to another nation? It does not seem so even in the 21st Century. It seems that every nation has to fight its own Civil War, and every individual battles personal conflicts to death.

In the ever-changing dynamics of life, death seems to be entirely an individual experience that can never be described. We may only intellectually comprehend death as a transition from one state of consciousness into another, which is beyond human consciousness.

Seamless Generations

A simple thought seems to condense consistently through the seamless generations of human consciousness:

“When we silence our mind and feel the involuntary and yet consistent rhythm of our heart and the breath, gradually a new consciousness dawns that is beyond human knowledge and intellect. In that consciousness, we ultimately discover ourselves.

Equanimity

One aspect of the word yoga implies mind and body balancing technique, which has been practiced and fine-tuned through centuries. A balanced mind and body helps maintain a natural and consistent rhythm of breath, which in turn leads us to a consciousness that reveals universal truths. Buddha seems to have pursued these techniques to a degree of equanimity that is self-revealing.

Wisdom

The faculty of wisdom is ever willing to extend its helping hands equally to those intoxicated with either Ignorance, Intelligence, or Insatiable desires. Wisdom does not come from outside because it is implanted in humans by Nature; but often seems oblivious to our senses.

Spirituality

Spirituality is not taught, displayed or revealed by any human. It is self-revealing. Spirituality is simply a word while its essence lies in the life experiences it enables.

Blessings

God does not use labels for anybody. God blesses every believer as well as non-believer equally, simply because he knows the value of bricks and mortar that build temples, churches, mosques and innumerable places of worship. Besides, the only nature of God is love and forgiveness for all. It is akin to the love of a mother that forgives and blesses every one of her children without expecting anything in return.

Effortless Simplicity and Order



While walking leisurely through the woods, smell the simplicity and harmony in the towering tales of Mother Nature. In it you may sense and discover the effortless order that often seems oblivious.

For a change, instead of hunting squirrels or tigers in the tranquil forests, take a relaxed walk to feel the Nature.

The above words flow out of me because of my childhood experiences in Dantewada, Bastar State in India during 1943-45. At that time, Dantewada was a small township at the junction of Shankhini and Dankini rivers and surrounded on all sides with dense and lush green forests. We always accompanied our parents for a leisurely walk through the surrounding forest. Even though I am writing about it in 2012

after a lapse of 67 years, I can still smell the forest, feel the gentle breeze, hear the chorus of innumerable living species living harmoniously in their natural habitat, hear the crunching dry leaves under our feet, and I can also smell the flowing waters of the rivers. Nostalgically, I am reminded of a poem titled “A Slaves Dream” that we read in high school.

Audacity of Hope

The Audacity of Hope is the title of the book written by Mr. Barack Hussain Obama before he became President of the United States of America. Just two days ago on November 6, 2012, he has been re-elected as President for the second term of four years in office. This event has crystallized some thoughts about the accomplishments of two similar individuals in recent history of USA. It is important to recognize that each individual is distinctly unique.

Successful individuals become an interesting study for “how” they become rather than “what” they become. What they become is simply a byproduct of their approach to work and life.

The two admirable individuals that we have witnessed in the recent times are President Clinton and President Obama. Although each one of them has been nurtured in different environment and soaked up sun rays differently, there are noticeable similarities.

Both of them were born in the innovative USA and brought up in average, economically deprived and dysfunctional families. Both were deprived of their biological father’s presence from early childhood and consequently brought up by their single mother and grand parents. In spite of the above handicaps, Clinton and Obama have demonstrated remarkable individual courage and dedication to their self-nurtured dreams in life.

Both Clinton and Obama have attained the highest office of the country, the Presidency of USA, before the age of 50 and therefore hold the promise of many years of productive

contributions in the service of the country even after their full 8-year terms of the Presidency. Such individuals do not just retire in their ranches.

Both Clinton and Obama have cultivated excellent command of the English language, well-modulated voices and communication skills. Both are profiles of courage, scholarship, wisdom and hope. It is a measure of the human spirit.

Gift of Life

A material gift always excites the child ever present in each one of us. Some gifts are exciting for a duration of time and then create a never-ending desire for more.

Gracefully, receiving a gift is as difficult as giving a gift. The meaning of the word graceful used in reference the act of receiving and giving has different connotation for each individual. Receiving and giving without any expectation is a noble and charitable act.

Trying to live beyond life seems to be a never ending struggle for humans. Dying peacefully may be the most graceful and everlasting gift of life you can give to your loved ones. However, the prerequisite for dying in peace is that you have lived in peace with yourself and your environment.

The above lines stem from my personal experiences with my maternal grandmother, Dr. Nakhare. He had retired as Civil Surgeon from Government service and settled in his newly built home in Nagpur, India. His only daughter, our mother, was married and lived in Jagdalpur, Bastar State, which lacked good schools. Therefore we five siblings lived with our maternal grandparents in Nagpur under their tender loving care pursuing our school and university education.

Our grandfather died when I was 22 years old. That was the first death that I had experienced within the family. Since we siblings lived with our grandparents, we could not help but experience our grandparents closely. Our grandfather died royally in utter peace with himself in his own house and on his

own bed while he was surrounded by his loved ones.

During all 20 years that I had lived in grandparents house, I had seen grandfather silently uttering his favorite mantra repeatedly whenever he was in a relaxed mood, which was all the time. During the last three days of his life, grand father continued to silently utter his favorite mantra. On the last day of his life, he felt exhausted and his lips had become too dry. Therefore my eldest brother offered to keep on uttering the mantra in an audible tone for our grandfather. Gradually, as his life energy exhausted, his breathing stopped without any struggle at 11:00 PM.

Our grandfather's entire period of retirement was a role model of simplicity, equanimity, and charity for us siblings. During his retirement years he had pursued knowledge of alternative medical therapies including the science of Ayurveda, Homeopathy and Naturopathy. Utilizing this combined knowledge in addition to Allopathy and Surgery, he had offered free medical treatment and healing from his residence to anyone that approached him throughout his retirement years. He taught two daughters of our household helper to read and write. Earlier during his working years, he had coached his only daughter at home to read, write and think independently. He personally fed our pet dog, Moti, twice a day for almost 15 years. While feeding the dog, he would sit patiently next to the dog until the dog wagged his tail in a thankful gesture and walked away. Grandfather taught each one of us precious things about life without even lecturing us. He was a Man of few words.

In life and death, our grandfather left us a precious gift of life.....a model on how to entertain self-enriching and an all-

inclusive life as well as how to gracefully exit from life. He had subtly communicated the precious message that “Religion is not about who or what you believe in. It is all about who you are and what you become”. His Grand message of life acts as a beacon to move forward. Internalizing rather than intellectualizing life experiences seems to clear the path for ultimate freedom that each one of us seeks and deserves. That may be the most precious gift of life that we can give to ourselves.

Peace of Mind

Attaining peace of Mind is not an objective to be attained. It is a process of becoming aware of our ignorance as it unfolds with experiences of life. Observing life as-is with equanimity seems to pave the way for peace of Mind to gradually engulf our conscious awareness. Equanimity cannot be defined or described in words. Witnessing equanimity in the eyes and demeanor of late Sri Ramana Maharshi when I was 10 years old and Sri Meher Baba when I was 13 years old was an effortless experience to last for a lifetime.

The moment we become judgmental about ourselves or others, we seem to forfeit peace of Mind and also lose the enormous potential of Mind to free ourselves from anguish and pain.

Most people seem to embrace meditation to attain peace of Mind before even comprehending the essence of the word meditation. You cannot meditate on something that cannot be meditated upon.

Audacity of Ignorance

Amongst all living species on planet Earth, only human asks the question “Who am I?”

Man introduces himself saying “I am John Doe” .In the above response, the letter “I” symbolizes his ego, John and Doe are both transit passengers, The word “am” may symbolize the only substantial Truth. The word “am” symbolizes the present moment, which was present before, and it will be present after the transit passengers John and Doe leave.

The simple question “Who am I” leads us to a self-interrogative process to first realize “Who I am not”, wrote my maternal Grandfather in the book titled Seamless Generations. The pursuit of “Who am I” is a journey within, in which the ultimate convincing answers gradually surface. Do not look for readymade answers from any outside sources. These are also the prompts of self-enlightened Masters through centuries.

Before 10,000 years, it seems that Man had not yet discovered and named his God(s), Goddess(es), Prophets and Religion(s). Was there God before 10,000 years? Man in its current form (walking on two legs and working with both hands) has existed for about 200,000 years according to Anthropologists. The fact that a human lives barely 100 years gives a perspective to bear in mind. Prior to 10,000 years, the consciousness of humanity was not yet influenced by names of Gods, Goddesses, Prophets and corresponding religions.

Fragmentation of a Brilliant Idea

It seems that a brilliant original idea or ideal called God was split up during the last 10,000 years with different ownerships. A few exceptional and self-enlightened individuals entertained and experienced the ideas of all-inclusive universal consciousness. However instead of internalizing and comprehending the depth of their message, people started worshipping them blindly as God, Son-of-God, Prophet, Messiah and with various other adjectives. Each one of them was born of natural parents in flesh and blood and lead admirable lives with precious values of life worth emulating to enrich ourselves. However raising them to a fictitious status of God is to demean their life accomplishments.

Fundamental universal concepts are inner experiences beyond physicalities and therefore cannot be explained by words of any language.

When the Hell Broke Loose

First there was only peace on planet Earth. Humanity lived and evolved peacefully in several pockets on Earth and each pocket developed its own way of life. This period seemed to have been from 250,000 to 25,000 years BCE.

As the pockets of humanity progressed in their civilized ways of life, each started introducing their own God, Prophet, Messiah, Son-of God, Angels, Heaven and Hell. That is when the real Hell broke loose. We now see clear evidence of it throughout the world in the form of mutual animosity and bloodshed.

As humanity progresses spiritually, there is a distinct possibility that there will be as many Gods as there are human beings on planet Earth. Each individual will have a personally customized God. That is when real Peace and Democracy will prevail. In a children's nursery when each child has a toy of its own, peace prevails.

Karma and Dharma

Does the word karma sound familiar? Learned Pundits offer the nitty-gritty meaning of the word. However, for layman like me, the words Karma and Dharma are like twins. They are connected with each other like “Thought and Action” or “Action and Consequence”. Karma is what you do in action and dharma is your inherent nature.

My mother wrote that “ The texture of our thoughts condense in our actions”. The words karma and dharma freely float in Indian social conversations with varying meanings. Karma is often assigned adjectives such as good karma, bad karma, and karma by default.

The epic, Gita, a prominent exponent of karma and dharma philosophical concepts, welcomes and encourages interpretations of such terms at individual levels of consciousness. Gita offers freedom of interpretations of its text in the spirit of spiritual democracy and stresses on self-introspection as the ultimate tool of learning. As a result, a student of Gita progressively continues to experience deeper and deeper meaning in its message. That is why Gita is referred to as an evergreen Epic for humanity and certainly not bound by any religious identity. The word God or Krishna is used in Gita to symbolize the Source of universal wisdom.

Optimism



A newly elected American President, John F. Kennedy was to deliver his first inaugural speech in Jan 1960. At that time, my parents were visiting me in Chicago, Illinois while returning from Edmonton, Canada to India.. We went to the Sears and Roebuck store on State Street in Chicago and enthusiastically bought a 19-inch TV.

On the inaugural day, the chill and exuberance of the morning air in snow clad capital, Washington DC, was filled with enthusiasm and expectations from a new youthful President. In his speech, Kennedy promised that “Within a decade, America will put a Man on the Moon”. On July 20, 1969, the National Aeronautics and Space Agency (NASA) delivered on that promise by safely landing two astronauts, Neil Armstrong Jr. and Edwin “Buzz” Aldwin Jr. on the Moon and brought them safely back to Earth in Apollo-11 spacecraft. Optimism facilitates power of intention to

produce remarkable results.

Three Kids

This is a short and long story of three kids born in the same rural area initially identified as Ariel.

The three kids were born in different sectors of the rural area and spoke three different ethnic languages. Each kid had his own way of living and claimed to have his own God and Heaven, although none of them had seen nor experienced his own God or Heaven. The three kids never got along with each other. Constant fights are erupting amongst them. When two of them fought, the third one tried to play the role of negotiator between them and help establish an open ended peace accord. Then they shook hands wearing force smiles while posing for the audience. The open ended peace accord enabled each opponent the emotional convenience of breaking the mutual peace agreement at a convenient time in future. When a fight broke up again for some other reason, the peace process was repeated in the same good old ways.

This week they have agreed to meet again to participate in a new peace process. Given the history of the peace process over the past several centuries, it is easy to predict that yet another peace will be brokered with each side claiming victory. All three of them will feel self-righteous again. The world will continue to rotate merrily around its own axis.

By the way, the name of the rural area has now been changed from Ariel to Jerusalem. It is now claimed as a Holy city by all the three kids..... all the more reason to safeguard it!

The Importance of Fingers

Fingers serve as a potent device of expression. You can raise one specific finger to curse a man and pick up a fight. You may raise two specific fingers to express the joy of victory. Raise both hands and all fingers to surrender yourself for self-preservation in precarious situations. Look at five fingers to remind yourself that you are the sum total of five basic energies of life namely the Space, Gas, Earth, Fire and Water. The five fingers remind us of the inequality and the complementary functions of each finger and remind us that we cannot clap with only one hand. Last but not the least usefulness of fingers is the ability to feed ourselves; we were not born with a fork and spoon.

Natural Pearl

The beauty of a natural pearl stays hidden inside its hard and ugly shell.....until the clam shell is opened.

To feel and comprehend our individual presence in the universe all around us, it is essential for us to come out of our shell. Feeling our individual presence in the dynamics of an ever changing universe and trying to know the purpose of being here seems to be the innate curiosity of each one of us. To seek acceptable answers, we have to simply learn to observe the Nature that is all around us and within us. We have to observe Nature as-is without being judgmental about it. For that we need to empty our mind and our own self. We have to become devoid of ourselves, which is a form of devotion. Only then, we may be ready to receive what Nature is trying to communicate and prompt us through its natural language and tone of all-inclusiveness.

To understand ourselves and the purpose of our being here, we have to become a seeker, not of fictitious God or Heaven, but a seeker of universal wisdom. With that simple wisdom, we seek to remove the shroud of our ignorance so that we may discover ourselves.

The simple language of Nature is not written in Holy scriptures written by Man. The better we decipher the language of Nature and its vibrations, the faster we discover ourselves. It is not Rocket Science but certainly seems oblivious to our senses. That is why we need the Third Eye!

The Third Eye is symbolic of the conscious awareness of the universal law of creation, preservation and transformation.

Only when we begin to understand ourselves is there a possibility that we may begin to understand the Nature of the Universe. This train of thought flows out of the philosophy of life that seems to have permeated through seamless generations of self-enlightened Masters of the Indian subcontinent.

Through times immemorial, India has essentially been a land of Seekers that have not sought God or Heaven. Instead, they have reached out for the universal wisdom that removes ignorance and frees a human to experience the all-inclusive universal wisdom. That is why, I am often tempted to address India as the “Pearl of Human Consciousness”

Realm of Knowledge

The knowledge that keeps us spinning around our own axis is Ignorance; which may be appropriately symbolized by the letter “I” or “i”. This knowledge is the science of physicalities, measurements and their limitations. There is a knowledge beyond the realm of physicalities, which is not even a word; it is only accessible through disciplined channels as an inner experience.

Blind faith by itself seems to be an art and science of hijacking common sense. Self-proclaiming religious person with blind faith seems capable of hijacking himself/herself, family and humanity at large. Blind faith seems like the blind-spot during driving a car; only an experienced driver is aware of it.

The essential spirit of any religious philosophy may lie between theoretical science and blind faith.

Diabetes

Do not treat Diabetes as an adversary. It did not come to you uninvited. Diabetes comes to you with a friendly suggestion to warn that your lifestyle is out of control. It begs you to introspect on inadvertent mistakes you have committed in disturbing the inner balance and harmony. Listen carefully to its ongoing monolog so that it becomes a useful dialogue in your own interest.

Holy

Holy is a very popular word used as an adjective by the self-proclaiming religious people all around the world. However, the expression holy seems to have a different meaning for each one of them. So why not we take the liberty of defining the word holy for our own welfare.

Holy water is the water that quenched my thirst for knowledge and direction during childhood. Holy place is the space within me that continually refines my conscious awareness. Holiness is the consciousness that maximizes me and my human potential. Holy shit is God's debris.

Miracles

It seems that whenever something uncommon occurs around us and we notice it vividly, there is a temptation to call it a miracle. Life itself is a miracle that is often oblivious to our senses. Each one of us is a miracle. May be that is why the self-enlightened Masters prompt us to look within!

Equal Rights

Except humans, no other living species on Earth seems to have any issue with equal rights between males and females. Male and female tendencies naturally complement each other.

A female sparrow tends to her chicks while the male sparrow goes out to collect necessities of life. A tigress tends to her little cubs while the tiger goes hunting for fresh food. Animals don't apply for divorce because they have no social issues amongst themselves. Why does humanity, which claims to be an evolved species, has such a big issue with Equal Rights ? May be, we humans are not as evolved as we claim to be! In the self claiming modern society,, females are clamoring for equal rights with males in all walks of life. By doing so, they are inwardly acknowledging superiority of male over female. It seems like a misguided missile hitting a wrong target. What females are really clamoring for may be fair treatment and legitimate acknowledgement of their role in life.

Just watching a happy human family that is content within their own household, watching how the husband and wife respectfully treat and tolerate each other provides the wisdom and clue to the problem tagged with fancy label "Equal Rights". Unfortunately such ideal families that can be model roles for others are very few in modern society. Therefore, modern people seem to be interested in reading brilliantly written ancient mythological stories to get the basic message.

Power of a Genuine Smile

We are all familiar with a politician that wears a mask of smile permanently on his/her face. The child ever present in each one of us readily recognizes a genuine smile. A genuine smile radiates effortlessly out of an individual's eyes, cheeks and the entire being. The power of genuine smile is enormous, immeasurable, and self-rewarding because it lightens up the environment around you.

During our journey by sea from Bombay to USA via England in January 1958, we were five Indian students headed for graduate studies in USA. Their names were Patel, Shah, Mehta, Ambikar, Banergee, and Deo. We had met for the first time on the ship. Each one bragged about themselves with a chuckle on the face and since we were floating in the middle of the ocean on a ship, there was no way of checking accuracy of their grandiose stories. The six of us with common final destination USA naturally hung out together during the slow journey by ship. The cruising speed of ship is so slow that it is measured in knots. The first lap of our journey took us from Bombay to Marseilles, France. The second lap of five days was now taking us from Southampton UK to New York. The six of us hung out together especially for breakfast, lunch and dinner.

Every time as we sat together for meals, a younger co-passenger (16-18 year old compared to our age group of 22-25) on the same ship would walk by our table, say hello to us by extending his arm, flash a broad smile and then go to his table. He did it effortlessly almost as a ritual, which naturally made us happy. From his appearance the young man seemed to have Indian heritage, but from his English accent and body

language it was obvious to us that he was born and grew up either in USA or UK. During the 5-days journey on ship, this young man persisted in his ritual of saying Hi to us with his broad and warm smile. Due to our shyness, we never asked his name neither did he volunteer it. Finally, as we were getting ready to disembark the ship at Hoboken pier near the Statue of Liberty, the young man paused by us to wish us good luck and flashed his traditional warm smile for the last time. His arm stretched out towards us just like the Statue of Liberty.

All along during the past 55+ years that I have lived in USA, have been often reminded of the young man on our ship for the gift of his genuine warm smile that kindled a sense of joy within us. He may not be aware of the precious gift that he offered unconditionally during the 5-day journey aboard the Holland-Amerian ship that brought us to USA.

In a similar context, I also remember the handful of individuals that I have met during the journey of life that have effortlessly flashed a genuine smile consistently.

Genuine smile flashed effortlessly seems like a very precious gift, because it is so rare and kindles a sense of joy within. A genuine smile extracts a smile from the environment.

Deceptions

Daily news is so full of scams in financial circles, politics, religious organizations, and varied aspects of life. It is so easy to blame it all on morality of humanity and conveniently excluding ourselves. An individual is invariably blind to scams and deceptions in own private life. Believing in anything that we don't know for sure and not acknowledging our own ignorance is a scam and deception of the highest order. Humanity begins with an individual and ends up with the individual leaving no time to blame others.

Blade of Grass

Ever seen blades of tall grass, reeds or sun-ripened crop of wheat ready for the harvest swing together in a breeze? It is a lovely sight.

Take a single blade of grass and keep it pressed in a large book, as we did in childhood. It gradually dries and withers away. But the blade of grass standing in the field knows its self-identity. It is not the field of grass, but its singular identity is interwoven with the entire field and its fertility

A Mantra is like a blade of grass, which grows in the fertile field of conscious awareness. Weave the Mantra into your personal life experiences and it becomes a rope to climb and reach higher heights of consciousness. Mantra left on its own, without experiencing it, withers away like the blade of grass pressed and saved in the book.

Peace on Earth

There was relative peace on Earth before there was any religion and the books of religion broadcasting Peace be on Earth. Humanity is tired of being told that Religion is about Peace, Love, Harmony, Empathy etc etc when the reality on the ground is that there is very little evidence of anything promised by Religion. Reality speaks louder than the religious scriptures because Earth has become the Hell promised in scriptures. The Temples, Churches, Synagogues and Gurudwara blame it all on the degenerating morality of Man.

Peace on Earth is announced on sacred religious occasions to insure that the eating, drinking and dancing parties do not get disturbed by undesirable elements ever lurking around the corners.

Who has obeyed the Ten Commandments, please step forward.

Born Again is the name of a comedian whose individual faith is the comedy of life. With a keen desire to disprove the physical laws of Nature, Born believes in being born again before dying.. Born broadcasts his belief system to the world primarily to get an affirmation that he was indeed physically born. Since he knows his mother too well, he knows that she is incapable of giving him a second chance to be reborn. On top of all this comedy, Born has very logical explanations for the miraculous phenomenon of being born again. Different shades of eyeglasses are readily available in pharmacies. At a time, most common folks own only one pair of sunglasses with a favorite color for protecting the eyes from glare of the sunlight. Naturally they see the world in one shade.

Some of the popular shades of glasses are named Blind-Faith, Rational-Faith, Scientific-Faith and Intuitive-Faith. Each one of this shade reveals special characteristics of the wearer's personality.

Blind-Faith restricts the vision to a narrow spectrum of life. Rational-Faith enhances sense of logic, organization and order. Scientific-Faith enhances capabilities for measurements, deductive analysis and extrapolation of data. Intuitive-Faith enhances quest to expand dimensions of mind beyond physical borders.

A human with clarity of vision and purpose in life wears no shaded sunglasses.

A Tribute to Motherhood

Mother is a lifelong vibration that emits fascinating color formations. In Mother's womb for 9 months, we sense the vibrations of effortlessly being and becoming.

As her offspring gradually grow up sensing the world around themselves, Mother nurses and nurtures them with tender loving care following her sacred unwritten book of "Intuition". The sacred and comprehensive book of Intuition is a musical composition for an entire lifetime.

As the sun begins to dip and the western horizon lights up with a gentle golden hue, children look up to Mother and Motherhood with a smile of gratitude of unspeakable dimensions. Mother looks back fondly at the supreme opportunity to serve and to bless her offspring through her lifetime.

Mother's energy cannot help but do what it does to serve and to bless her offspring. Mother is the universal spirit that only knows nursing and nurturing harmony.

Mother is Nature's living symbolism of Creation, Preservation and Transformation for each one of us. Look no further in any written scriptures for sacred symbols that you cannot relate to. Fancy words abound for Mother and Motherhood, but are no match to the innate warmth of actual serving and sacrifice.

Every day is Mother's day; a day of constant awareness.

The Incredible Indian Subcontinent



The current state of affairs in Mother India is clearly audible in our guts. The annual statistical data and forecasts put out by the Government never seem to mirror the reality on the ground.

In spite of all the mess that we see in 21st Century India everyday, my optimism stems from the constant presence of a unique brand of transparent humanity in the midst of dust,

clutter and sounds. Every time we ride in the three wheel Auto, two different vehicles come close enough to collide but somehow they don't, although such close encounters occur almost every minute.... animals like dogs and cows sit comfortably by the road skirts confident that no harm will come to them, lazy beggars beg sneaking their way at traffic stop lights through the slow moving vehicles making a fun game out of daily begging.....every element of Nature trapped in the grand mess of possibilities seems to be intuitively aware of every other element and they take care of each other; the aggressive among them trying to move ahead of the rest.

At night most of these stage players seem to withdraw to a place that they consider "Home-Sweet-Home" irrespective of how it is fabricated and furnished. In this home they sit comfortably, scratch any part of their anatomy, share a few laughs, share whatever food they have and then sleep; knowing fully well that "after the total darkness of night, daylight is sure to come".

In the meantime, the scheming politicians and their financial cronies are planning newer scams and worrying about where and how to hide their accumulated black Crores. Morality sits on the side benches watching and enjoying the show.

The innumerable Gods and Goddesses of India share the joint burden of managing the grand mess because it seems to be beyond the capabilities of Man.

There is nothing left to share but optimism.

Beautiful Lotus flowers stem out of the mess of intermingled roots of diverse plants, microorganisms and silt settled under the still waters of land-locked ponds....that seems to be the history of Indian sub-continent through the centuries. The Lotus flowers radiate the message of optimism, hope and the reality of universal wisdom.

A genuine pearl grows within its protective natural shell and its inherent beauty enriches progressively.... irrespective of the silt and mess around itself.

Pain of Ignorance begs to know.... what is the Truth? Mother India says calmly, don't worry unnecessarily, because ultimately Truth Alone Triumphs.

Body and Essence of Religion

Some thoughts seem to flow out through the fingers of a writer more frequently probably because of their relative importance to the meaning of life.

The Essence of every religious philosophy around the world is essentially identical. The apparent variations are due to the Body of religion. The Essence of religion is about experiencing and attaining clarity and simplicity of thought.

The Body of religion is represented by the written scriptures, spoken words, interpretations of words, variations in places and objects of worship, rituals and above all blind faith under the self-deceptive brand of devotion.

Blind faith guides you down a pitch dark alley. The first natural reaction to pitch darkness is fear of ignorance. In the darkness, only self-illuminating lightning bugs or the owls gifted with natural night vision can find their way, while the rest are left in the alley groping and gasping for some source of light. Moving from one dark alley to another dark alley in the hope of finding the source of light is not a solution.

Human civilization has been led down the dark alleys of blind faith far too long. It behooves us to comprehend and experience the Source of self-illuminating light energy of the lightning bugs or the gift of an Owl's night vision.

Yoga and Doctor

Barring a few exceptions, a human is gifted with a fine tuned instrument called the human body. The total responsibility of maintaining the body balanced, tuned and disease free is ours during the entire lifetime. One of the ways to accomplish it is through an age old proven system called Yoga and its full dimensions are described in a system called Ashtang Yoga Sadhana, which was eloquently summarized and demonstrated by Rishi Patanjali around 300-200 BCE. Rishi Patanjali is credited for brilliantly capturing and encapsulating the body and spirit of human knowledge about Yoga that was considered ancient even during his era! The 8-step Ashtang Yoga Sadhana is a philosophical and spiritual (not about spirits and angels) treatise on Yoga system for engaging life to experience its fullest possible dimensions.

Yoga's fundamentally holistic approach is to insure physical and emotional balance for constantly maintaining the human body properly tuned, balanced and disease free without any synthetic medications. Vedic medicines derived from natural herbs and Vedic medical diagnostic techniques are integral and complementary disciplines for addressing physical, chemical and emotional imbalances in human body.

Yogi is a seeker as well as a teacher who willingly shares knowledge of experience. The ultimate accomplishment of a Yogi is maintaining personal body clean and unharmed by disease. This helps the Yogi on the path of self-enlightenment.

With mundane habits of indulgence in cyclic pleasures and pains of life, the human body gradually encounters disease in

repetitive cycles and ultimately succumbs when it is unable to breathe. That stage marks the death of the body. With the help of modern medical sciences, a human body is kept alive beyond its natural abilities to sustain life, which is a common scene in modern hospitals..making the process of dying unnatural and unnecessarily painful.

A modern medical doctor discharges his essential role in minimizing discomforts of a sick body with injections, tablets and various other technological means at his disposal. Specifying medications to address the illness and antidotes to overcome their side reactions are not uncommon. The doctor does not offer medications to change patients ingrained habits and lifestyles. Unfortunately, some individuals resort to self prescribed potent drugs to soften their pain of ignorance.

A Yoga teacher teaches a holistic lifelong discipline to avoid disease and medications. A doctor is bound by his responsibilities to comfort his patients. While a doctor charges for each visit, a genuine Yoga teacher traditionally offers guidance at no charge, The age old tradition of Yoga teaching discipline is to offer the life-enriching science at no charge; considering the assistance rendered as the supreme values of charity and selfless service. However, it will be unwise to discount a modern Yoga teacher who has to charge a nominal fee for obvious practical reasons.

Place of Worship

What do we worship and why do we worship are gut wrenching questions that most of us avoid and instead follow easier routes of choices handed over to us by the culture and society in which we are raised.

Mother Nature grants humans complete freedom to choose and bear the consequences of our choices. Nature does not mess with our choices.

Temple, church, mosque, gurudwara are the typical places of worship attended by the devotees when their inside is crying out for help to fill a void within. Often times, the fear or intensity of void within cannot be clearly defined and visiting the place of worship and following the traditional rituals provides some solace.

Religious traditions naturally vary between religions which are simply the ways of life. Traditionally in most Hindu households there is a small space within the residence that is reserved for settling quietly to worship or pray; the difference between the two words has been difficult to decipher. In addition to the small place of worship in private residence, a Hindu devotee enjoys the freedom to visit and explore any other places of worship of choice. In Muslim tradition the devotee sits on a mat facing in the direction of Mecca or Caba of prayer; at the fixed times of prayer. A quiet place within easy reach is acceptable. Christians congregate in church every Sunday or visit the church individually as the need arises. Jews choose to face and address the Wailing or Western Wall as a sacred wall of faith in Jerusalem. Traditions do play significant role in life; however in the face of ever changing

times, inflexibility in rituals and traditions seems to diminish and tarnish the essential spirit.

Mother Nature has blessed every human with a body in which to live throughout lifetime. The entire space within the confines of our outer skin; the entire space is exclusively ours; making it an ideal place for worship or prayer. It is always approachable. Consequently it is important that we keep this space clean all the time. As we internalize our life experiences without the fanfare of traditions or rituals and feel the functioning of our miraculous human body, it begins to dawn on us that the Universe that lies within us is identical to the Universe outside of our skin. Our skin is not a border of separation but merely an integral part of the entire Universe. We feel seamlessly connected with the outside Universe through our breath.

The Universe seemingly outside our skin is the Creator and each one of us is its unbiased Creation; seamlessly connected with each other. Then the duality between Me and You ceases to exist. This all inclusive Universe presents itself as the ultimate reality.

The above perspective of life minimizes Man's compulsive desire to install a symbol of worship within the closed brick walls and a roof that is dedicated as the place of worship. Often, Prayer seems to be fear of the unknown stemming out of Ignorance.

Prayer and thirst for experiencing the all inclusiveness of Universe within and around us is self-empowering, liberating and free of any fear. Self-enlightened Masters step out of their prisons of subjugation with sublimation of all anger, fear

and have the innate strength to offer sincere prayers of forgiveness for their subjugators. Self-enlightened individuals like these become convincing proof for the noble spirit of all inclusiveness in Universe.

Aditi

Grandfather's Letter to Granddaughter immigrating from India to Canada.

Dear Aditi :

As the day of your departure for Canada is getting closer, my mind is dwelling on the thoughts of you leaving home for another country; although you are lucky to have Gaurav to receive you in Toronto.

When I departed for United States on 31 Dec. 1957 my only guide was a book titled "Study Abroad" which I had purchased from the USIS (United States Information Services) library in Bombay. Geography being my most favorite subject in High School, I had the proper coordinates of the country I was planning to go to. There was no Internet, nor did we have a TV or telephone at our residence. The closest telephone was upstairs in Dr. Shivde's residence. Doctors were given preference for having a telephone, while others had to wait for 2-4 years. Sudhakar-ajoba and Pumpy Herlekar had come to see me off; you were not yet born. After departing from the Bombay docs, Bhau-Cha-Dhakka, the very next dawn, 1st Jan 1958, I was feeling the waves of the Arabian Sea aboard my ship named Seven Seas (literally सात समुद्र).

Over the years, the world has shrunk down to the palm size iPhone. Although that is true, not much seems to change in the way emotions surge when a person leaves home for the first time to immigrate to another country. Unknowingly, you step out from one set of mindset to another set of mindset.

Although world has shrunk physically and dramatically in just last 50+ years due to technological advances, the basic attitudes of people seem to change relatively slowly and sometimes even seem stagnant. Personally I meet people at either end (US/India) who seem to age without any appreciable changes in their perspective of life..... while time changes constantly. That probably is a reflection of apprehension or fear of change and the undefined unknown. If we can remove just one factor “fear”, the shaded glasses through which we see and perceive reality may become clearer.

I had arrived in Oxford, Mississippi by Greyhound Bus in late January 1958 and quickly realized that at that time, I was the only East Indian present in the entire state of Mississippi. Aditi, you will be landing in Toronto with your honey-dew Gawrav to receive you and the presence of several thousand Indians in Toronto area. However, realize that each one of us that steps out of our home and country is always accompanied by three well-wishing companions namely Curiosity, Home and Hope.

Curiosity keeps our mind open to new possibilities. Home keeps us connected to our home grown roots. Hope keeps us moving forward while experiencing life. So there is no reason to ever feel lonely even in the midst of the ever present hustle and bustle of life.

Aditi, I have held you as a 2-year old baby and always wondered how your mother, Madhavi, lugged you around while doing her outdoor chores in Mumbai. You and Aishwaya have been the the most heavy weight babies that I have held. Your denseness will carry you safely through life.

Aditi, whenever you feel like visiting, you are always welcome to this Addison house which has been built on the foundation of Curiosity of our forefathers, Home grown roots, and Hope for moving forward while fully experiencing life.

I am writing this as time seems short on my hands and plentiful on your hands. As a result, my rear vision seems to have clarity of 20/20 and your forward vision will have 20/20 clarity. Make the best use of it to uphold the human values that you will define on your own in order to enrich yourself and your environment. There is abundance of wisdom based on human experience that is readily available on the North American continent as well as the Indian subcontinent. It requires only an open mind to tap it.

Always wishing you the most pleasant experiences of life. Enjoy it all to its fullest potential with zest of life and the rest will take care of itself. Make best use of the admirable foundation that your parents and both sets of grandparents (maternal and paternal) have provided for you. That will be your best gift and tribute to them. May you imbibe the same self-enriching traditions in your family that you are about to start.

Cheers, and all of us in the Addison household welcome you to the North American continent.

Affectionately yours,
Grandpa

Labels of Ignorance

The entire humanity seems to operate under various labels of ignorance including Dictatorship, Socialism, Communism, Democracy, Religion, God and Spirituality. Only when the pain of ignorance becomes excruciating within the realm of our life experiences, does the meaning of the above labels change and transform human consciousness.

It is about time that humanity raise itself to a higher level of consciousness to reduce its level of Ignorance. Making ourselves freely available to the immense possibilities of life and consciously observing our sub-conscious empowers us to eliminate the ignorance about life.

Microscope and Telescope

As parents, if your compulsive habit and desire is to buy toys for your small children, buy them a microscope or telescope. They are available in various price ranges to fit your budget. The importance of these two toys is that they will improve your children's perception of things beyond their sight and physical reach. Perception is an important quality of mind that needs to be challenged and stretched constantly.

A microscope is capable of showing a newly fertilized egg that marks the beginning of the accumulation of cells that develops into a human being within the womb of a mother. It may even show an egg and a sperm that seem to have their respective life energies suggesting the process of human evolution.

A telescope can show the elements of Universe that stretch beyond human consciousness.

Personally seeing these realities of existence is a far richer experience than seeing printed images or reading about them. Useful gifts are self enriching for children as well as parents.

My New Job

I love my new full time job to death. It is so interesting that I do not take even a day off from work,. It is just like my very first job.

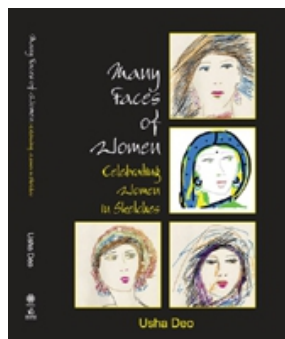
Here we make a very new molding clay which is trade named "Thought". This uniquely formulated clay manufactured from all natural ingredients is guaranteed to stay flexible for ever. You can model it to any desired shape, then dismantle it and reshape it any number of times to your heart's content. This job poses constant stimulation through physical and emotional challenges. The creative atmosphere of this job offers opportunities to explore the varied possibilities of life within, around and beyond myself. My new job is titled, Retirement.

I said that this job is like my very first job while I was in my Mother's womb. There, I had started out as a single cell called fertilized egg and then gradually assembled myself, cell by cell in an orderly fashion to become Me. It felt like simultaneously being the Creator and the Creation.

Celebration of Life

The celebration of life can be blissfully meaningful only when it is all inclusive.....like Mother Nature treats itself all around us and within us.

Celebration of life is a subtle theme of the recently released book (2013) titled “Many Faces of Women”. The author, Mrs. Usha Deo presents colorful sketches of women hand-drawn by her on iPad. Through each sketch, the author, effortlessly communicates with the woman inside each woman,....about a woman’s reflections on hidden aspirations, frustrations and hopes about life.... how a woman hopes to free herself from the emotional bondage imposed on her by the society and her self-imposed shackles or limitations. Usha reveals in her book how a woman, symbolic of womanhood, is inherently all inclusive, which is subtly described by the two words “FeMale” and “WoMan” which are inclusive of the word Man... and Usha further points out that it is this factor that makes us all complete. Male and female are not complete without each other because they symbolize opposite sides of the same coin.



The original and simple style of the book “Many Faces of Women” makes it an interesting and compulsive reading from

the first page to the last..... bringing home the thought about male and female tendencies in a human as always complementary and not competitive. A competitive attitude between the two disturbs the noble spirit implanted by Mother Nature in humans.

The Male and Female tendencies are not complete without each other because they symbolize opposite sides of the same coin.

There seems to be a small Puppy in each one of us that loves a Hug to make us feel complete.

Linguaeability

Abilities of a language to express thoughtful emotions vary primarily due to cultural and philosophical roots. Over the centuries, many precious thoughts originating in one geographic location have been translated, mistranslated or taken out of context. In the process humanity gets robbed of its precious heritage. Original thoughts take on different meaning by translating them from one language to another. I have tried Google's "Translate" tool to translate the following thoughts from English to Hindi and saw the absurdity of the translated material in Hindi. Our friend Raghavendra Garde who worked for the Indian Force in the capacity of a translator of Russian into English and vice versa cautioned that even a person well versed in English and Hindi may not be able to effectively communicate the spirit of simple philosophical thoughts from one language to another. That may be why philosophically self-enriching words such as God, Devil, Spirituality, Heaven and Hell get misinterpreted and screwed up by self-proclaiming religious experts who have no direct experience with the spirit of these words. As a result humanity around the world finds itself on road to nowhere even in the 21st Century. An honest effort to translate the following thoughts in our own mother tongue and cultural identity may help us better understand ourselves.

* Me and my ego, neither the twain should meet.

* I do not exchange gifts with my true and invisible friend that I have learnt to address as God since childhood.

* An old Arabic saying "If Wishes were horses, Beggars would ride". I do not wish a Horse lest my wish list become endless

and make me miserable; and most importantly Allah, I may forget you.

* I pray only to the God within me that is always available to guide me even without me asking for guidance.

* I am not eager to travel to the far away Heaven because I am assured that all heavenly pleasures will come to me when I am ready.

* I like the people that do not like me, because only they effectively teach me what I should not do. That keeps my “To Do” list shorter.

* I do not hate anyone simply because it is a tremendous waste of my life energy for which I have far better uses. I abhor waste and consider it to be a sinful act.

* I do not wish to be a beast of burden to prevent others from dumping their burden on me. But offering help to the needy is my self-enriching motto.

* I like to dig and dip both of my hands in a heap of municipal trash to learn how we humans disrespectfully discard natural resources.

* I do not wish to conquer Mt. Everest because I will reach the peak effortlessly when the right time comes. Do not misunderstand me, I am not lazy.

* I would like to learn more about my own Self so that I do not imitate others like a Chimp.

* People of different cultural heritage seem to have their own unique identity. Yet becoming human, respectful of each other and the environment, should be a common attitude to uplift humanity to a nobler level of consciousness.

The Unconventional Rebel

Each one of us has an innate desire to be unconventional in life but lacks the courage to be what we want to be. On weekends we try to become unconventional on a trial basis and then when the regular week chores begin we revert to being conventional again.

Ever since birth we involuntarily fall a prey to the norms of the social environment called cultural traditions that force on us a vague identity of what we are supposed to be. Those who try to fall out of the social norms are branded Rebels.

Amongst those who try to be unconventional or Rebels, there seem to be three types:

One Rebel tries to challenge the social norms with an obnoxious attitude and turns off every one around. The other Rebel constantly challenges the inner being and blends in with the all-inclusive Nature. The third and the last Rebel is an alumni of the University of Mississippi.... that is Me.

The Bug of Writing

Like a twinkling star in the deep blue skies above, occupying its own unique space, a writer tries to narrate a story with its own message.

Writing is a form of meditation in which thoughts flow through the fingers to express, experience ourselves and evolve. Yesterday's thought may become obsolete today and needs to be reexamined in the light and dynamics of today. Knowledge is a river of consciousness that keeps on flowing, openly embracing its tributaries until it merges effortlessly in the ocean of universal consciousness

A thought that does not change may either mirror our ignorance or alternately reveal a universal Truth that does not change ever.

I have not read much of published material, but inadvertently soaked up what I have heard over the years. After retiring from my professional career and earning a reward for successfully undergoing a self-enriching heart bypass surgery in 1994, I have immersed myself in my newly embraced hobby of writing. Writing seems to give me self-enriching insights into myself and the world that I live in. This attitude seems to have become my all-inclusive way of life and belief system.

I have had the privilege of experiencing this blessed life for 80 years out of which the first 25 years have been in India (1932- 1957) which is the land of my birth and the last 55 years in United States, I have grown to appreciate the body

of self-enriching human knowledge that ancient India represents for that reason I fondly refer to Indian subcontinent as "The Pearl of Human Consciousness". In addition, I equally appreciate the United States that has enabled me to experience one of the world's best social experiments to date. Naturally, my writings are symbolic of these experiences. Each individual has a unique story and message to communicate.

The beauty of life is in embracing all-inclusiveness which seems to be the essential spirit ingrained in Nature. Writing is one of the tool to express and experience life in its varied dimensions.

Meditative Contemplation

Every one of us seems to be pretty good at daydreaming even without trying. Action-less daydreaming does not seem to qualify as meditative contemplation. Even our two affectionate cats, Tory and Amira, seemed to be pretty good at daydreaming.

Meditation seems and feels like an art of effortlessly merging with Nature and its rhythm. The mediums of expression of that creative indulgence seem to be music, painting, computer programming, gardening, cooking or virtually any other daily activity in which you immerse and lose your own Self. That is why it seems so critical to pick a lifelong activity that matches your natural rhythm and not surrender that decision making to anyone else.... no matter what.

Observing and experiencing life as-is may reveal the essence of meditative contemplation.

Intensity of Life Energy

This composition is about an internal journey to sense the Life Energy and its Intensity that seems to silently define us. Our individual capacity to become consciously aware of it and utilize its boundless potential seems limited only by the self imposed boundaries.

The word energy brings to the mind thoughts of electricity, heat and calories, The intensity of energy associated with electricity is measured in Watts, heat in Centigrade or Fahrenheit, and calorie is comprehended by how fast it increases body weight for those struggling endlessly to reduce body weight. These measurements represent the physicalities of life. Physical sciences such as Physics, Chemistry, Biology and others have made enormous strides in the arena of physical observations and measurements. Whatever may lie beyond the physicalities of life sciences seems undefinable and immeasurable.

The Life Energy, its built-in intelligence and its intensity seems to have created the seemingly boundless universe. The evolution of Humans is a miniscule part of that creation. The built-in intelligence of Life Energy maintains us during lifetime and ultimately transforms us for an onward journey of evolution. The cognition of the intensity level of this Life Energy within each individual seems to determine conscious awareness. The dynamics of Life Energy may only be sensed through unique vibrations that defy description by any word. A true Yogi is a seeker of this wisdom and its experience.

Common life experiences allude to the presence of the Life Energy. In deep sleep or a state of unconsciousness, we

experience a state of “Nothingness” which is devoid of all thought, while natural rhythm of our breathing and heartbeats continues automatically. This state of unconsciousness provides a sense of blissfulness that we wish to experience consciously over longer periods of time. This is not a prompt to try hallucinatory drugs including alcohol to experience the state of nothingness in which you are neither here, there, or anywhere!

When you are awake all night working a night shift job, you experience a sudden indescribable burst of refreshing energy within the entire body around 3 to 4 AM. The very night shift that I had disliked with passion had given me an opportunity to experience the magic in the pre-morning air. That pleasant experience has remained etched in my conscious awareness with a desire to experience that energized feeling over a longer duration of time irrespective of the time of the day. I choose to describe that magic in the air around 4AM as the awareness of Life Energy. Each individual is unique like a twinkling star in the deep blue sky occupying its own space in the universe and consequently experiences and interprets life differently.

The conscious and subconscious awareness of an individual is a progressive lifelong experience. The awareness about life seems to be associated with the level and intensity of the Life Energy we entertain within ourselves. The portion of Life Energy associated with our body is a part of the universal Life Energy and yet contains all of its attributes; just as a drop of seawater isolated from the sea has all the attributes of the sea. Following is an effort to draw a progressive flow chart of the intensity levels of conscious awareness at an individual level.

Intensity Level # 1

Conscious awareness mostly focussed on physical needs of the body including self preservation, which are the basic animal instincts.

Intensity Level # 2

Enhanced conscious awareness by engaging the superior faculties of mind and intellect.

Intensity Level # 3

Symbolizes the desire to advance conscious awareness beyond the consciousness of mind, intellect and their self imposed physical limitations. At this level, an individual becomes a true seeker of all-inclusive universal wisdom and the unchanging realities called truths.

The intensity of Life Energy entertained by an individual determines the thoughts that are entertained. The thoughts condense into actions and their corresponding consequences.

To state it in modern language, instead of seeking the God Particle via scientific disciplines, the spiritual search is for the God Principle which is devoid of all physicalities and dualities. The word God happens to be a convenient term for the central and eternal Principle. A true spiritual seeker is only

interested in experiencing the all-inclusive Principle that reveals itself through the entire creation, which is its embodiment. The scientific and the spiritual disciplines complement each other in enhancing and enlightening human consciousness.

The ascending Intensity Level of Life Energy consciousness from #1 to #3 listed above represents the progression of an individual's conscious awareness. How to progress through these Intensity Levels of conscious awareness is not the subject of this composition. Yoga, Pranayama, Vipashyana, and the likes are tools for aspirants seeking the energies of ascending levels of consciousness.

A spiritual guide can only assist with the discipline required to advance through the journey but only a self-enlightened Master that has experienced all levels of conscious awareness may have the capacity to help us empower ourselves. The self-enlightened Masters seem to prompt that the ultimate self-revealing Life Energy is an inner experience, which is beyond human consciousness and consequently neither a word nor a sound.

There is never an absence of Life Energy; or its Intensity; the only perennial shortage is that of Seekers.

Do not seek a religious conversion to any man-made religious faith identified with a name containing the letter "i", which is symbolic of the self-destructive ego of Man and its built-in

limitations. Following names, each one containing the letter “i”, might sound familiar : Jainism, Hinduism, Judaism, Buddhism, Christianity, Islam, and Sikhism. Instead, self-enlighten yourself.by harmonizing with Nature. Be a genuine Seeker.

Sleeping Pills

Human mind is like a monkey permanently installed on the shoulders. Since the monkey cannot be dislodged, the only alternative is to minimize the monkey effect of churning out thoughts over which we have no control. Incessant thinking, fearing and worrying become life long habits that invite sleeping pills to relieve the associated pain and discomfort. Popping sleeping pills in mouth for a quick relief are offered with tempting promises. The number of sleeping pill addicts is multiplying in a geometric progression. Unchecked in a timely manner, these habits become chronic. No one could be more happy than the manufacturer of sleeping pills who is happy to oblige and then snores away through the nights.

Remembrances

Remembrances are vibrations ever present in the consciousness of living individuals. The absence of an individual departed from life is sensed by how life was lived. In the incessant march of time, the exact dates of birth and death of an individual become less relevant, while the indomitable free spirit of braving life lives on.



My baby brother, Major Surendra Deo, was fatally wounded during mid-September, 1965 while confronting a unilateral and brazen offensive by Pakistan along the North-West border of India. While his artillery battery engaged two enemy planes from a bunker in the relatively barren Sialkot Sector, the fatal shot was fired at Surendra from his rear side by an enemy aircraft. As the wounded Brave fell to the ground, Mother Earth soaked up his pool of blood and comforted him

by administering unconsciousness. After recovering for a few moments out of the unconsciousness, Surendra requested a sip of water and then slipped into his final sleep. His last day was barely 15 days before his own 31st birthday, and his son Ashwin's first birthday in September. The age of his wife Neela was in mid-twenties.

Our mother silently endured the loss of Surendra for the rest of her life. Under the gentle smile that she often seemed to wear, there was a depth of sadness that only she could have fathomed and we could only see and sense in a futile effort to console her.

When we lose a dear one in the battle of life, the word "Brave" seems to bring a realization that....It is not what we do in life but how well and graciously we perform it that makes a difference. Out of the dedication and bravery displayed on the battlefield of life, surfaces a deeper meaning of life. Self sacrifices for insuring freedom and honor are offered in all walks of life for achieving inner peace...the peace for which each one of us is innately thirsty. Whether the incident situations of life confront us as war, battle, skirmish or emotional and physical imbalances seem irrelevant.

The intensity of our remembrances and associated emotions deepen and come into focus as we become aware of other incidents that seem relevant from a personal point of view. I became aware of another incident on September 16-17

during the American Civil War (1861-1865). In this incident, within a span of just 24-hour period, the Yankee and Rebel forces clashed in a small town and 23,000 soldiers lost their lives. It seemed to be the clash of the Titan Egos representing a tragedy on either side of the human conflict. During that short period of 24-hours, how could there be a victor when both sides lost so immeasurably? How many family members and friends bore the pain of the incident for the rest of their lives ?

Heard a comment on Fareed Zakaria's GPS TV show that the American Civil War claimed lives of 25 per cent of the nation's population. In today's terms, it is equivalent to 30 million people. Is Civil War or for that matter any war, the only way to learn hard lessons of life?

Are the experiences of one nation's Civil War transferable to another nation? It does not seem so even in the 21st Century. It seems that every nation has to fight its own Civil War, and every individual battles personal conflicts to death.

Irrespective of the timeline, physical location or purpose of a human conflict, the emotions of the brave that perish continue to hound humanity's conscience in immeasurable ways.

Neela's painting of a vase holding a cluster of red and white flowers complemented by green leaves has given expression to emotions about War that is followed by Peace and often

vice versa. The red color of flowers represents aggression, the green color of leaves represents transition or transformation, and the white color of flowers symbolizes the silent vibrations of the ultimate peace within. Mother Nature seems to prompt humanity to continuously tune in with Nature's harmony for its own sake.

Unfortunately, the cycle of War and Peace seems repetitive due to the limited attention span of humanity and the erosion of green cover on planet Earth..

The human brain, mind and intellect complex is simply an accumulator of information. Its remarkable memory bank for storing information in various forms may put any library in the world to shame. Besides, the human body itself is also an accumulation of living cells; it starts out as a single cell called the "Fertilized egg".

Only the accumulated information that Humbles and Naturalizes us, stands a chance of transforming into wisdom. The term "Naturalizes" is used here to imply the art and process of harmoniously blending with Nature. Wisdom is simply a vibrational energy without any physical borders or limitations. Therefore at the end of our life journey, it seems that all accumulated information, except the vibrations of wisdom, becomes garbage for trashing..... lest we pollute the journey on the other side of life.

God In Need, God Indeed

Several thousands of years ago, a human could only find shelter in the recess of a large rock or in a cave. At that time, human was fearful of thunder, lightning and wild animals. So, humans may have worshipped the God of Thunder for protection. Now even in the 21st Century, humans are still constantly fearful of the unknown or unexpected and the safety of their accumulated material goods. Fear has been a constant companion of mankind. As a result, there has been a constant need for a reliable security service. Recognizing the void of reliable help, several agencies set up shop.

In early infancy, a human confides Fears in Mother's arms. Later, if the individual has not matured emotionally, it seems a God image is used to confide the ever growing Fears of insecurity. Besides, there is a need for a God to grant the ever growing list of desires. Then at the end of life, there is a need for God's assistance to bypass death and grant us Immortality.

As long as God is there assuring all of these services and benefits, a human can relax, party and indulge to its heart's content! Just in case if a human commits mistakes such as robbing or killing, all that seems to be required is to ask for forgiveness within the protective walls of conscience and the all merciful God pardons and protects...only the client believer. So you believe and bypass the need to sign any written contract; in the hope of receiving an all-inclusive

security service which is available on a mobile phone by simply dialing G for God. The helpline is always wide open at the other end. God in need is God indeed. Check with your neighbor... just in case, he may offer the same security service.

In September 2013 the murder of a 67 year old professional Doctor, presumably by religious Mafia, was reported in newspapers. Apparently the Doctor had crossed the “Red line” by being a vocal non-believer in god and god-man institutions. My first reaction to the news report was that every religious order in the world seems to have a religious Mafia that protects the financial interests of the most profitable business called Religion. Personally, I have no grudge against any religious order, but I do abhor religious hypocrisy practiced globally. Through times immemorial, the male as well as female self-enlightened Masters have assured that “Whatever lies beyond the sciences of physicalities is not measurable; but it is perceptible as a self-enriching inner experience. This is not a science limited by the concepts of blind faith in God, Heaven, Hell, Fear and Favors. Experiencing religion is entirely an individual specific inner experience with full freedom from the shackles of life.....”.

The blindly religious part of humanity seems to be mortally afraid of finding out the real truth about itself! So it seems to choose an easier path of blind faith as a protective shield even in the 21st Century!

Commenting on the same sad news reported above, our friend David Mitchell eloquently penned his thoughts as follows:

“Although I have never, to my knowledge, read this anywhere, I believe that fear lies at the heart of most unscientific beliefs. Early Homo sapiens had many things to fear - lions, storms, death itself. Fear was a blessing that kept them alive! The strongest man might be the leader, but the shaman and the god-man learned that they could control by fear, and claimed that they had a 'hotline' to, for example, the god of lightning. Today, religions all tend to either soften fear by intercession with a 'merciful god' or increase it by threatening with the evil god.

Since fear is a necessary part of our animal make-up, we will always be at risk of being influenced by the witch doctors of one sort or another. But I find it sad that people can be so brainwashed by their particular god-man that they reject the evidence of science. Isn't it strange that the USA has a higher proportion of its population firmly adhering to a religion than the majority of developed countries?”

The politicians have a popular pitch, which is matter of speech, stating that we are a God Fearing Nation. Why would any sane person be afraid of God? Are we afraid of true and genuine friendship?

From a personal perspective, I can only add a simple

comment about Religion. Each individual naturally has a different level of perception about life and the noble idea and ideal called God, which should be pursued freely and independently, while freely respecting the opinions of others. Religion is not a competitive sport and the self-enabling word God should not be used as a crutch.

Accumulation

Human brain is simply an accumulator of information. Its massive capacity for storing information puts any library in the world to shame. Besides, the human body is also an accumulation of living cells; although it started out as a single cell called the “fertilized egg”.

Only the accumulated information that naturalizes and humbles us stands a chance of condensing into wisdom. The term “Naturalizes” used here simply implies the process of harmoniously blending with Nature. Therefore with the exception of the condensed wisdom, the rest of the accumulated information becomes garbage at the end of our life journey. Wisdom is simply energy without any borders. May be, that is why we humans are not allowed to carry any of the accumulated garbage with us beyond death.... lest it pollute our journey on the other side.

In verbal conversations we hear an accusing expression that “He is full of shxx”. When this accusation is leveled against another person, realize that each one of us is also full of shxx, which is symbolic of accumulation of negative energies. All accumulated negative energies are detrimental to our physical and emotional well being. That is why we have to flush and clean ourselves daily.

My Religion

I have grown up abhorrent of hypocrisy and indiscriminate waste of natural resources in any form. This has become my natural religion, a way of life, which has no name nor a prophet. I am ever grateful to my childhood teachers who radiated these traits in their daily life and communicated the precious messages for life without the use or need of any words of advice. Wisdom seems to be an ever present vibration willing to be absorbed by the ardent seeker.

Quicksand

Quicksand is a fluidized bed of sand; a mixture of rising gases carrying sand, but not a sandstorm. Pockets of quicksand appear in sandy soil. It is deceptive to unwary traveller because at the surface it looks like regular sand. Its fluidized characteristics makes it light and a person inadvertently stepping into it starts sinking helplessly. You cannot swim out of it and the more you struggle to get out of it, the faster you sink into it helplessly.

The politics of Religion is like quicksand. The blindly faithful religious humanity seems to have been mired in quicksand since the past several centuries. Only a cautious and self aware individual seems to access the wisdom to avoid stepping into the quicksand of life.

Importance of Fingers

Fingers are very precious tools for expressing emotions. Raised middle finger is used to curse another driver in heavy traffic without even saying a word. The index finger, next to the thumb, is raised pointing at the sky to convey a spiritual message of oneness. The folded thumb is raised to clinch and acknowledge a point of view. The index finger and the middle finger are raised together to express the joy of V for victory. I like to hold my whole palm wide open to remind myself of the importance of all five fingers. Each finger is different in size and shape and yet they complement each other in innumerable ways. One finger is not functional without the others to feed me. I like to greet a person with two palms held parallel together in the Indian style to remind myself that I cannot clap with just one hand and that we are all in the game of life together. I shake hands with others to warm up my palm and smile.

Heard a short story recently. A man's all ten fingers were cut off accidentally while working. Panic stricken, he ran to the doctor's clinic for help. The young Doc assured him that the modern microsurgery techniques can successfully sew the severed fingers. Then the Doc asked, why didn't you bring the severed fingers with you? The patient said, but Doc how could I pick up the fingers?

Thirtieth Birthday

Arshi:

WISH YOU A VERY HAPPY 30TH BIRTHDAY~~~

Thirty? 30? You are neither a Three year old nor @ Zero.

“Three” is when you have mastered walking but learning to run comfortably. You have comprehended that running gets you faster where you wish to reach.

“Zero” is symbolic of a mindless state of consciousness similar to being in deep sleep. However, the mind is like a monkey permanently sitting on our shoulders. The monkey effect cannot be completely eliminated, however its effect can be minimized to a miniscule level approaching Zero in order to maximize ourselves. This level of approaching Zero consciousness holds the promise of crossing the physicalities of mind and its self-imposed limitations. The Zero state holds the promise of experiencing the wisdom of real joy and knowing the universal truths....that’s what we hear.

So at 30, you find yourself in between the two markers 3 and 0....an interesting and enjoyable stage in the journey of life. Enjoy every bit of it just the way it presents itself.

At 30, you have already travelled far and wide from India to Dubai, Canada and now USA. May you continue to travel and

keep on learning from what you see and feel and enrich yourself in the process. May all the elements of life surrounding you and within you continue to enlighten you.

Have a great day, your 30th Birthday. In your visit to Washington, DC during this week end, you will sense a great deal of wisdom packed between the stretch of Lincoln Memorial and the Jefferson Memorial. The American continent also holds the self-enriching wisdom of Native Americans who have been unfortunately addressed as American Indians. The word “ Indian “ seems to play mischief wherever it can!

Wishing you the best always in your own comfortable pace of life. May be, you will find yourself in the book titled Many Faces of Women.

God Particle and God Consciousness

Physicists of the 21st Century are progressively studying properties of matter and hoping to find its minutest element that may explain the secret of universe and our presence in it. That smallest element of matter, which is not yet discovered, is being described by the term God Particle. The God particle and God consciousness seem to represent two opposite as well as parallel sides of a coin that does not exist. That coin is the human consciousness in the presence and absence of mind.

The God particle is human concept of physicalities and sciences that is about outer engineering; whereas the God consciousness is an inner experience that is about inner engineering.

These two disciplines are complementary to each other and one does not exist without the other. That is the duality and reality of life. When the two disciplines come in balance within the consciousness of an individual, a new consciousness seems to emerge in which the word God symbolizes a principle (not a principal) or an energy that is eternal, which implies that it has no beginning nor an end, and it is ever present in its full potential..... freely available to every individual desirous of its wisdom.

NRI

These three alphabets popularly recognized amongst Indians stand for Non Resident Indian. It appropriately describes a young Non Resident Individual who neither lives here nor there and is constantly rushing to get somewhere. He rushes to the West to learn about External Engineering because he presumes that he has already learnt enough about Internal Engineering in India. That move he firmly believes will make him complete.

East and West constantly compliment each other. The Sun as well as the Moon seem to rise in the East and set in the West at their respective timings. The entire reality of existence seems to lie between the rising and the setting or the awakening and sleeping.

A Man feels incomplete only because of the ignorance within. May NRI stand for a Non Ruffled Individual for everybody's sake.

The word Indian has come to mean mischief. There is a North Indian, a South Indian and an East Indian. Some centuries ago, an adventurous European sailor named Columbus set sail from Europe with a desire to discover India. He was using maps of his times to charter his path. After an adventurous journey he did see land and presumed that it was India. So he called the Natives as Indians. Sometime later, he realized his error that inadvertently he had discovered the continent called America. Eventually, after updating his maps, he did reach India of his dreams by sailing around the southern tip of Africa. However, the word Indian stuck with the natives of America and they have been wrongfully identified as American Indians. Since the

19th Century, using the most updated maps. The real Indians from India started emigrating to America and are being identified as the East Indians. It is time we recognize the real Native Americans correctly by their original heritage of names such as the Aztec, Mayan, Navajo etc. Each human has a natural pride in cultural heritage.

The word Indian seems to be a cocktail of some pride, mischief and spicy Indian Curry powder incorporated into it.

Extraordinary People

It seems that each one of us is born “natural” neither ordinary nor extraordinary. Every human is a child of Nature. Some grow up enlightening themselves and in the process enlighten others.

In the all-inclusive spirit of Nature, we are all born equal because Nature does not judge anyone. However in the process of growing up and evolving, we either become ordinary and some amongst us become extraordinary on our own account.

Politicians claiming that we are all born equal is epitome of hypocrisy. It serves as a good violin slogan for the politicians. The ideals of democracy were not invented by humans. These ideals have always existed in the kingdom of Nature expressing itself in various ways which are beautifully illustrated in a recent documentary titled “I am”.

The individuals that spend their entire lives trying to become like someone else, seem to deprive themselves of the immense possibilities of life, minimizing themselves in the process and they become ordinary.

The Alexanders, Emperors and Tycoons are not the extraordinary people. They just do what they do to preserve, manage and propagate their inheritance.

Some exceptional humans ably raise their levels of conscious awareness and its intensity to experience the extraordinary possibilities of life and even surpass their own expectations. These are the extraordinary individuals that become humanity's ideals and idols. By worshipping them as God or God's incarnation, humanity insults their extraordinary individual accomplishments.

The extraordinary people live in flesh and blood and do ultimately die just as the ordinary people, however with a difference that they etch an immortal message in the consciousness of humanity. Their consistently unwritten and simple message for humanity is to evolve naturally to self-enlighten themselves. Evolving naturally simply implies becoming aware of Nature and its all-inclusively interdependent character.

There is never an absence of extraordinary individuals amongst us although their number may be infinitesimally small. They live amongst us unnoticed because they live naturally without seeking approval or recognition from anyone. They seem to do what they do to cross over to the other side of life which may lie beyond the limitations of physicalities. We can see and sense their presence amongst us only when the intensity of our conscious level tunes into their natural ways of existence.

Natural laws seem to prompt that at the end of the journey of life, we dematerialize ourselves and then eventually merge

in the consciousness of One.

Our Family Tree



I find myself fortunate to have lived in different places for relatively stable periods of time ranging from 8 to 26 years at each location. Fortunately, each one of these locations had an old tree that drew my adoration because it seemed to breathe life energy into us, watching over us and sheltering us.

Listed below is each location, the period during which we lived there, identification of the old tree on the premises, and the tree's age at that time.

Jagdalpur, Bastar State, India, 1932-40.
Banyan Tree (~100 year old)

Nagpur, Madhya Pradesh, India , 1940-56.
Neem Tree (~100 year old)

Saint Charles, Illinois, 1965-70.
Elm Tree (~100 year old)

Glendale Heights, Illinois, 1976-84.
Elm Tree (~ 60 year old)

Addison, Illinois, 1984- to this day.
Rosebud Tree (~ 20 year old)

Pune, Maharashtra, India, 2001- to this day.
Neem Tree (~30 years old)

Each one of these trees stands as silent witness to our treasured memories.

The Banyan in Jagdalpur and the Neem tree in Nagpur are my friends from childhood and adolescent years. I look up to them as my spiritual teachers (Guru) in unfolding different dimensions of life.

The Rosebud tree in Addison and the Neem tree in Pune continue to breathe life energy into us at the present time. The Rosebud tree in Addison was planted on Mother's Day in

honor of my wife, Usha, by our three children Deepak, Vikas and Sagar about 18 years ago. Every member of our family has watched this tree grow and in turn the tree has watched us grow to this day. It has become an integral part of our fond memories. This Rosebud tree blossoms brilliantly during March-April and it is the apple of our eyes. Complementing its blossom at the same time is the snow-white blossom of a Crabapple tree, which stands within 20 feet from it.

Shade of the Rosebud tree is home to the ashes of our two beloved cats Amira and Tori that lived with us for 16 to 18 years. Due to progressive illness, they were eventually put to sleep by a Veterinarian in the Addison home. After cremation, their ashes were respectfully buried at the foot of the Rosebud tree. Since then, Amira and Tori seem to express themselves through the leaves, branches and blossom of the Rosebud tree.

The Rosebud tree is Our Family Tree.

A View From My Valley



I was born in this beautiful valley, graced by Nature
Tucked in the folds of the majestic mountain range
We kids played often along the shallow brook
Gushing with clear water from the mountain

The waters of the brook irrigated our farm to feed us
We quenched our thirst with water from the brook
Clean air with a bit of chill kept us invigorated
Milk from the cows and goats nourished us

Often we played up and down the mountain slopes
Pretending to be mountaineers like many tourists
I dreamt of climbing to the mountaintop one day
To embrace and catch the view from the top

As children, life in the valley was simplicity itself
We admired the highest towering mountain with awe
With the sun shining and clear blue skies
The ice capped mountain shined like a diamond

In a dark night with dark blue skies
Studded with twinkling stars varying in brightness
We often gazed at the sky hoping to catch the glimpse
Of a falling star, so that we could make a wish or two



Rising majestically towards the skies
From the valley and the brook beneath
The towering mountain appeared to protect us
From the harsh sun, winds and storms

I persisted in scaling the mountain slopes
Carefully observing its odds and ends
Different directions of the mountain slopes
Challenged different climbing skills and nerves



Finally one day, I succeeded and reached the mountaintop
The peak was not sharp as seen from the valley beneath
Instead, it offered a small plateau to stand comfortably.

Looking all around and gasping the view with awe
I inhaled a deep breath and felt like a conqueror
The deep blue sky still looked far away, but clearer
The horizon seemed to indicate the limits of my reach

What have I conquered and what is left to do?
My mind questioned and searched for an answer
Suddenly, I was humbled with a feeling of loneliness
My valley from beneath was begging me to come down

At the mountaintop, I suddenly felt my existence so tiny
The mountain, the sky, and the horizon seemed immortal.
Yet, the surroundings offered a soothing feeling within
A vibration of all-inclusiveness engulfed my whole being.

Just as dewdrops coalesce into each other losing individual identity, I seemed to have merged with whatever I was seeing and experiencing. The beauty of the moment seemed like space in trance In the timelessness and unbound freedom of joy.

My valley continued calling me from beneath
The affectionate calling prompted my descent
Thoughtfully and carefully watching my steps
I returned happily to my valley of daily life

Now, I had seen and experienced the mountain top
Its gracious Silence had enriched me in ways indescribable
Enabling me to live harmoniously in my valley
With immensely greater appreciation and awe

I did not descend from the mountaintop
With any commandments to carry or deliver
But only with simple experience of blissfulness within
Durable enough to weather any storm in my valley

Each one of us has to climb our own mountain
To experience it's self revealing Silence
Each one of us is a mountaineer
Ever eager to step out of our daily norms

My valley is an ever-willing host
For climbers and dreamers with vision

Concluding Remarks for Holdall

Thoughts seem to be omnipresent universal vibrations that are freely accessible to every human. We constantly think and ask questions as long as we need to quench our thirst for understanding and experiencing life. Thoughts make us what we are. This process may continue until we reach a space in time in which our sense of duality between “I” and “You” ceases to exist. As a consequence, we may cease to exist and become an integral part of what we identify as the all-inclusive Universe. Wisdom of the self-enlightened Masters seems to prompt that the physical death of our body may not be the end of the evolutionary process of our consciousness.

It is self-evident that the diverse thoughts covered in this book may represent only a few drops in the vast ocean of universal consciousness. Holdall, the holder of honest thoughts, is in the form of a Journal seeking acceptable answers at individual levels of consciousness. Given the freedom of mind, senses, reason and intellect, the stream of thoughts keep on emerging and evolving in the consciousness of each one of us.

Life seems to be an ongoing evolutionary process of transition, transformation and ultimate self revelation in which there may be no further Need.... each one of us seems to be innately thirsty for it. We may begin to realize that this evolutionary process may ultimately take us beyond the realm of physicalities of mind and body with which we tend to identify ourselves. The ultimate revelation may present itself even without our wanting or seeking it.....just as a river

ultimately and effortlessly merges with the ocean of universal consciousness.

Life experiences prompt that the eternal truths or principles simply exist, they are universal, not made up, and do not change ever. However, the individual perceptions of the principles seem to change depending upon the individual level of consciousness.

This book started with a desire to Unscramble the Oblivious and an affirmation that a word or thought is only as good as the life experiences it enables. The life process seems to go on until there may be no further need for any words; just as the Universe defines itself effortlessly without any words.

The Astral, Sub-conscious and the Conscious (physical body) levels of awareness seem to bring us into this world and eventually takes us back into its fold. In other words, simultaneously the Astral seems to reflect in the Sub-conscious, which in turn mirrors into the Conscious at a physical level. Only after fully experiencing the beauty, utility and futility of life that honest introspection seems to connect us with our Sub-conscious and ultimately merge back with the Astral. It is like a small child running happily towards its Mother with open arms and disappearing in her enveloping embrace. This road map seems to assure a self-enlightening journey back to our all-inclusive Source. We are all ever thankful to the seamless generations of self-enlightened Masters that freely share their inner experiences for humanity to discover itself.

Acknowledgements

This is an open acknowledgement of each and every individual in my personal relationships that has encouraged, supported, and invigorated the efforts in writing this book over a long period of time. Mention of a few select names would reduce the value of esteemed contribution of others.... because even the minutest contribution is very much appreciated. Even some adverse relationships and incidents are great teachers in life.

My warmest thanks and appreciation for each one of the Source of support.



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 54+ 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.