



Lightning Bugs

Thought is a vibration that travels from its source
to a target and then rebounds, silently registering
an experience.

Suresh M. Deo

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Dedication

This book is dedicated to the life energy within each one of us.
This is the energy that prompts us to dare climb mountains.
Mountains whose peaks have never had their Silence broken.
In that Silence, we seek our true self-identity.

Also dedicated to the man who patiently sat by his pet dog and fed him twice a day for nine years. The name of the dog was Moti. The man was my maternal grandfather, Dr. Purshottam Ganesh Nakhare.

Gratitude

I have always felt Royalty within because of the love and attention that I have received during childhood from my parents, maternal grandparents, and high school teachers. For these privileged childhood experiences, I am eternally grateful.

Introduction

“Lightning Bugs” is a collection of random thoughts that are reflections of the moment and its mood. These thoughts seep into the empty space of our consciousness just as the lightning bugs suddenly appear in the darkness of the evening and kindle our curiosity. A thought is not new because it is omnipresent, but we give it a newer meaning and dimension in the mood of its moment. Every man is born free to entertain a thought at an individual level of consciousness. There is always a fine line between intellectualizing a thought and experiencing it.

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

In this moment lies the secret of what you are
and what you will become. Look no further.

Knowledge is simply available information,
whereas wisdom is knowing what to do with it.

It seems that each religion has a God of its own.
Emergence and identification of a personal God
in individual religion is colored by regional and cultural
preferences. Assertions made by some religious faiths that only
the God they worship is real and the God worshiped by others
is not real, is a childlike play being played amongst different
religions of the world for centuries. This attitude is
personification of Man's ego and perpetual desire for
ownership in all aspects of life.

Shackled neck, wrists and feet do not make a slave.
Forced labor and harsh commands do not enslave a soul.
For those who practice slavery, punishment does come
At a right time, from their own conscience within.

A grateful receiver is invariably a graceful giver. In a sense, receiving and giving is like a free flow of energy, which should not be restrictive in either direction. Both of these acts entertained without expecting any personal gains in return give life a self-enriching dimension.

Spirituality is manifestation and expression of an individual's level and state of consciousness.

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

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

The ultimate focus of the Yoga and Pranayam systems is not merely to promote a healthy and happy life, but also to guide through an internal blissful journey in which you seek and find your own universal identity.

We must learn to see, not with our eyes but with our heart because what is truly important is invisible.

Ego is made of stuff that dissolves very slowly.

As your life flows forward, there is a right time period to identify, understand, recognize, and nurture your own passion for life. Nobody knows your passion better than you do.

Passion is that which drives you and kindles your spirit from within.

Gita is not an epic to show off your scholarship. The wisdom communicated by Gita is for experiencing and assimilating in our conscious awareness. Gita is an epic that guides and challenges each individual to become fearless and surrender personal ego, so that universal wisdom may surface and bear fruit.

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

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

Recognize that you live in your body all the time and you have been living in it since birth. Therefore you are the best judge of what is going on in your body and mind. Constantly stay tuned to the smart signals that your body communicates.

Honor and cherish the sanctity of your body
and the life energy that drives it.

Absolute wrong and absolute right is matter of individual perception and consciousness. However, it is important to recognize that an absolute truth is that which is unchangeable, universally acceptable, and it stands on its own weight.

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

Travel around the world brings home the realization that the common Man entertains similar aspirations, frustrations and hopes in life. Man is also afraid of the unknown and is constantly struggling for peaceful resolution of the inner conflicts.

A Prophet claims to reveal the word of God. A Self-enlightened Master unravels the mystery of God.

The modern expression “Generation Gap” is an admission of either an inability or an unwillingness to communicate with members of another generation. In general, mothers and teachers do not perceive generation gap as an issue.

Friendship is the silent vibration of human heart. In the absence of this vibration, friendship merely remains an acquaintance and surface chemistry.

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

Mother brings you in this world and has the capacity to guide you to Heaven, if a place exists by that name. Mother also has the capacity to help you attain that level of consciousness in which you may become Self-enlightened. This life journey begins in Mother’s womb and ultimately transitions to the Universal womb. Mother and Father are two sides of the same coin, which represents our consciousness.

Learn to grow beyond barriers that others may have built around you. True freedom of Man’s spirit knows no barriers or limitations.

A superstitious person digs a hole in the ground around himself,
which gets deeper and deeper
until he cannot climb out of it by himself.

The River owes its existence to all the primal natural forces that
complement each other. Humanity also owes its
existence to the same primal forces.
No element in the entire Universe stands alone.

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

Some statistics and their ramifications are difficult to digest.
One businessman in Amsterdam stated that if the armament
industry were shut down globally, fifty percent (50%) of the
industrialized world's population would become unemployed.
Trafficking of armaments, drugs and sex are intertwined and
produce highest margin of profits for the traders.

People who talk too much constantly
are generally poor listeners.

Socialism and Capitalism are like an orchestrated stage show. Actors on the stage are the common people that are given a script. The supporting cast behind the curtain are the power brokers, suppliers of goods and services. The audience is the consciousness of Mankind.

The 21st Century is witness to growing imbalance globally amongst the rich and the poor and the resulting unrest. Fueling the unrest are cartels dealing globally in drugs, sex and technically ingenious weapons of destruction. The act will go on as long as the insatiable greed of Man is the prime driving force behind it.

The greed of all participants for short term profits, which includes the common man, fuels the engine of modern civilization.

In the school of life we learn about the specific weather conditions that cause a thick fog, a colorful rainbow, or a little dewdrop to form. We learn that several natural conditions are responsible for the appearance of a little dewdrop on the petal of a flower or a blade of grass. These conditions include the ambient temperature, atmospheric pressure, and humidity. The size and shape of the little dewdrop sitting cozily on a petal is governed by the relationship of surface temperature of the petal and a phenomenon called surface tension. That is how the scientific faculty of our mind looks at a dewdrop. The artistic faculty of our mind may look at the same dewdrop from an entirely different perspective. It may express itself by painting the dewdrop on a canvas, or play a musical tune addressing the mood of the moment. A business executive jogging during the same time may not even notice the dewdrop because his eyes are dazed with the thoughts of his Return on Investment (ROI).

Mind is the seat of ultimate healing from within.

Consciousness has an intangible identity. When the consciousness associates itself with the physical body, we tend to identify it as our “Mind”. When the same consciousness completely disassociates itself from the physical body, we tend to identify it as our “Soul”. Self-enlightened Masters prompt that the soul may be experienced more easily when the mind is able to assume the innocence, awe and simplicity of a child. It is the consciousness of the soul that we constantly yearn for and identify it with the word “God”. God consciousness is ultimately a self-enlightening inner-experience that defies any description.

Nirvana is an inner experience and enlightenment in which all fires of life are extinguished. Some examples of the fires of life are Man's ego, anger, greed, and jealousy.

Terrorism is the worst crime against humanity and its universal interests. No responsible religious system has ever recommended terrorism of any kind and in any form against any individual.

In many cases, a perfectionist is an individual who stresses himself to death and helps induce heart attacks in individuals around him.

Mother's womb is personification of the universal womb from where we emerge and in to which we eventually merge.

Exhibition of religious fervor is often an expression of inadequacies and fears in individual consciousness.

A superstitious person is invariably emotional, afraid, and apprehensive of the unknown forces around.

Each one of us is a composite of two castes. One is the lower cast (LC) and the other one is the upper cast (UC). The LC represents that part of us, which is afflicted with the negative energies of the physical body including anger, envy, cruelty, violence, greed, indulgence and immorality. Each one of us has some of these negative energies that make us a LC. The UC is that component of us which makes a conscientious effort to raise the level of personal positive energies, which include harmony, sympathy, love, charity, equanimity, and inner peace. LC and UC represent different levels of personal energies and consciousness.

It is always so much easier to help others sort out their problems than it is to sort out our own.

As we live longer in our house, we tend to know every little detail about which item or article is in which place. We have been living in our body ever since we were born and yet we care to know so little about it.

Only a slave can experience what it means to be enslaved in mind, body and spirit. And only a slave can feel the real joy and privilege of freedom.

Mr. Nelson Mandela was enslaved for several years in his own homeland, South Africa. He rose in stature as a free man because he refused to hate his captors. Subsequently, he fearlessly negotiated freedom of expression and the right to live in dignity for himself and his people. A free man loves and trusts himself, and therefore radiates friendship for all. Mr. Mandela had followed Mahatma Gandhi's successful example of non-violent confrontation, which was put to test decades earlier in apartheid South Africa and later in British occupied India. Mr. Martin Luther King also successfully used the principles of non-violent confrontations to address the color segregation issues in the United States. A group of Palestinians living in Palestine are now actively pursuing Non-violence principles in their fight against Israel. Non-violence is a powerful and effective force when understood and applied with self-discipline. In this process both sides, the oppressor and the oppressed, eventually get it.

Kicking a door in anger for coming in our way and then cursing it is a common experience. We bumped into the door only because our mind was wandering in thoughts. We all know that we would have bypassed the same door with conscious awareness of the immediate surroundings.

Mind your "Mind" judiciously. In the human body, stress-induced chemical imbalances are solely responsible for causing disease. Stress is caused primarily due to perception of the human mind. The stress induced chemical imbalances in body contribute to physical imbalances and dysfunction. It is a continuous cycle of cause and effect, which can only be broken when the cause is removed.

God does not live in a far off place called Heaven, and the Devil in a separate place called Hell. Both God and Devil reside in our heart. Man's mind is constantly balancing God and Devil's presence within. It is this balance that determines a Man's disposition at a given moment.

Science tells us that something cannot be produced out of nothing. It is a correct statement based on the fundamental laws of Physics. However, consider how a happy mind creates useful chemical changes in the body, and a sad or depressed mind generates stresses, which in turn produce chemicals detrimental to the normal functioning of the body. Thus it seems that the human mind is always capable of producing something out of nothing.

Independence and interdependence are complementary skills used by humans in chartering their journey through life. Those who manage to cultivate a harmonious balance of these skills become successful in life's endeavors.

Modern scientists have learned to identify Genes in the genetic code of DNA. Through these and other related scientific advances, it is now possible to identify latent or potential abnormalities in a fetus or the unborn child. Some potential abnormalities can now be corrected in the fetus itself. These are the cumulative scientific developments of the past four centuries. Several centuries ago, prior to the scientific era, self-enlightened Masters used tools of “Introspection” in order to advance human knowledge, and to comprehend meaning of life and its relationship to the universe at large. They envisioned and suggested that the human genetic code is capable of transmitting physical, chemical, and emotional balances as well as imbalances that contribute to the overall make-up of the new born child. Based on their deductive logic, they laid out road maps for enhancing individual consciousness.

Don't forget to have a little bit more fun every day.
What fun? You define it.

If you cannot identify your personal God in your own Heart,
then you may not be able to find him anywhere else in the
outside world or the entire universe.

Nurture a child to feel, think, and express freely.
Do not train a child to become a genius lest he go nuts and
turn you nuts in return.

Do not try to find an answer to every question in life.

The aggressor in each one of us needs a constant reminder that in the kingdom of Mother Nature, each and every living being is born free. When that inherent freedom is denied or challenged, expect a big fight and its consequences. For every Man, freedom is a birthright and when it is exercised with responsibility every one benefits.

Religion is a group activity, where as spirituality is an individual experience.

There is no greater love than love of your own self (not referring to narcissism and selfishness). Through that love will evolve love for living beings around you, and ultimately comprehension of the eternal love and bliss.

In Auschwitz, Poland 10,000 Jews were killed per day including children, women, and men. That was in Second World War (1940-45). Be aware that similar carnage have occurred throughout human history, and are occurring even today in the twenty-first century on every continent and may be even in your backyard. Mankind has yet to comprehend the true meaning and spirit of the word "Civilized".

When Man gives up hope and loses the will to live, his immune system falls apart. Then the flame of life extinguishes.

Psychiatrists and psychologists talk about “Personalities”. Some talk about “Souls”. The difference between the two may only be fathomed through inner experiences.

Intuition is knowledge gained without conscious thought. It is like a sleeping giant within the human body. Once you wake him up, beware of his prowess. Honor it and use it wisely.

If you want to know the Truth, do not believe or disbelieve in anything until you have carefully and fully examined with an open mind. Trust your self.

Work performed with love, equanimity, and devotion to selflessness becomes a form of meditation and prayer.

Physical work does not make a person sick.
Worrying about it does.

Giving charity has never made anybody poor.

The places of organized worship called church, temple, masjid (mosque), and gurudwara seem to over-emphasize their pretentious role in bartering a relationship between the believer and God. The channel of communication between a sincere believer and his personal God is forever wide open unconditionally.

Meditation is not a religious ritual, not an invention of any particular philosophy of life, not denial of anything, not just one unique rigid system, not an intellectual pursuit, and not a topic for casual conversation or debate. Meditation is for every individual to help reveal the real Self that hides from our sensory perceptions.

Exercise should be a natural part of daily life style. A tiger does not go to a gym to pump iron in order to develop strength and those graceful muscles. Every step the tiger takes is a graceful muscular movement. The tiger also knows the importance of eating fresh food and taking adequate rest.

Animals do not read or write cookbooks. But they certainly enjoy the food they choose to eat.

Miracles, it seems, happen to others. But miracles can also happen to you, if you let them.

Food eating should be fun and be thankful for the food on your plate. Healthy food eating does not mean dieting or denial of food; it simply means making wiser choices constantly at every meal. Diet fads are for those who fall ready prey to promises of fast results. Haste is waste is a wise saying that applies to every aspect of life. Animals and birds generally do not over eat and simply follow Mother Nature's prompts.

“If we ever have a second chance at the past it is the unconscious that gives it to us. We can go home again because a part of us never left. Paradoxically, only journeying backward in time and reentering the home we once knew allows us to go forward to the home we have always wanted.” (Quote from Gloria Stein's book titled Revolution from within).

About the passion for writing, Gloria Stein wrote "What I write is exactly that which I need to know". Tennessee Williams said he writes to stay sane. C. Day Lewis wrote, "We do not write to be understood. We write in order to understand".

When you move in your new residence, remind yourself that you are only a transit passenger in the journey of life.

During 7000 BCE (Before Common Era) Chitrakut was a beautiful landscape in the midst of a dense forest in northern part of India. Legendary Rama, Sita, and Laxman chose Chitrakut to build a cottage for their shelter. The epic Ramayana lucidly describes the 12-year exile imposed on crown prince Rama by his father, King Dasharath. Rama's wife Sita and brother Laxman had voluntarily accompanied Rama. The exile was to be in total seclusion in the forests. The two brothers had built a cottage by using materials procured entirely from the forest. Finally it was time to move in the cottage to occupy it as their residence. Just at that moment, Rama pauses, turns around, and faces the lush green flora and fauna. Folding his hands in respectful prayer, Rama addresses Mother Nature around him saying "Oh mighty trees, shrubs, and living creatures we have come to live amongst you in these very pleasant surroundings. Please accept us and bless us. We wish to live here amongst you in harmony. Please forgive us for any unintentional mistakes that we may have committed while constructing this new cottage for our shelter". Respecting the environment is an age-old human tradition.

Real and complete healing of a person is ensured only when both physical and emotional healing occurs.

Each individual's physical abilities and limitations are different and unique. Therefore the needed daily physical exercise must be tailored by the individual with a strong thread of common sense. The exercise patterns should be varied to minimize boredom.

Take full responsibility for yourself because nobody else will.

Meditation will calm your emotions and channel your energy to improved consciousness.

God is only positive energy. Receive it. Never fear it.

Your mind can be positive or negative. Only you choose. Body and Soul are different levels of conscious energy and awareness.

A combination of events driven by the mind will define your destiny.

Each choice we make has a consequence. We own full responsibility for the choices we make.

Life is a mystery. Enjoy it. Do not try to solve it.

Before we can love our neighbor, we will have to begin loving ourselves so that our inner happy self projects effortlessly through our conduct, thoughts and spoken words.

Heaven and Hell are judgments of the human mind and its limitations.

We place lot of blind faith in the medicine pills that we swallow daily. If we place the same amount of faith in our own Self, we may end up accomplishing a lot more in life; even discover ourselves.

Truth always triumphs on its own strength.

Love alone wins. Experience it.

Revel in the miracle of birth from a non-intellectual dimension
and not from a scientific frame of mind.

Humanity is only a very small ingredient
of the universal identity.

Real education encourages broadening of vision and horizon.

Man proposes and God facilitates.

Purest form of prayer is free of any asking.

Each action has a reaction. Each reaction has a consequence.
Choose each action wisely.

Purity is absence of impurities,
just as light is absence of darkness.

Action-reaction, cause-effect, creation,
preservation, destruction, and balance
are integral and eternal forces of Nature.

Aggression always hurts both sides.
How can there be a winner when both sides lose?
Aggression is fighting with your own inner-self.

Seed your heart with love and you will exude love.

True love lays no preconditions, and it is forever forgiving.

Adversity is a blessing in disguise. Face it.
Adversity is a noble teacher. Learn from it and respect it.

Knowledge and information is not wisdom. Let your heart
explain the divide. Calmness can pervade only on top surface of
deep waters.

Blessings are vibrations that connect two individuals having
different levels of consciousness.

If a miracle happens once, it can happen again.



Freedom from any want is Self-enlightenment.



Spirituality is a realization and an inner-experience.



One explanation invariably leads to another explanation. A Universal Truth stands on its own without any ambiguities or contradictions and needs no explanation.



Mind is a bottomless pit that can never be filled or satisfied.



Anger is sole manifestation of inadequacies. Love is manifestation of fulfillment. Equanimity is a superior level of consciousness.



Domain of spirituality is only within an individual.



Masses = Man + Assess
(From the lecture series of late
Prof. P. R. Deshpande, Dhantoli, Nagpur)

The true punishment inflicted on an individual
is the one inflicted by self.

Inner satisfaction is the best reward for an action.

Poverty, hard work, affluence, indulgences, and then back to
poverty is the inescapable clock of fate, which cannot be
reversed. With virtues of charity and simplicity, the stage of
affluence may last longer, but eventually indulgence takes over.
Rules of the clock of fate apply equally to the fate of families,
dynasties, nations, and civilizations.

Immortality is a mirage chased only by humans.

Men are born unequal. Mankind makes it worse.

Politics is the art of finding weak grounds and
building castles on them.

Unconditional love radiates and touches hearts.



In universal creation, no two are identical
as a reflection in mirror.



Rationality suggests that God is a non-dual principle.



God neither punishes nor rewards. Then what does God do?
That is for you to answer.



God's presence can be experienced but not explained in any
words. Preachers often preach what they have read about God.



Religion is Man made, but God the universal principle is not.



Only a strong and fearless person radiates humbleness.



Sharing is growing.



When you say that “I want Peace”, the simple thing you need to
do is remove the “I” and the “Want”
and then you have only Peace.

Acquisition of wealth is not bad. Perception of it can make it so.

Anger, revenge, and indulgence are toxins that only destroy.

Life should be lived not by rules but by instincts.

Right and wrong is always an individual perception.
No words can make it so.

Adults lay down the rules and explain "Why".
A free born Child asks "Why not".

Arrogance is destructive.
Empathy is constructive and infectious.

Man is the worst polluter of this earth and its environment, and
yet claims himself as the smartest creature on earth.

The Universe has no concept of time, nor does it need one.
Only Man needs to know what time is it.

A lion in the forest knows that he is the King.
Man challenges him because he is not.

Self-righteousness is an experience and not a title for
broadcasting entitlement.

All animals and birds live in the present moment. Only Man
lives mostly thinking about the past or future, rarely
concentrating on the present.

Only the heart nurtures and navigates spirituality.

In war an unconditional surrender is defeat,
but in spirituality a victory.

The word “God” is conveniently and often used for broadcasting self-righteousness, for enticing voluntary contributions, and to seduce election votes.

Respect thy elders and forgive their shortcomings.
Tap the wisdom underneath the gray hair.

Adults are people who should continue to grow
and let children grow up also.

When a teacher teaches a student, both learn
in the process and grow in life.

“If I cry, I cry alone. If I smile, the world will smile with me”.

These were the words uttered by a friend of mine just two weeks before he died. I had known him only for two months prior to his death. He would walk-in every day in my office after lunch to chat for a while. He had told me that during lunch-break he likes to take a walk in open air and that he frequently has to go to Gottlib Memorial Hospital near by for small sessions of radiation therapy. Since he mentioned it very casually, I never prodded into his personal life. We had become good friends from day one. He would often ask me about my work responsibilities and some times narrate his background in Industrial Engineering. But he never mentioned to me that he was terminally ill with cancer. Within two months after I had known him, cancer had claimed him. His name was John. In those two brief months, John had taught me precious lessons about life without even talking about it even once.

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

Portland Cement is supplied as a fine granular powder packed in moisture proof bags. If the granular particle comes in contact with moisture (water), it hardens prematurely and then loses its virgin ability to bond. However, when the dry granular powder is mixed with mortar and water in proper ratio just prior to applying it in construction job, it provides an excellent and long lasting bond forming cement-concrete. Premarital sex is like dry cement and water interacting prematurely.

Communication is not necessarily a well spoken or written word. Effective communication is at times empathy and vibration without a word.

Information and knowledge is what we collect all the time. Wisdom is how to interpret and apply it.

An open and unbiased mind suggests that “God neither proposes nor disposes”. This statement is not a negation nor affirmation of God, but simply an honest effort for a clearer understanding of our very existence and the reason for it.

Adversity is a noble teacher. Respect it and learn from it. Success offers opportunities to look back and count your blessings.

Revelation is a clear answer that surfaces after conscious search. The search can be through the discipline of technology, philosophy, or meditative silence.

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

A “Truth” is that which does not change ever and can withstand the utmost scrutiny by anybody at any time. Universal Truths are not created; they simply exist eternally.

A sincere teacher is always willing and happy to help a genuine student. A teacher feels blessed when an ardent student asks for guidance.

The Indian epics, Vedas and Upanishads, may be the oldest formulated words of Man. Enunciated and progressively developed through spoken language over a period of centuries, the body of knowledge was encapsulated in verses. Written language was yet to be developed. Using a methodical system of recitation, the verses were transferred from generation to generation. Ancient Indian philosophers and meditators that are addressed respectfully as Rishis enunciated and compiled this body of knowledge. Their massive and disciplined effort ensured continued growth and transfer of universal knowledge for mankind. Gradually, these epics found expression in written form through the Sanskrit (means refined or mastered) language.

This note is written primarily in acknowledgment and appreciation of the massive effort of countless self-enlightened Masters and their students who dedicated their selfless efforts to preserve the universal knowledge for mankind.

“Faith can move mountains” is an old and wise saying. Faith, dedication and inquiry facilitate free flow of universal energy. Discriminate wisely between faith and blind-faith because there is a fine line between the two. Let your heart explain the divide. Blind-faith, like quick sand, may drown you and lead you to ignorance and darkness.

Each individual nurtures the desire for a Guru, a source that can communicate universal wisdom. Guru is a source that guides an individual from darkness to light or from ignorance to knowledge. Stature of a Guru is not about literary scholarship. Guru is embodiment of a noble heart ever willing to share wisdom and extend a helping hand. A genuine Guru is a sincere friend, a noble teacher, and guide for the earnest seeker of universal wisdom and harmony. The unconditional friendship and love of a Guru for an ardent student is a noble force. A Guru is not necessarily always a person. Mother Nature is an excellent Guru; just observe and listen to it carefully.

The best sermon we will ever receive
will be heard in utter silence of our mind.

If behavior of others is bothering you,
don't try to change them; instead change yourself.

In childhood religious worship is a ritual to follow, entertain, and channel the developing mind. Through these rituals arises a discipline of reverence for self, adults, ideas and ideals. God is introduced to children as an ever present, guiding, and caring friend. The child addresses God as a personal friend in one of several ways depending upon the level of individual consciousness.

Healthy, happy, and disciplined mind is positive. Positivity of mind helps define personal concepts of happiness and true joy of life.

Creative mind does not entertain boredom. Creative people stay healthy, productive, content and happy.

Each individual is born free, but relinquishes his or her freedom too readily to conform. Animals do not surrender their freedom so readily.

Conquerors of new land impose their will, way of thinking, and religious beliefs on the subdued native inhabitants. It is presumed by the conquerors commanding brute force that they are the standard bearers of everything that is right. The natives are forcibly converted to the new religion of the conquerors. At this point, the imposed religion is no longer a search for individual identity but merely a smoke screen of self serving righteousness.

Spirituality is an individual journey, not a selfish enterprise.

Man wraps his religion around himself for his social identity. Spirituality cannot be wrapped around oneself because it is an inner consciousness. Religion can be professed where as spirituality can only be experienced by an individual.

Let your heart explain the difference between your individual identity, religious identity, and your spiritual identity.

Freedom, fearlessness, and simplicity of the human mind can unleash the power and wisdom to comprehend the true nature of our Source which we seem to address with different words such as God, Allah, Ishwar, and many other comparable but equally vague terms.

Do not let the true essence of religion get buried under the heavy burden of traditions, rituals, labels, and ownership.

Moral authority erodes quickly when preaching and practice are not in sync.

Leadership is about serving selflessly and not ruling selfishly. Statesmanship is about raising the bar of good leadership for constantly balancing and harmonizing diverse views without sacrificing the free spirit of each individual.

Anger is a negative force at best and therefore it is only capable of producing negative results. Add to it envy and greed, and you have a potent brew to unleash self-destruction.

Respectfully listening to others way of thinking and not trying to force ones opinion on them is a positive attitude towards developing mutual respect. Disagreeing agreeably helps establish a positive relationship. Genuine respect is only expressed in deeds, never in words. Respect for another person is a personal vibration. A word only reinforces the personal vibration, but does not initiate it.

Even a 6-month old child spontaneously and intuitively assesses an approaching adult and decides whether to extend its arms in acceptance of the adult or not. In this situation, it seems that the child's instinct over rides the mind. The instinct of intuition is a powerful force that adults seem to neglect, disregard, and lose. If you don't use it, you may lose it.

The aggressor asserts that "Might is right".
But that does not make it right.

Emotional and moral bankruptcy is
the ultimate form of poverty.

A free mind does not close its windows and doors ever. The
mind constantly wants to understand and embrace truths.

If you try to find the world in God, you will find religions and
frailties of Man. If you try to find God in the world,
you will find yourself.

Accomplishing a personal goal without peace of mind is always
incomplete. You can have all the wealth and pleasures of life to
satisfy your needs, but without peace of mind you will feel
incomplete. It is wise to be aware of this thought while climbing
the tall ladder of personal ambition.

Physical exercises and workouts are efforts to improve wellness
and competitive performance. New exercises and dieting fads
come and go. Yoga (harmonious coordination of body and
mind) exercise postures complemented with Pranayam
(experiencing various breathing patterns) are a comprehensive
system, which has been practiced and refined over centuries.
This system promotes healthy and balanced body that entertains
a harmonious union of breath, mind, body, and inner
consciousness. Its focus is to hone our individual ability to
understand and experience the eternal nature
of our universal Source.

Footprints establish the presence of a person and in some instances the direction in which the person may have traveled. A thumbprint establishes body's physical identity. The DNA establishes biological identity at its minutest cellular level. On the contrary, an individual's spiritual identity does not have any imprint and yet it is Man's universal and eternal identity. Who cares about your spiritual identity? Your own "Self" does.

Like a computer, our mind is an accumulator of information and is capable of arranging thoughts in logical sequence. However, information and organized thoughts alone do not generate wisdom.

Beware of dreaming small. Life will not offer you anything more than you can dream. Ultimately, life offers only what you deserve. Accept it gracefully.

Fascination and love are two separate vibrations . Fascination arises and ebbs like a tide. Love at first sight is a poetic expression for the intoxicated. Love, true love, is forever calm and unconditional.

Anybody, who promises Heaven as a place of escape to a mortal, should be able to show the real estate as well. In addition if wine, good food, comforts and pleasures of life are the promises of Heaven, all of those very things are also available on Earth. Why then bother to move so far away? Does the residency in Heaven guarantee immunity and immortality and what does it all really mean? Limitations of the human mind to provide satisfactory answers to these questions become clearly obvious.

Mother Nature's lease on your life runs out in 100 years. Extensions are granted in special cases. After the lease runs out, what choices do you really have? A realization dawns that you are only a transit passenger on planet Earth.

You do not have the right to choose your family genealogy and heritage. Accept it and be proud of it. Reject it and you will minimize yourself.

A cluttered space mirrors the clutter in the mind of the person using it.

If the race of Man self-destructs and disappears from the face of Earth, this planet may indeed become a more lovely and beautiful place. Man is the worst polluter of this planet. Without Man and his polluting habits, the ecology of planet Earth will soon come into a harmonious balance and continue to evolve merrily and sustain itself effortlessly as well as very efficiently.

There is an old saying that says, “When you talk, beware that even walls have ears”. If you utter a negative comment about somebody in his absence, be sure that he will hear it one way or another. Be aware that even a negative thought of yours about a person, which is only a silent vibration, will also be felt by that person. It is like the invisible beam from a Laser gun aimed at the Moon that hits the Moon’s surface and bounces straight back to the earth. It is prudent to shun negative utterances and emotions and replace them with positivity to enrich yourself.

The way you give is how you will receive it back. Goodwill boomerangs with goodwill.

Behind a successful man, there is invariably a woman. This is an old philosophical and revered statement. However, modern free press and historians has revealed that in some cases, behind a successful man has been another man!

When you have an adamant ego about your own set of beliefs or values and you want to impose them on others, then knowingly or unknowingly you become a cult member. In the approach to life that “Whatever you believe in is right and what others believe is obviously wrong”, rational thinking seems to be a missing component. Most dictatorial oppressors through human history have pursued this path to ultimate self-destruction.

When rain falls on earth, a portion of it in the form of a stream flows freely and effortlessly around obstacles to join a river, and eventually the ocean. Another portion of rain ends up in a dead-end puddle where it stagnates. Love, true love, flows freely like a stream headed for the ocean.

In personal relationship, fascination happens at first and love follows much later. Fascination may happen instantaneously and end abruptly, but love grows incrementally without any limits.

The marketers of diamonds have done an excellent job of brainwashing their customers in believing that in courtship, the size of diamond mounted on a ring is an expression of mutual fascination and love. There is a fine line between fascination and love. Fascination stems from the reproductive organs, whereas the source of love is vibration of the heart.

A doctor can only perform an objective diagnosis, prescribe appropriate medications and procedures. But ultimately, the patient must heal himself or herself from within.

God does not choose a favorite Man.
A Man chooses his favorite God.

You can fool the world all the time. But you cannot fool yourself even for a moment.

You feel hurt only when somebody you like and care for, hurts you.

Role of a Guru is that of a shepherd. It is to guide his flock to a safe and green pasture that is under the direct supervision and energy of the blue sky and sun.

Most insecure people constantly demand respect and attention.

God is manifestation of the conscious level of Man.

Smile and try to make others smile, it will cost you nothing.
Frown and it will cost you a bundle.

Every thing that happens in our life has a reason; it is not always important to know why. But, every thing we choose to do consciously in life should have a reason.

If you believe in some thing, make sure you understand why and trust yourself.

Simultaneous confrontation with total darkness and silence is frightening because there is an apprehension of something unknown lurking out there. When darkness and silence is internalized in total absence of fear, a new light emerges that reveals the true self.

Man creates illusions with magic and some of them seem like miracles. Bystanders watch the illusions with awe. God, a universal principle, is neither a magician nor a miracle maker. The entire Universe is an illusion, which we behold with awe.

Everything we choose to do in life should have a purpose. Good physical health, balance, and mental concentration are faculties essential for effective meditation. Meditation is an effort to focus individual energies for progressive introspection, which is a journey within. Meditation is an effort undertaken with a purpose. Effective meditation gradually leads to a state of involuntary suspended consciousness. No word in any language can describe this effortless state of consciousness, because it is an individual's inner experience. Realize that meditation is the "Cause", whereas the effortless state of consciousness is the "Effect". The effortless state of consciousness is self-enlightenment, out of which the true identity of Self emerges. Self-enlightened Masters allude to this wisdom and willingly guide those who dare and desire the inner experience.

We are a mirror image of our own consciousness. If we believe that God exists in our image, then we also exist in his image. If we believe that God does not exist, then we also do not exist. If we believe that God is energy, then we are also energy ourselves. Self-enlightened Masters have suggested that only when we experience an effortless presence in silent consciousness, duality ceases to exist in every aspect of life. At that point there is no further need for anything whatsoever.

"I" and "Zero" are two different states of human consciousness. "I" stands for Ignorance, which defines Man's ego, whereas "Zero" is the effortless state of self-enlightenment. I has boundaries, and Zero imposes no limits in any direction.

Conditional love represents attachment and limits. That seems human! Unconditional love has no boundaries, no limits. Aspiring for this kind of love is also human.

A philosophy of life that encourages exploration of Self with an open mind and heart is a grapevine of universal consciousness. This freedom of exploration reflects in diverse paths that enrich humanity.

A Saint is neither a miracle maker nor a magician. Saint is the embodiment of noble qualities that every individual constantly yearns for. Sainthood is not a title to be earned or awarded, but it is an inner experience that exudes and embraces.

Kabir, the mystic who lived in fifteenth century India, is one of the unique poets who believed in and sang about the religion of love. “The child of Allah and of Ram” as he called himself, Kabir achieved a synthesis of Hindu and Muslim belief and freely used symbols from both religions in his poetry. Muslims as well as Hindus alike have revered Kabir. Once God came to Kabir and asked him, “Kabir do you know your God”? Kabir answered, “God knows me”. It was a brief conversation, and then God left.

Love with attachment is conditional and offers human bondage.
Love without attachment is self-less and leads to total freedom
of Man.

We are reborn this time, some believe, because we failed the test
last time. Try not to repeat the same mistakes.

World must remain a big diversity of people and practices. Do
not impose your will on anybody else.

In personal relationship, love with attachment produces
expectation; and expectation is the root cause of pain in life.
Remove attachment and you have pure love, which is a noble
quality of the human heart. That is why selfless work is revered
universally.

Consciously or subconsciously, everyone has a Guru that is constantly providing guidance from ignorance to knowledge. Guru is not necessarily a person with a beard and dressed in white or saffron robe. A Guru may not necessarily be a person either. Your intuition is your constant Guru communicating with you without a spoken word. During nine months before birth, your mother's womb was your Guru. During the first nine months after birth, your mother's touch and selfless love was your Guru. Through a Guru you experience vibrations of love, creation, preservation, and universal balance. You and your Guru are constantly searching for each other to fill a void. Ultimately, you become what you are searching for.

You arrived in this world naked and without any luggage. Don't try to leave this world with any baggage.

It seems that:
Politicizing a blind faith makes a cult, a religion, or an ideology.
Logic and reason make a Philosophy.
Proving universal facts beyond doubt is Science.
Embracing universal truths helps experience Spirituality.
Enjoying the rhythm and music of Silence is Self-enlightenment.

You are the sole producer, director, actor as well as the audience of your dreams.

During an entire lifetime, every individual transitions through various levels of consciousness. Voluntarily or involuntarily, each person makes choices and therefore owns full responsibility for his/her choices and the corresponding consequences. The inter relationship of cause and effect is at the root of creation.

You are young, if your mind entertains hope for the future. You are old, if you stuff your mind mostly with old memories and not much else. Biologically staying young or getting old is not an option; becoming wise is.

Each Man has a latent, unique, and undeniable partnership with a divine concept of personal choice. This partnership goes on to change and enlighten Man's consciousness.

Each infant and child puts faith in a Source to establish an ongoing relationship of trust. Relationship of a fetus with mother's womb for nine months, and the subsequent relationship with mother for nine months after coming out of the womb, establishes the consciousness of unquestioned trust. Therefore a child perceives a trustful relationship as a very precious asset and assesses it with deep intuitive feelings. In early childhood, children and their pets probably take to each other quickly for the same reason. Trust is a basic vibration of the heart and not of the mind.

Irrespective of the environment in which a child is born and brought up, there is always a certain degree of loneliness that a child feels at special moments. The child realizes that the loneliness or the void is something that cannot be filled by any person. It is a kind of loneliness a child feels in his/her guts but is unable to express or share it with anybody around. In this situation, the child's emotional connection with an object of choice or a perceived friendly Source seems to fill the vacuum of loneliness. When Juhi, our nephew's daughter, was around four years old she was emotionally attached to a small stole, which was made of a very soft fabric. Juhi identified it as her lub-lub. Being the only child in the house, Juhi grew up in the company of only adults. Juhi always asked for her lub-lub when she was feeling sleepy. She would wrap her tiny arms around the soft lub-lub and immerse her face in it. The lub-lub was her comforter to embrace sleep. Probably another child gets attached to a Teddy bear for a similar emotional relationship.



Each adult nurtures a child within, that constantly yearns for trustful relationships.



Freedom to think openly without inhibitions promotes knowledge and creativity.



God does not descend from Heaven to earth, because Heaven is not a place and God is not a person. Instead, Man ascends to a Divine Consciousness, which is devoid of all human weaknesses including fear, anger, hatred, mistrust, rivalry, lust, envy and all other negative energies. Divine Consciousness is embodiment of all positive energies including equanimity, unconditional love, compassion, and charity of heart for all living beings.

A chosen path of self-enlightenment gradually prompts dedication, discipline, balance, focus, equanimity, introspection and finally an effortless state of meditation.

Words and brand names of religion lose their relevance when Man becomes aware of his own true self-identity.

Lust and love are two different vibrations. Mind seems to be the bystander witness to it all.

A departure from religious norm is sometimes classified as cardinal-sin. One wonders if the term cardinal-sin stems from the sins that some cardinals have committed that are reported by the modern vigilant press.

Outsourcing of goods and services has been an age-old practice around the world. Slaves were outsourced from “no-wage” countries and the practice still continues. Now goods and services are outsourced from “low-wage” countries. Each outsourcing fills a void in the insatiable needs of Man on either side of the deal.

One famous writer wrote that “East is East and West is West, and never the twain shall meet”. But the truth and reality is that a human cannot clap with just one hand.

Brand of religion loses its relevance when Man becomes aware of his inherent universal identity.

This very day holds the key to our past as well as the future. Our past includes yesterday, last week, last decade, and all the way back to our birth. Our future includes tomorrow, next year, next decade, and all the way to our last breath and beyond. It is our actions today, the intent behind the actions, and their consequences that will define us tomorrow.

Silence of mind is the womb of universal consciousness.

In childhood I enjoyed flying a kite. As my kite joyfully soared in the sky, I released more and more thread to let the kite soar higher and higher. The kite kept on pulling and begging me to release more and more thread. Then there was a limit beyond which I could not release thread any more because the spool was empty. The kite seemed to enjoy its freedom in flight although the length of the thread on my spool restricted it. Finally in the evening, against the backdrop of the setting sun, the kite and I were united again.

We have to make a deposit in our bank account to realize an interest. The interest is usually paid in the same currency as the deposit. If we deposit “good-will” in our life’s bank account, we will receive interest in the form of good will. On the other hand, if we deposit “ill-will”, then naturally the interest will accrue in the form of ill will.

Fear of the “unknown” as well as the “known” is a disease and its root cause is in the mind. Fearlessness is the prime prerequisite for knowing self and its full potential.

Do not waste time lamenting on what you could have been. What you are today, is all that you could have become, nothing more or nothing less.

The future will reward you with what you deserve, not what you desire.

Look at the history of any religion of the world and notice the bloody trail it has left behind in the form of sacrificial animals or humans. The primal identity of Man is not to be found in the blood of innocent victims.

Order and disorder coexist constantly in the entire Universe.

When a religion and its traditions entrap the essential free spirit of Man, then it becomes self-destructive and irrelevant. Allow the free spirit of Man to soar high and then float effortlessly like an eagle.

We have to learn to express our gratitude to each and every individual with whom we interact as we journey through life, because each individual brings forth a different dimension of life to observe and learn from. The cumulative influence of all of these interactions contributes to the enriching enhancement of our life consciousness. Daily experiences in life continuously teach us “What life is” and prompt the wisdom “What life should be”. Ultimately, each one of us is an integral part of a grapevine of relationships and friendships.

No one is a common Man. Every Man is special in the universe.
Every Man is a lone traveler in life seeking destination of Self in
the limitless and timeless universe.

Search of self-identity leads beyond words.

God is an idea and an ideal that we are constantly searching out
for, and in the process eventually we find ourselves.

Search for our core self-identity without using any words.

One philosophy says, “Body has a soul”. Another philosophy
states that “A soul chooses a body to experience life”. Listening
to the two philosophies, an innocent Man infers that there may
be a connection between a body and soul.

Some individuals enslave themselves with rules and restrictions,
while others choose to live free as the birds do,
in harmony with Nature.

On a treadmill (exercise machine) we set a speed and monitor the time to walk, but eventually end up on the same spot. Our journey of life may end up at the same spot if it is devoid of a purpose.

Each matter has a beginning, a life span and an end. The human body is simply matter and therefore follows the same rule. Comprehending death as an integral and natural part of life emboldens us to conquer fear of the unknown and seek true identity of self in the seamless and eternal Universe.

Destiny is a journey we plan at our subconscious level and execute it at our physical level.

The huge Banyan tree sprouts out of a very tiny seed. The entire human anatomy sprouts out of an even tinier fertilized egg. The entire Universe may also have stemmed from a tiny dot of energy with infinite possibilities. This tiny thought may remain a mystery forever to constantly challenge human mind.

Accepting change and harnessing its energy in the context of the present moment empowers us to live wisely. Rejecting change is like swimming against the river stream.

The cause and effect in any life situation is like throwing a pebble in a pool of still water. As soon as the pebble hits the still water, it propagates concentric sequence of circular waves across the surface of the water. The wave propagates following natural laws of Physics. Similarly, each raindrop that lands in the pool also propagates its own concentric turbulence. Each set of concentric turbulence intercepts another set of concentric turbulence creating infinite possibilities of cause, and effects.

The past has slipped away, not to be recast.
The future is unknown and untouchable at this moment.
And there lies the beauty and adventure of life,
Bringing forth the importance of the present moment.
The present is what we can smell, feel and entertain

A biography of individual consciousness may have neither a beginning nor an end. No word in any language can track its rhythm because it is not of the mind. We make desperate and futile efforts to use words from a language to comprehend it. Only the wisdom and vibration of our inner Silence may sense individual consciousness.

Universally applicable and acceptable philosophy of life is all about simplicity, humility, and not about scholarship of mind or scriptures. Therefore each and every individual has equal access to universal wisdom and opportunity for self-enlightenment. In a constantly changing Universe, an individual's inner experiences primarily guide conscious awareness and self-enlightenment.

Universal Energy, the energy of life, invokes each one of us to dare and desire to climb the mountain at the top of which Silence has never been broken. In that Silence we seek our true self-identity. The mountain stands at the core of our inner consciousness.

Rules, regulations, restrictions, rituals and intellectualization hamper spiritual progress for self-enlightenment.

A saintly man lived in an old 3-room shack. He had received the shack from his family inheritance. The saintly man lived austere only in one of the three rooms. The walls of his room kept on crumbling around him. After the walls of the room that he lived in had crumbled, he simply moved to the other room. People of his village kept on suggesting to him to repair the shack so that it will be safer to live in. The saintly man responded "I did not come in this world to fix anything".

We come in this world to understand ourselves. If we fail to understand ourselves in the tenure of this lifetime, then we will have to be reborn until we do.

While reading an ancient scripture it may be prudent not to judge it right or wrong, but instead try to understand the context in which it was written and the subtle message it is trying to communicate.

There is no fixed price in negotiating for goods and services. Every thing is negotiable under different labels. In politics it is called bribing or greasing the palms. In marriage arrangements it is called dowry. In psychology it is described as give and take. In stock market, it is called trading. In an open-air bazaar, it is called price haggling. The hallmark of skillful negotiation is that at the end, both sides should get a feeling of winning.

If you enter a place of worship such as a temple, church, mosque, or gurudwara with skepticism, you may deny yourself an experience that you may not be aware of.

Riding a small boat in the backwaters of beautiful Kerala (India) is a soothing experience. Gentle waves lapping against the boat enliven our spirit. Many palm trees along the edges of the backwaters instead of growing straight up, bend over forward towards the back-waters as if in a gesture of extending a warm welcome to the visitors. The gentle breeze brushes against the skin invigorating our very being. The backdrop of setting sun, its golden reflections on water waves, scores of palm trees and the dense vegetation all around offers Nature's beauty to behold.

Outside of a temple stand many beggars asking money for food. Those who step inside and bow to the Gods are begging for much greater favors.

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

American comedian Bernie Mac once appeared on the Oprah Winfrey show. During the appearance, Bernie commented that when he bought a new TV, it came with a detailed manual on how to take care, maintain and repair it. However, when his new baby boy was born in the hospital, the doctor simply handed over the baby to Bernie and said, here take care of it. The human body is a pre-assembled super-machine that does not come with an instruction manual "How to take care of the baby". It comes with its built-in Intelligence that cares for it during its entire lifetime.

An infant is born to experience life at various
levels of consciousness.

The conscious state of effortless meditation is the seat or womb
of universal consciousness. In this state of consciousness,
universal wisdom and aura of silence reveals itself. The wisdom
and vibration of silence leads to realization of universal truths.

The ultimate experience of meditation is a state of blissful
consciousness basking in reality of universal truth(s). Universal
truths exist in the universe eternally.

Sounds may become words, but neither can be effective for
expressing the real essence of life, which is in the form of a
vibration. The Source of this vibration is the universal rhythm
that constantly guides us.

Every individual transitions through various levels of awareness
or consciousness during an entire lifetime. Deep waters are
naturally calm. In remote areas of world, there are deep lakes
with water so still, clear, sky-blue and pure that the bottom of the
lake is clearly visible. Man longs to see such a sight. In a similar
sense, Man also thirsts for the clarity of his own consciousness
and awareness.

Varying perception of sounds and words constantly challenge the dynamics of Man's awareness.

Children naturally love to receive complements and gifts. Generally, they part with their gifts only when they don't need them any more. This is the normal pattern of receiving and giving during childhood. However, when a child willingly parts with precious gift or possession, adults complement the child with radiant smiles. A child remembers and appreciates sincere complements from adults for a long time. Sincere complements have an enduring quality that lasts through lifetime for the receiver as well as the giver.

Language is merely an instrument for expressing, communicating, preserving, and sharing thoughts. Essence of an "Epic" addresses mankind in its totality, and is not limited to just one individual, faith, civilization or a geographical area. When the universality of a message enriches mankind, the message becomes more important than the messenger.

Intolerance is reflection of the gap between Man's idealism and actions.

Each cult and religion is simply a philosophy and a way of life, but only a few are willing to accept it. Ego, ignorance, and dogma of Man blind reality.

A thought is not new since it is always omnipresent. It percolates in our consciousness from the environment and we try to give it a meaning. Every Man is born free to entertain a thought and give it a meaning at individual level of consciousness.

God is manifestation of the human mind. God is human mind's ultimate personification and idealism about perfection, simplicity, and unconditional love at individual level of consciousness. Towards that end God is Man's idealized and idolized image.

Man's mind and heart generate separate energies. Mind is the epicenter of human consciousness. Heart is the epicenter of nature's rhythm. Harmonizing of mind and heart energies minimizes generation of toxins or pollutants in body. Man is the biggest polluter on Earth. The pollution generated by man reaches the depths of oceans and now extends to the skies. Man's worst pollution is that of his inner self.

History and age-old wisdom subtly reminds us that material prosperity has a natural built-in cycle of indulgence. Excessive indulgence progressively leads to emotional and moral bankruptcy, which is the ultimate form of poverty. This ultimate form of poverty ensures the eventual downfall of Man. Each and every Man, dynasty, nation, and civilization fall prey to it in due course of time. It is the universal law or principle. The forces of outside enemies did not destroy world's major old civilizations. Each one of them self-destructed themselves through "Self-indulgence" which was a result of their material prosperity.

Rome was not built in a day and nor was it destroyed in a day. But the 21st century civilization has the capacity to destroy itself many times over with the existing stockpile of weapons of mass destruction.

Three reasons why God exists in human form:
To honor his devotee's faith.
To satisfy devotee's insatiable desire for favors.
For lack of a better tangible alternative.

A theory, whether it is philosophical or scientific, is not a fact. That is why there is a constant need for accumulation of data to support a theory. On the other hand, an absolute fact does not require a theory for its support because it stands on its own weight. In trying to comprehend the Universe, the approaches through philosophy or science are like two concentric circles that share a common center. There is more than one view of looking at the Universe, and the choice depends on the conscious level of the individual viewer.

Spilling of aggression in absence of reasoning and hope translates into manifestation of terrorism. Man's fears, ego, anger, and greed fuel the fires of terrorism.

If you feel that somebody treats you like "shit", realize that it is only possible because you permit it. Without your express permission, nobody will dare treat you like that. You have to take full responsibility for yourself, your actions and the consequences.

Religious conversion amounts to simply changing your clothes and words. A self-enriching conversion is when an individual converts voluntarily and with conscious effort from negativity to positivity in self-awareness which derives from a deeper understanding of Inner-self.

Trinity is a consciousness in which the disciplines of
Philosophy, Science and Faith fuse together.

Try to mature and grow beyond traditional religion into a selfless
and happy human being.

John Hall describes his personal transition to blindness in his
interview with radio journalist Mary Beth Kirschner. Although
born with natural vision, John gradually lost his complete
eyesight during his teens. John is now married, has four children
and teaches Religion at Oxford University, London. He knows
his children only by their touch and sounds. John says that his
blindness is a gift. Blindness is the wrapping around the gift
package. The real gift is inside the package, which has enabled
him to newer dimensions of life (Ref: Roof of Thunder, by Mary
Beth Kirschner, Chicago Public Radio)

Spirituality is Man's innate desire to understand his relationship
or identity with the creator, creating force or the Source.

We transition from childhood to adulthood and move on to
explore the world. But a part of us, the child, never leaves
home. The child in us is ever present at times confused, lonely
and afraid. The child continues to wonder in awe, grasping for
reality. It uses the sensory perceptions of touch, smell, and taste
to fathom. By revisiting the innocence with awe and wonder, we
may discover our real Self.

A Preacher preaches about an outside Source.
A Leader launches initiatives supporting his Vision.
A Teacher teaches to think and broaden Horizon.
A Guru guides to promote Self-enlightenment.

Spiritual freedom of Man entertains no attachment to outside rules, regulations, rituals, assumptions and judgments, because it is entirely an inner experience.

Our philosophical identity stemming from introspection suggests that breath is simply Energy. My body is a personification of the Energy. This Energy is a manifestation of the immutable Universal Energy, which is omnipresent.

Guru (teacher) is a Source that guides an individual's consciousness to universal freedom and wisdom.

The words spoken by a self-enlightened Master become Holy Scriptures. The holiness and wholesomeness lies in the deeper meaning of the words and not in the body of Man. Man's body, mind and intellect perish, whereas the deeper message of the words lives on forever.

If we compress the time frame of human history, we see a common pattern of human desire for conquest. Some conquer wealth and some conquer minds.

A curious traveler is often seeking out individual identity in the midst of humanity and Mother Nature. A curious infant is also doing the same thing unconsciously.

Charity is not dispensed with money or material goods. Charity is when it enriches you from within.

People transform a house into a home. Some break a home and make it into a house.

Violence or non-violence is not about the act of killing or not killing. It is the intention behind the act that determines its consequence.

On stage, the actors are expected to act. In real life, be yourself.

In conversation, speech and writing, I try to avoid use of words such as soul, spirituality, and god because I do not comprehend their real meaning and dimension. But somehow I know that when I will be able to “experience” the real meaning of these words, then there will be no need to use those words.

Scriptures are not the words of God. They contain words about God.

Yoga implies harmonious synchronization of mind, body, and the breath energy that sustains it.

The question is not whether you are religious or not. Try to understand what is religion?

It seems that life is a journey we choose to undertake with an express desire to learn more about ourselves. Birth and rebirth may also be our conscious desire to find our real Self.

A truly universal religion does not set forth a doctrine to believe blindly, but empowers self on being and becoming.

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

Purpose of meditation gradually unfolds as an individual begins to put faith in his own Self. Meditation is not an intellectual pursuit for calming the mind or curing body’s ailments. Calm mind and balanced health are automatic side benefits of meditation. Core of meditation aligns the energies of the body, mind and intellect through universal vibrations. Gradually, meditation becomes effortless and begins to reveal the identity of Self .

Inspiration rides on a frequency that cannot be tuned in.
It stems from within.

Faith is about believing in your own Self. Invoke the inner powers of Self and wait patiently to receive. But beware that you always receive what you deserve, and not what you desire.
Always be a graceful receiver.

Acknowledgments

The desire for internalizing life experiences comes naturally for each individual. Some experiences of life touch us; where as some challenge our thoughts and change us. However, the common denominator in all life experiences are our interactions with living beings, including people and pets, with whom we share our life intimately. I express my gratitude to each and every living being with whom I have interacted with as I have journeyed through life. Each individual interaction has brought forth a different dimension of life to observe and learn from. The cumulative influence of all of these interactions continues to enhance my life consciousness, for which I am eternally grateful.

Daily experiences in life continuously teach us “What life is” and prompt the wisdom “What life should be”. Ultimately, each one of us is a beneficiary and an integral part of a grapevine of relationships and friendships.

My wife Usha and sons Deepak, Vikas, and Sagar have empowered me in their own genuine, individual, and affectionate ways to present this edition of “Lightning Bugs”.

About the Author



Born on 4th December 1932 in Nagpur, India, Mr. Suresh M. Deo has lived his first twenty-five years in India and the latter fifty+ years in U.S.A. For Suresh, the passion for writing stems out of a simple desire to better understand “That” which was previously taken for granted, or presumed to have been understood. Writing is about giving a thought some meaning at our own level of consciousness **and therefore** offers silent opportunities to rejuvenate self in the dynamics of an ever-changing environment.

Suresh has Bachelor’s degrees in Science and Chemical Engineering from Nagpur University, Nagpur, India and a Master’s in Chemical Engineering from University of Mississippi (Ole'-Miss), Oxford, Mississippi, U.S.A. Traveling around the world over a period of six-months, at the age of thirty, has been one of life’s most rewarding experiences for Suresh. It offered opportunities to experience the commonalities amongst people of diverse nationalities and cultures. Commonalities surfaced in the aspirations, frustrations, and bewildering fears of the unknown in life.

Suresh has worked in several facets of the American Plastics and Composites industry for forty years. Suresh’s wife Usha has a Master’s degree in History from the University of Delhi and a Master’s degree in Psychology from George Williams College, Downers Grove, Illinois, U.S.A. She worked for the State of Illinois as a Mental Health Counselor at the Crisis Center in

Lombard, Illinois. Subsequent to retirement in 2001, both of them are enjoying traveling and indulging in their respective hobbies. During the summer months they live in their home in Addison, Illinois and during the winter months in Pune, India.

Suresh and Usha have three sons Deepak, Vikas and Sagar. Names of the three sons symbolize an oil lamp emitting soft light, progressive self-enlightenment, and sea of consciousness respectively. All three sons were born in Illinois, U.S.A. and now live and work in the Chicago area.