Star Spangled Sky
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Other Books by Suresh M. Deo

Come September (2022)
Daily Diary (2020)
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Vatan (2015)
Modi (2015)
Holdall (2014)
100 Seashells (2014)
Seamless Generations (2011)
Dewdrop (2011)
Twinkling Stars (2011)
Lightning Bugs (2010)
Constant Balancing Act (2007)
Prosetry Of Life (2006)

Introduction

Summers in Nagpur are known for their intense heat, with days often reaching between 110 to 120°F, and the nights bring little relief from the warmth. Without the comfort of air conditioning or fans, sleeping outside on cots under the expansive starry sky becomes a welcomed respite, allowing us to catch a soothing breeze. Mosquitoes are plentiful, their persistent buzzing a nightly chorus. To protect ourselves, we used mosquito nets over our cots. Though these nets restricted our movement somewhat, the trade-off — protection from mosquito bites — was well worth the minor inconvenience. This setup not only kept us comfortable but also taught us the value of embracing necessary limitations, enriching our lives in unexpected ways.

Lying there, under the vast blanket of stars, our young minds would wander to the edges of the universe. Each night, as we stared up at the celestial bodies, a natural curiosity about the cosmos stirred within us. We pondered deep questions about existence and our place within this vast universe. These moments under the stars shaped our understanding of the world, igniting a lifelong fascination with the mysteries that lay beyond our Earthly confines.

Battle of the Bulge

The Battle of the Bulge is a regulated battle with rules and regulations. Fumbling and tumbling with due mutual respect for each other. Battle of the Bulge is an age-old tradition in Japan and demonstrates a fine sense of mutual respect and tradition of existence. The Battle of the Bulge ends with traditional bowing towards each other with mutual respect.

New Clarity

Whenever one aspect of the natural body withers, such as an individual losing vision, the body miraculously compensates for the loss. In the case of vision-loss, a person can sense the sincerity of the other talking to them a lot more clearly and audibly.

Giving Meaning to Existential Life

Giving meaning to existential life seems to be an individual-specific endeavor and responsibility in which to fly, swim or drown. No book ever written can fill this void because it always stays as an individual-specific responsibility.

Inception of Consciousness

For every living being, time and space seems to begin at its inception and conception. And so does the feeling of space all around and within ourselves. Mother Nature's womb seems to be the all-pervading consciousness which continues to define itself in individual-specific ways. No two individuals seem to be ever alike or identical in conscious awareness.

Life forever seems to remain a self-compelling adventure that continues until there is no need. For knowing or becoming known. And to top it all, there is no further need for time and space in which to sustain ourselves as life. It remains forever an individual's specific responsibility to interpret and experience life.

Conception and inception of life remains, or seems to remain, a continuous process until the eternity of blissfulness dawns in conscious awareness.

For a newborn infant, time and space seems to begin when it puts out its own first cry, which is sort of an affirmation for the infant. That is when the life experience begins for the infant of each living species - and not just the human beings. After all, life is a living experience through which life expresses itself and affirms itself and its conscious awareness.

The Gypsy Trail

The word gypsy does not identify a nomadic tribe nor a religious identity. Gypsy is a philosophy of life. A way of life in which the dedicated constantly move from one place to another with the basic philosophy of not being attached. The gypsy people and the gypsy trail has started from eastern parts of India and gradually spread westward up to Spain.

As the gypsy tribe moves on, it pauses to rest in a certain place for a relatively short period. During this time, the tribe camps outside the village or township, engaging in normal business with the locals while earning a livelihood by selling their handicrafts to purchase groceries. However, they always remain unattached to the township and its inhabitants, maintaining their philosophy of detachment from all contacts. This principle underpins their life, seeking freedom and a natural identity. Essentially, the gypsy's fundamental philosophy is detachment from all attachments.

The Spirit of Mutual Relationships

The fundamental spirit of mutual relationships begins with our maternal and paternal connections, which form the foundation of all relationships. This is followed by the relationship with a self-presumed God, which evolves with the maturity of life as one seeks their own identity.

You are God and Dog

The spirit of God and Dog embodies a mutual relationship between the master and their unquestionably faithful companion, a dynamic that's somewhat rare in the connections between God and Dog. This represents a human's journey towards discovering their true self. This relationship isn't derived from any book of verses or scriptures; rather, it's an innate bond that's beyond words. Yet, it's always a crucial part of the God and Dog essence.

The Star-Spangled Banner

The Star-Spangled Banner, with its emblematic letters U.S.A., embodies a unified sense of freedom for everyone, unconditionally, at every moment. This principle mirrors the message conveyed by the star-spangled skies, which stand as witnesses to all declarations and their truthful proclamations. The banner symbolizes a universal consciousness, guiding life towards its fulfillment.

Now, the Star-Spangled Banner's U.S.A. symbolizes the United State of Affirmation for Total Freedom, unconditionally, beyond time and space. Every being, regardless of its origin or nature, shares this same state of self-affirmation, understanding freedom on a deeply individual level.

Amid the turmoil and conflicts between life and death, amidst confusion, it remains an individual responsibility to distinguish truth from falsehood and sense from nonsense. This endeavor is a personal journey towards experiencing the omnipresent essence of existence, known as life.

The star-spangled skies, alongside the full moon's glory, herald the timeless and boundless essence of pristine nature in all its scales. Thus, consciousness transcends mere words or expressions, existing as an inner, personal realization of supreme consciousness, singular and unparalleled.

Spirit of Religion

The essence of religion fundamentally revolves around selflessly aiding all forms of life in their coexistence, with a purity of purpose. This religious spirit is a deeply personal journey, not meant for public display but rather, it's a resonance felt within, unique to each individual's understanding and realizations. The nature of understanding itself is individual-specific and profound.

Diabetes: A Lifelong Romance with Sugar

Dear Diabetes,

You resemble an ongoing battle, a struggle between our body, mind, and intellect, yearning for a harmonious truce within the quietude of our being. This silence, deep within us, offers steadfast resolutions to persistent challenges and discord.

Indeed, diabetes can be seen not as a malady but as a perpetual engagement with sugar. This relationship, when viewed as a disease, casts a shadow over life, branding it with the stigma of dysfunction. However, at its core, the bond between sugar and our body is inherently a romantic one, essential for life to flourish to its fullest potential. Yet, as with any relationship, excess can lead to self-inflicted harm and destruction.

Overindulgence, whether visible or not, often results in self-accusation and harm, exemplified by our approach to managing diabetes. It's clear that a cure for diabetes isn't forthcoming; rather, it integrates seamlessly into our daily existence.

Despite my fifty-year journey with diabetes in my ninety years of life, I've come to understand it not as a consequence of sugar overconsumption but as a result of the pancreas' malfunction. This vital organ maintains a delicate balance of sugar within our metabolic system, a balance crucial for life to realize its purpose.

The unwavering Universal Law of cause and effect prevails, immune to any human intervention. Nature, in its impartiality, ensures that consequences are meted out fairly to all life's participants, governed by timeless, unwritten laws.

Diabetes, like any physical condition, is subject to these universal principles of cause and effect, reminding us of the importance of living in awareness of these laws to navigate life's challenges.

In conclusion, our journey with diabetes is a testament to life's intricate balance, urging us to live in harmony with our bodies and the natural world, respecting the delicate dance between health and disease.

Sugar

Sugar intertwines with life, seeking fulfillment through silence and various expressions. Yet, when this bond intensifies into excess, it morphs into a self-punishing and self-incriminating force, affecting both the giver and receiver. Among such repercussions, diabetes stands prominent.

Indeed, confronting diabetes should not be seen as battling a disease. Rather, it reflects an overlooked opportunity to engage thoughtfully with life's intricate dimensions—creation, preservation, transformation. Through sensible management, diabetes challenges us to maintain equilibrium.

This condition serves as a reminder, not of a battle to be won or lost, but of an invitation to cultivate harmony with nature. It encourages a nurturing relationship with life's desires for fulfillment.

Acknowledging the myriad forms of sugar—glucose, fructose, lactose—reveals a perpetual quest for balance with the untouched aspects of nature, a quest driven by the sheer will to thrive. This is a message without bounds of time or space, echoing through eternity.

Having endured diabetic coma five times, I've glimpsed a peculiar state of detachment from the physical world—a realm devoid of here, there, or anywhere. These episodes, rather than being feared, offered a peculiar bliss, a respite from the tangible, ushering in a state of serene detachment.

With ninety years behind me, half spent with diabetes, I posit that the issue isn't sugar consumption per se. The crux lies in the pancreas's struggle to efficiently process sugar, a task pivotal for energizing and sustaining life's elegance and dynamism.

Diabetes, thus, becomes a part of our life's narrative, urging us not to demonize it but to understand it as a reflection of our actions. It calls us to tap into nature's recuperative power, shifting our perception of diabetes from a fatal affliction to a catalyst for self-awareness and growth.

The journey with diabetes transcends temporary fixes like medication or insulin shots, pointing towards a more profound, nature-aligned path of healing. It advocates for a personal and collective enlightenment, rooted in the wisdom of natural remedies and a deeper life understanding.

To conclude, our engagement with diabetes is less about combating a condition and more about embracing life's trials as opportunities for insight, balance, and unity. Let diabetes not be a verdict but an invitation to align with nature's rhythm and wisdom.

Law of Cause and Proportionate Consequence

The Universal Law of Cause and Effect remains unassailable, transcending the bounds of time. No religious authority, no matter how revered, possesses the ability to absolve or negate its truths. It is within the quietude of personal enlightenment alone that one might find the means to navigate beyond its confines—a path historically tread by the wise and the enlightened, those who have ventured beyond the veil of self-ignorance.

This principle stands as an unyielding constant, impervious to the decrees or interventions of any spiritual or religious figure. The potential for transcending this law lies not in external absolution but in the depths of individual realization, a truth periodically illuminated by the sages and seers throughout history. Their journeys beyond the limitations of self-ignorance serve as testaments to the enduring power and universality of the Law of Cause and Effect.

Beyond Sound and Silence

The faculties of our body, mind, and intellect, though profound, fall short in unraveling the complexities of life or in offering a state of bliss that transcends boundaries of time and space. True wisdom of life is an internal journey, unique to each individual, providing a continuous, unbroken experience of understanding.

In the realm of sound and silence, the declarations of daily scripture readings, whether it be the Puran, Quran, or Bible, often carry undertones of ego. Conversely, the profound silence of self-awareness reveals truths about our existence. Within the vast expanse of universal consciousness, both sound and silence play roles in the dance of ego and egolessness, a mirror reflecting humanity's quest for identity and enlightenment.

It is through the profound silence of self-awareness that individuals can tap into the universal consciousness, a singular, unchanging truth that dispels the shadows of ignorance, ushering in limitless wisdom and awareness. Silence, in its essence, transcends the written doctrines, offering a direct path to enlightenment.

Now, standing at the threshold of my 90th year, I yearn to shed the weight of a decade to embody the spirit of a nine-year-old—forever curious, forever reaching towards the mysteries of the cosmos, the quiet of the starry skies, and the gentle arc of the moon. It's in this childlike wonder that the boundlessness of the universe and the challenges of existence find their true reflection.

The Silent Wisdom of Ramana Maharshi

Today, I find myself reflecting on the greatest teacher I've ever had, a subject I once discussed with Arya in Addison some five to six years ago. This teacher, Ramana Maharshi, dedicated much of his adult life to a vow of silence, a practice through which he accessed profound universal wisdom—a wisdom that transcends the written word.

Ramana Maharshi's commitment to silence wasn't a mere act of renunciation but a deliberate path to uncovering truths that books cannot convey. I shared this insight with Arya, feeling compelled to revisit the topic today. It's through Ramana Maharshi that I've come to recognize the ultimate mentor in my journey towards understanding the seamless nature of universal wisdom. This wisdom beckons each of us towards a state where life's dualities and separations dissolve into nothingness. I've touched upon Ramana Maharshi's teachings in my book, "Seamless Generations," hoping that one day you, too, might explore its pages and grasp the significance of silence.

Ramana Maharshi, through his silent existence, demonstrated that the quiet of our being is, indeed, our most profound teacher. My book, "Seamless Generations," and my personal encounters with this silent guide offer a testament to the value of embracing silence. It's within this quietude that we find self-revelation, fostering growth and understanding.

The essence of silence, as I've learned, nurtures our growth into beings who are not only content in themselves but also capable of spreading happiness. Silence is not just the absence of sound but a rich, internal dialogue through which wisdom flows freely, allowing us to be present and supportive of all life forms in their quest for joy.

Ego and Silence

The contrast between ego and silence paints a vivid picture of our inner landscape. The ego, by nature, is boisterous and often leads us down a path of self-incrimination, ultimately culminating in self-destruction. In stark contrast, silence offers a refuge—a state of humility and enrichment. It is within this quietude that we discover innate bliss, a realm where life's dualities dissolve, allowing us to flourish and embrace a self-fulfilling perspective where all contradictions of life vanish.

Crescent Moon and Shining Star

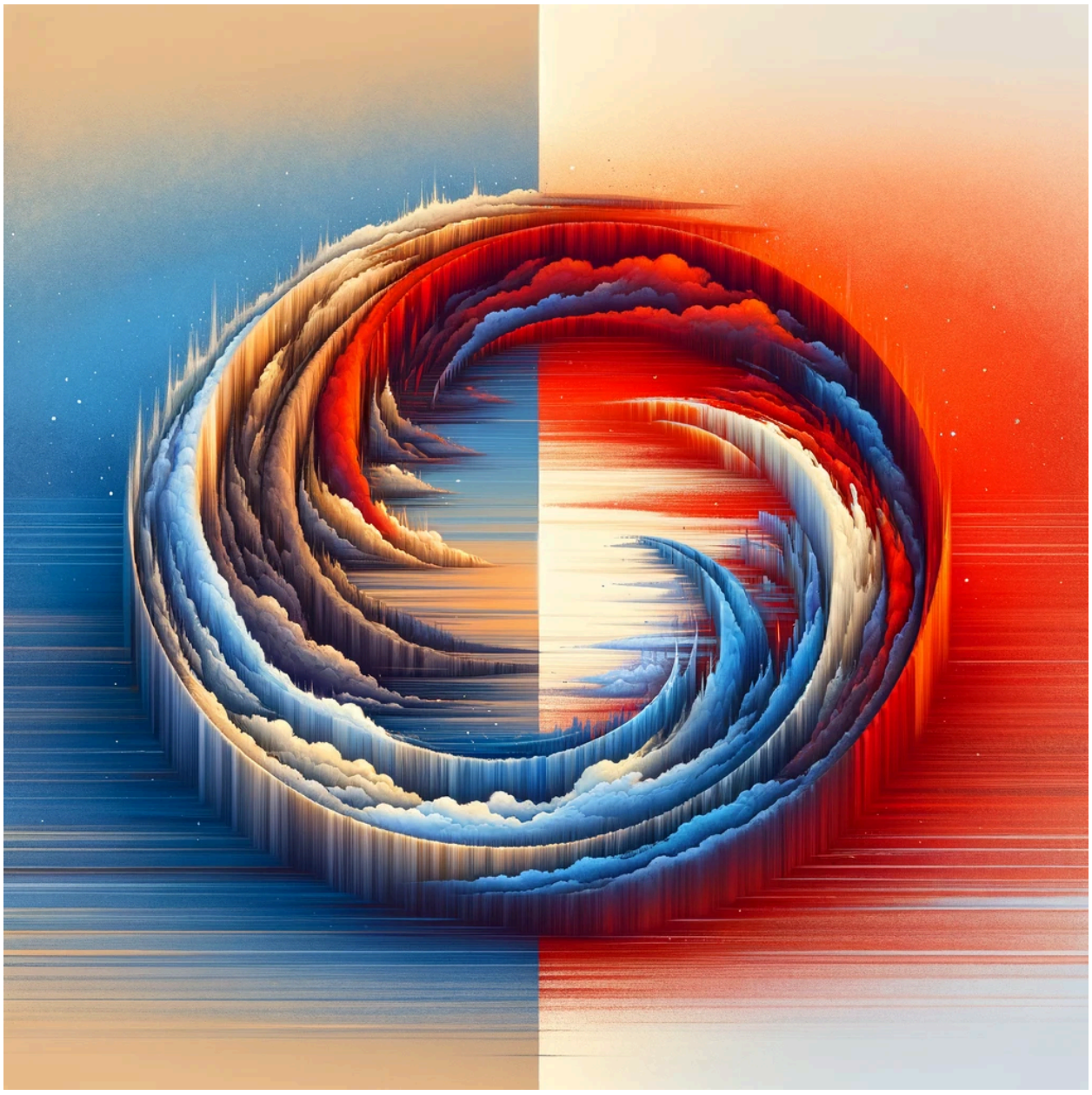
The sight of the crescent moon with a shining star close by serves as a serene prelude to the forthcoming full moon and its magnificent splendor. This celestial pairing, set against the backdrop of the deep blue sky, acts as a gentle nudge, reminding us of the cosmic ballet that nurtures life, guiding it towards fulfillment. Both the slender curve of the crescent and the luminous presence of the full moon stand as symbols of the universe's vastness—a space where life flourishes, driven by an innate desire to realize its potential within the grand cosmic order.

Fools, Forecasts, and the Future

The concept of the three big F's—Fools, Forecasts, and the Future—captures a profound truth about human nature and our approach to life. Fools, embroiled in forecasting the future, often find themselves overwhelmed by its endless possibilities, losing sight of the present. In contrast, the wise embrace the unfolding moments, appreciating the inherent beauty and complexity of life as it happens. The three F's also symbolize the trio of fools who are preoccupied with their own fantasies and fictions, ultimately ensnaring themselves within these constructs.

Warring Neighbors

Neighbors at war resemble two teenagers locked in an endless struggle, each striving to assert dominance in matters they scarcely understand themselves. This combative disposition disregards all logic and the fundamental principles of life. History consistently bears witness to such conflicts, stretching from familial disputes to international hostilities. The cycle of aggression among neighbors persists through time, often escalating from one domestic disagreement to another, perpetuating a chain of unresolved feuds.



Sincerity and Faithfulness

As my eyesight has diminished over the years, a curious enhancement in my other senses has emerged, particularly my ability to discern the sincerity or deceit in a person's voice during conversation. Without the ability to see facial expressions, I have become finely attuned to the nuances in someone's speech. The truthfulness or lack thereof in their words resonates with unmistakable clarity to me. This phenomenon aligns with a notion I've encountered since childhood: when one sense weakens, another tends to sharpen, compensating for the loss and opening new avenues of perception.

The Eternity of Blissfulness

In the vast expanse of eternal bliss, bliss itself is the sole language—a truth some interpret as the tangible aspects of heaven. This misconception extends to the physical interpretations of God, heaven, and hell, entwined with dualities and the complexities that accompany existence. Yet, at its core, bliss remains the singular language within this boundless tranquility, often misinterpreted through the lens of physicality.

Silence stands as the paramount mode of communication in this realm of everlasting bliss. It embodies both an art and a science dedicated to introspection, unique to each individual, unparalleled at any moment in time. Silence transcends conventional religious texts or practices; it is a deeply personal journey towards understanding life's myriad reflections, through which one achieves fulfillment. This introspective silence is an unparalleled art and science, fostering a profound connection to existence at the most personal level.

The Quest for Eternal Bliss

No two lives are identical, for they are shaped by the unique causes and consequences we each create. Yet, every life aspires towards a state of eternal bliss, a realm where life's inherent dualities dissolve. Therefore, let us strive to become one with everything that exists, embracing the unity that underlies our diverse experiences.

Sweetened Bloodstream

As I transcribe my thoughts onto the computer in my Pune residence, I can't help but notice the Indian mosquitoes indulging in my sweetened bloodstream—a necessity, it seems. Simultaneously, they endeavor to disrupt not only my writing process but also my train of thought.

Waves of Change

The subcontinent, a steadfast land with a timeless foundation, feels the continuous brush of change's waves, just as shores feel the sea's gentle caress. This region, once unified under British rule for four centuries, found its way to independence, fragmenting into entities such as India, Pakistan, Bangladesh, and others, each carving its unique identity yet remaining interconnected as next-door neighbors.

India, Pakistan, and Bangladesh, as mutual neighbors, navigate the currents of change inherent to all nations. In this era of transformation, Pakistan appears to grapple with its unity, facing internal divides like Baluchistan and Punjab, while India emerges more cohesive under its leadership. This flux, a decree of nature's impartial hands, spares no nation from its touch.

Ajit Harisinghani, a neighbor with tales of motorbike voyages across this region, shares insights into the subcontinent's evolving landscape. His experiences paint a vivid picture of the ubiquitous nature of change, witnessed across borders and felt in the pulse of the land.

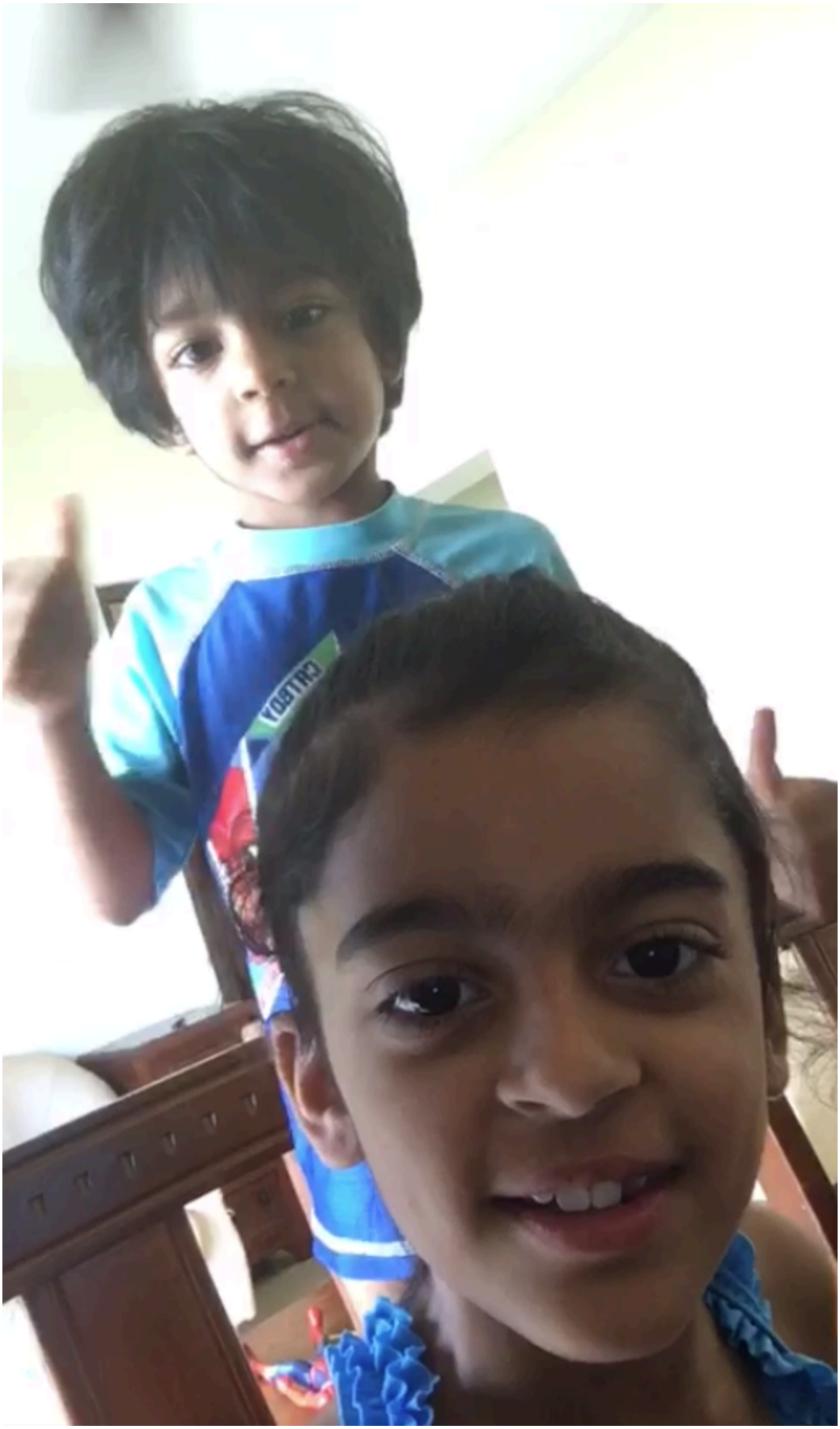
As today's rain showers down this April 14th, 2023 evening, the essence of the subcontinent comes alive. Lightning illuminates the sky, while melodies whisper through the wind and rainwater carves miniature streams in the courtyard, carrying the land's fragrance. In this moment, the enduring spirit of change and the rich tapestry of the subcontinent's identity envelop me, echoing the eternal dance of transformation.

A Journey Through Time

In the third week of January 1958, aboard the Holland American Sea Liner, we were graced with the magnificent sight of both the sunrise and the full moon. This breathtaking scene unfolded as we approached the Hoboken Pier, marking the end of our voyage from Southampton, England to New Jersey. The golden sunrise and the full moon flanking the Statue of Liberty offered a unique spectacle that has lingered in memory.

Fast forward to April 2023, this memory intertwines with the joy of spending time with our two grandchildren, Arielle and Raul, who embody the full moon and the rising sun in our lives. Their presence rekindles the awe of that moment, symbolizing the continuous cycle of life and nature's wonders.

Life's journey, with its blend of experiences, teaches us the essence of fulfillment in uniquely personal ways. Walking hand in hand with our companions, as allowed by the rhythms of nature, we are reminded that we all are children of the natural world, connected in the celebration of existence. Arielle and Raul, like the sunrise and the full moon we continue to admire, stand as everlasting symbols of life's beauty and continuity.



Good Morning

The phrase "good morning" carries with it an intention of positive and pleasant thoughts, setting the tone for the morning and the day ahead. It's an expression of life's desire for self-fulfillment, reminding us that such greetings should transcend mere social habit and embody genuine well-wishes for the day.

Around the globe, greetings manifest in varied forms, each rooted in its cultural context. In Japan, a respectful bow serves as a silent yet profound acknowledgement between individuals. In India, the act of clasping hands together signifies recognition and respect for another's presence. These diverse customs underscore the beauty of greeting one another in silence, a practice rich in humility and enrichment.

Viewed from a broader perspective, wishing someone a "good morning" is a straightforward yet powerful affirmation for the day, promoting a sense of presence and mutual respect.

Success and Failure

Success and failure are two sides of the same coin, manifesting as automatic outcomes of our endeavors, awaiting the light of wisdom to shine through. The challenge lies not just in achieving success but in managing both success and failure without succumbing to their potential pitfalls. Mismanagement often leads to paths of self-detriment, such as alcoholism or drug abuse, traps eagerly awaited by the global drug industry ready to exploit individual vulnerabilities.

Within our own unique environments, we observe individuals grappling with the concept of failure, revealing a widespread struggle to balance the scales of success and failure. It underscores the critical need for understanding and resilience in the face of life's inevitable ups and downs, highlighting the journey towards personal wisdom and growth.

Dear Cosmic Consciousness,

Within the realm where time and space do not exist, I implore you not to mourn my passing. I shall forever dwell within your breath and shadow, a testament to our indissoluble bond. As we await the era of ultimate bliss within the Cosmic Consciousness, my essence, alongside all existence, will seamlessly reintegrate with the primordial earth. There, the dichotomies of life dissolve into nothingness.

In this place, life's dualities converge with the infinite expanse of cosmic awareness, melding into the eternal state of bliss that quenches life's deepest yearnings.

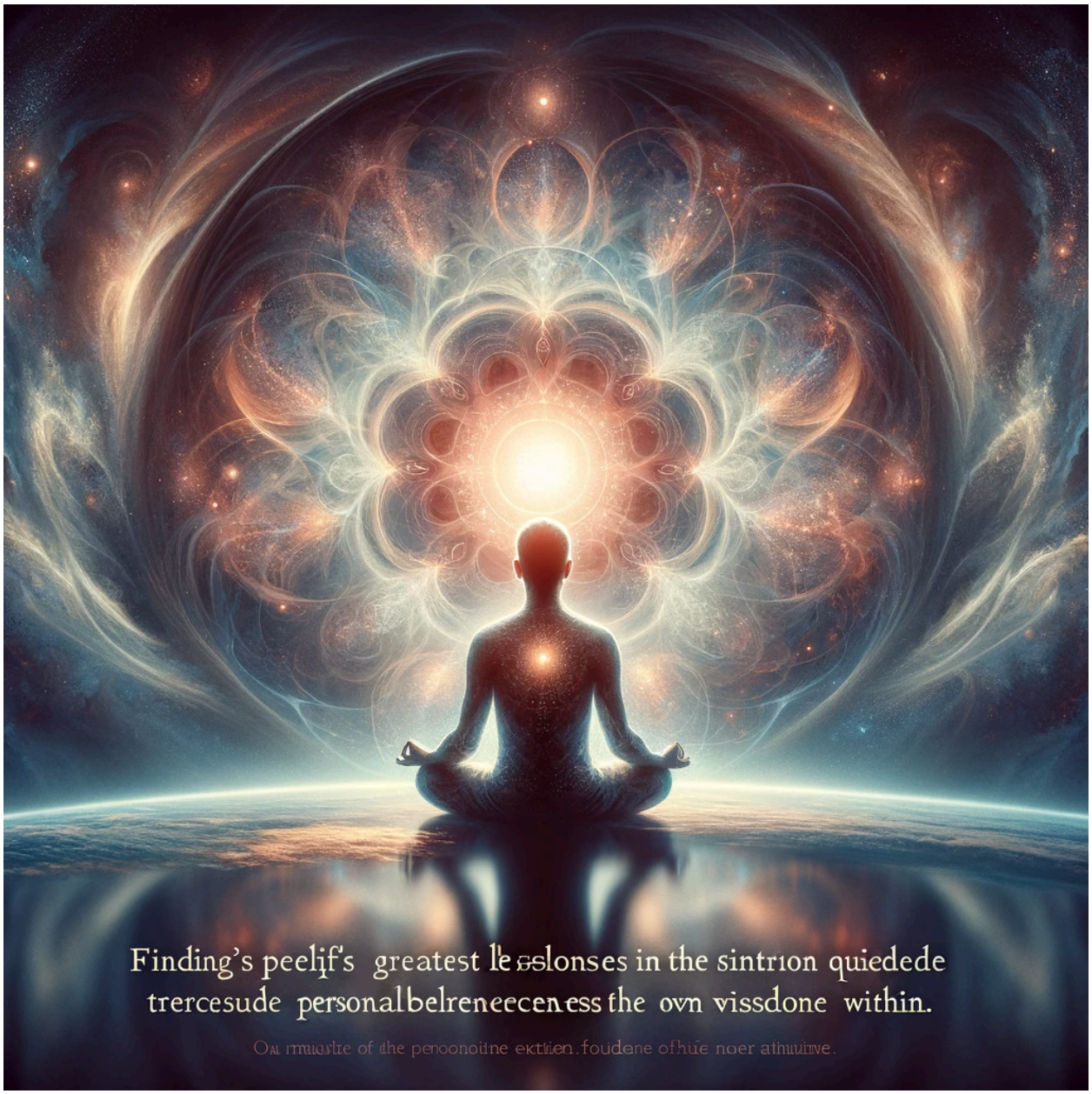
Dear, do not grieve my departure. I am, and will always be, an integral part of you—your breath, your shadow. Though beyond sensory comprehension, this truth resonates clearly with the soul's recognition of its own existence and the essence of understanding.

Here, the physical manifestations of both our beings and the divine stand as mere illusions, elusive until we embrace the fullness of cosmic consciousness. This awareness, a deeply personal journey, demands no external validation to affirm its profound truth. In the cosmic continuum, this consciousness is the pinnacle of existence, an experience beyond compare.

Amidst the natural cycles of life and death, it is the inherent desire of existence to merge with the universe's timeless rhythm—a saga of bliss that negates any further pursuit. Life, in its raw honesty, contrasts sharply with humanity's often insincere facade, highlighting a unique challenge to embrace authenticity in our journey through the cosmos.

Thought for Today

Today's singular focus is on the concept of thoughtlessness, a state that emerges as life's most profound instructor amidst the quietude of our being. In this silence, where our essence dwells, we find a teacher unmatched by even the grandest tomes of literature. While these books offer vast seas of knowledge and insight, the tranquil silence of our inner self surpasses any written collection of wisdom. It's within this stillness that we uncover truths no text can convey, making our personal silence a sanctuary more enlightening than any compendium of great thoughts.



Generational Wisdom

In the ever-evolving landscape of our era, the dynamics of change uniquely manifest across generations. The young, with their unbridled zeal, navigate their desires at breakneck speeds, often heedless of the consequences. Seniors, while still pursuing their ambitions rapidly, exercise a tad more caution. Super seniors, however, seem to take a paradoxical approach, driving their desires fiercely yet in a reverse gear, reflecting on the past with a mixture of nostalgia and critique.

Super seniors often regard their earlier years as a golden age, contrasting sharply with their views on the present's turmoil. This intergenerational dance—encompassing the young, the seniors, and the super seniors—plays out against the backdrop of continuous change, each group moving to its rhythm yet inherently connected.

Vedanta philosophy offers a profound insight into this phenomenon, suggesting that the universe within us mirrors the universe outside, highlighting a fundamental unity amidst apparent disparities.

In this perpetual flux, the youth and the super seniors rarely see eye to eye, their paths diverging like compass points that never meet. Yet, the resolution to this generational divide lies within the tranquility of our individual being. Here, amidst the silence and personal reflection, lies the potential for reconciling these differences, as all dualities merge into a singular truth.

This truth is not proclaimed but deeply felt—a personal realization where the essence of cosmic consciousness emerges, transcending dualities. In this realm of unified awareness, the distinctions between generations blur, revealing a shared journey towards understanding the indivisible nature of existence, where all dualities cease to exist.

Ego and Egotism

Ego and egotism stand as pervasive ailments within our global consciousness, far surpassing the reach of COVID-19 or any other physical infection. The statement often overheard, "I do meditation every day," is laden with the very essence of ego and egotism, revealing a deep-seated attachment to self that belies the purpose of meditation. Each word in the claim to daily meditation drips with ego, turning it into a sort of religion for the speaker. True meditation, however, commences only when ego and its accompanying egotism dissipate completely, akin to how iodine simply sublimates, leaving no trace.

What matters in meditation is not our actions but our transformation within the tranquility of our own presence, serving as evidence of our ego's sublimation. This process, mirroring the evaporation of iodine crystals, is beyond mere explanation and can only be truly understood through direct experience. As meditation deepens into a fundamental part of our being, it facilitates a merging with the universal consciousness, stripping away the dualities that tether us to our physical existence.

This transformation, or sublimation, renders our physical selves into a seamless part of the universal consciousness, free from the dualities that define our worldly existence. In this state, nothing remains to be proven or disproven within the timeless, spaceless expanse of cosmic consciousness, a realm where proof is unnecessary. This journey to the core of meditation reveals the path to true realization, where all dualities dissolve, and we become one with the vast oneness of existence.

God and Heaven

The concepts of God and Heaven, as perceived by humanity, have evolved globally, yet at their core, they embody the timeless and spaceless nature of the universe. This profound understanding unfolds in the silence of our own presence, a realm where life's dualities dissolve into nothingness, revealing a truth that exists as pure inner realization.

Both God and Heaven, existing beyond the constraints of time and space, become palpable in the quietude of our being. This realization is deeply personal, remaining forever as a unique inner experience that transcends conventional notions of right or wrong. In this individual-specific perception, we find an enduring truth that defies the dichotomy of correctness, allowing us to connect with the divine on our own terms.

Kissin’ Don't Last, Cookin’ Do

Kissing, a fleeting surge of energy, offers a momentary explosion of passion, its intensity bound by time. In contrast, cooking embodies a perpetual passion, a craft dedicated to self-fulfillment and the joy of others, enduring beyond the moment.

Kisses may fade, but the art of cooking remains. While kissing is an ephemeral display of affection, cooking represents a self-sustaining passion that enriches life continually. It's an activity where everyone involved reaps benefits, a source of energy and pleasure that lasts.

A.B.C. World News Tonight

A.B.C. World News Tonight stands out for delivering the day's most compelling negative news from across the globe. This repetition of negative stories all day underscores a broader trend where society seems to thrive on the negativity permeating the atmosphere, which is then reflected in global conduct and affairs. On an ongoing basis, this cycle continues, underscoring the need for a shift. It appears we are in dire need of a new global news outlet, let's call it C.B.A., dedicated to showcasing the world's positive stories, offering a much-needed counterbalance to the prevailing narrative.

May Day in Amsterdam

On May 1st, 1963, I found myself in the heart of Amsterdam, within the vibrant expanse of the Civic Centre—a park nestled in the city's core. This day, marked by the celebration of May Day, saw school children aged 5 to 15 reveling in the holiday's joy under the warm embrace of the sun. The Civic Centre, alive with the laughter and play of children, offered a picture-perfect snapshot of the festivities. May Day, recognized across Europe as Labor Day, is a time dedicated to honoring the workforce, but in that Amsterdam park, it also encapsulated the pure, unadulterated joy of youth under the spring sun—a memory that has lingered with me as a vivid, cherished experience.

Singing Mountain Ranges

In moments when mountain ranges join in harmony with the winds, singing songs and whistling tunes, flowers emerge in splendor from the stones, marking a celebration of life and its magnificent diversity. This natural symphony and the blossoming beauty remind us to appreciate and cherish the myriad dimensions of existence, urging life to flourish in its quest for fulfillment.

The comfort of our home, now free from the invasive chill of external air currents through the windows, mirrors this transformation. The shift from the cold to a cozy warmth signifies a significant change, much like the transition from barren stone to blooming flower on a mountain's side. It's a testament to the adaptability and resilience inherent in life, reflecting our own longing for comfort, beauty, and the fulfillment of life's potential.

The Devil and the Divine

The devil and the divine, or hell and heaven, serve as the monkey mind's playground, a realm of endless indulgence and internal conflict, longing for miraculous escapes. These concepts represent the dualities of existence, persisting as long as self-ignorance clouds our conscious awareness. It's this monkey mind that obscures the path to the eternal blissfulness—a state where all dualities dissolve and peace reigns supreme.

Seamless Time

If there's something on your agenda for tomorrow, consider tackling it today, in this very moment. Tomorrow seamlessly transforms into today, highlighting the continuous flow of time where the present is all that exists. The fluid connection between tomorrow, today, and yesterday mirrors the boundless expanse of space and conscious awareness, both of which harmoniously merge with the cosmic consciousness. This interconnectedness serves as a reminder to embrace the present, recognizing that each moment is a portal to the vastness of the universe.

Between Faith and Affirmation

The phrase "God willing" or "Inshallah" often appears as a hollow gesture or self-affirmation, lacking a concrete commitment. This expression marks a stark contrast between active willing and affirming on one hand, and on the other, a void filled with hope and blind faith. The disparity is as vast as that between the sky and the ground, highlighting the difference between proactive affirmation of one's intentions and the passive emptiness of mere hope.

Love Songs to Devotionals

The distinction between a love song and a devotional song is subtle yet profound. When the object of affection in a love song transitions from a beloved to the divine, the very essence of the song transforms into a devotional hymn. In this sacred space, the focus of love becomes the divine or the Cosmic Consciousness itself, blurring the lines between earthly affection and spiritual adoration.

A Natural Approach to Diabetes Management

Managing diabetes through daily metformin tablets or insulin injections serves only as temporary measures to control blood sugar levels. These methods, while effective in maintaining reasonable control, do not address the underlying issues of pancreatic malfunction. A more holistic approach involves embracing the gifts of virgin nature, utilizing the leaves and roots of certain plants recognized through age-old wisdom and passed down through generations. This natural methodology aims at correcting the body's overall metabolism, including glandular functions.

The HbA1C test, a significant advancement in modern technology, offers a comprehensive view of one's average blood sugar levels over the past three to four months. For those curious about their diabetes status, this test provides a practical guide to understanding and managing pancreatic health.

Drawing from my personal journey of living with diabetes for 50 years of my 90-year existence, I advocate for a perspective shift towards viewing diabetes not as a disease but as a manageable imbalance. The key lies in achieving an inner balance within our own presence, promoting a state of well-being that naturally aligns the body, mind, and intellect.

The Resilience of Dandelions

In the U.S.A., where April showers bring forth dandelion flowers, the acronym stands for United Simple Affirmations—a poetic reflection on the resilience and natural cycle of life. Dandelions, with their perennial nature, bloom instinctively, symbolizing life's continuous flow through creation, preservation, and transformation.

These flowers, rooted deeply in the earth, strive towards fulfilling their existence, resonating with the intrinsic yearning for growth and realization inherent in all living beings. The innate beauty and character of dandelion flowers echo the essence of life's journey, manifesting silently yet profoundly within the natural world.

Thus, the letters U.S.A. encapsulate a collective consciousness of simplicity and affirmation, where life unfolds in its myriad forms, guided by the silent yet powerful force of nature. This narrative invites us to appreciate the simplicity and depth of life as mirrored in the humble dandelion, a testament to the enduring cycle of growth and renewal.

The Evolution of the UNO

The United Nations Organization (UNO), established in the aftermath of the tragic events of World War II, aimed to foster global peace and cooperation. However, after many decades, it appears to have transformed into what could be termed the Disunited Nations Organization. This entity now primarily facilitates temporary peace agreements without tackling the underlying causes of conflict, both on a global scale and within individual relationships. The shift underscores a growing incapacity to mediate lasting resolutions or address the fundamental aspects of human behavior that contribute to unrest and discord.

Beyond Dualities

The intrinsic essence and fragrance of life suggest that our Lord transcends traditional gender binaries, embodying a self-sustaining, timeless, and spaceless energy. This divine force is characterized by the absence of dualities, presenting itself as an energy to be experienced and absorbed unconditionally. Such profound understanding emerges from the tranquility within our own being, inviting us to embrace this universal energy in the silence of our personal presence.

The Message of the Tri-foliate Leaf

Each tri-foliate leaf whispers a continuous message of creation, preservation, and transformation, echoing the quest for eternal balance where life, in its entirety, finds fulfillment. In this state of completeness, life exists free from the constraints of duality, embodying the perfect harmony within nature. We, as living beings, mirror the tri-foliate leaf, symbolizing the essence and purpose of our existence. This perspective elevates the leaf beyond mere flora to a sacred emblem, a reminder of our intrinsic cycle of being. It invites us to reflect on our own journey of creation, preservation, and transformation, fostering a deep reverence for the natural order and our place within it.

Newborn

Every newborn embodies both the cause and the consequence of its existence, embarking on a relentless quest for eternal bliss. In this state of completeness, there exists no further longing or desire.

Beyond Physical Worship

The acronym G.O.D. encapsulates what could be considered a Grand Old Design, guiding self-rectification within the realms of worship, traditionally recognized under the umbrellas of religion and faith. However, God transcends the physical confines of worship found in temples, mosques, and churches. Instead, God manifests as an omnipresent essence, a fragrance to be experienced deeply within, fostering a state of continual awareness.

God's presence is not confined to the physicality often associated with traditional places of worship. Rather, it is an all-encompassing experience that reverberates in the silence of our individual existence, offering a profound internal experience that endures throughout a lifetime. This divine encounter is not limited to the words of a book but is felt in the profound quiet of our being, akin to the silent awareness experienced in the protective embrace of our mother's womb before we enter the world.

Misery

The terms economizer and miserable can often encapsulate our essence, offering insight into our true selves—whether we lean towards being miserly in our expenditures or embodying misery. Reflecting on my high school years, I encountered a term that resonated deeply, sounding distinctly French: "la misérable." To me, this phrase suggests that each of us harbors a degree of misery, inadvertently stifling our own capacity to enjoy life.

"La misérable" holds a peculiar charm for me. Although its precise definition eludes me, it evokes the image of an individual oblivious to their own suffering. In my interpretation, it represents the unrecognized misery within us, shadowing our existence.

Self-realization

Self-realization emerges uniquely within each individual, sprouting from the tranquility of our personal existence rather than the confines of scholarly texts or the strictures of temporal rules. This profound understanding is deeply personal, rooted in the silence of our own being, untouched by external knowledge or rigid guidelines.

Inner Silence

Inner silence represents the universal wisdom inherent in every living being, a profound language learned and absorbed within the maternal womb before making the transition into the realm of consciousness known as the world. This primordial quietude serves as a foundational pillar of understanding, connecting each individual to the vast expanse of collective insight even before birth.

Religion

Every religious text, conceived by humanity, is akin to a meticulously crafted tapestry, interwoven with both factual and fictional elements. It falls upon each individual to discern these aspects, extracting meaningful insights that transcend mere words and impact real life. Religion, at its core, is an expression of humanity's and every individual's inherent consciousness, a presence that permeates existence without the confines of time.

Religion transcends the notion of competition or superiority among deities, eschewing any form of duality. Instead, it embodies a personal cosmic understanding where life's contradictions dissolve, leaving behind a state of pure realization. This realization is deeply personal, a journey to inner completeness where contradictions are absent, and peace prevails.

Suffering

In the embrace of mothering nature, every living being, from the tiniest microbe to humans, is nurtured by the diverse tapestry of life. Among these varied species, humans uniquely perceive themselves as incomplete, eternally pursuing gods, heavens, and the mysteries that lie between the known and unknowable. This sense of incompleteness, however, stems chiefly from our thought processes, suggesting that it is our manner of thinking, more than anything, that leaves us feeling unfulfilled.

Heaven: A State Beyond Place

It is essential for humans to recognize that heaven is not a physical location but rather represents the state of eternal bliss. In this sublime state, a life in pursuit of its universal identity finds completeness through profound inner experiences. Mother Nature serves as a steadfast guide for those seeking this blissful existence, where desires vanish and life's dualities dissolve. Our thought processes often hinder us from embracing our universal and cosmic identity, suggesting that the true barrier to experiencing heaven lies within our minds.

Mother Nature as Guide

Mother nature serves as the eternal soul and steadfast companion for all who venture into the realms of the unknown and the unknowable, guiding seekers towards the eternal bliss described in myriad ways but leading invariably to a universal inner experience, consistent across all journeys of self-discovery. Far from being a mere physical presence, mothering nature represents our intrinsic quest for what is everlasting and mysterious, revealing itself through quiet moments of introspection.

This nurturing force reminds us that the vast universe outside mirrors the universe within, a truth realized solely through the intimate experiences of the seeker. This concept aligns with the teachings of Vedanta, a philosophy that views life through the lens of unity and inner exploration. In this journey, mothering nature acts as the silent witness to our existence, accompanying us as we uncover the indelible link between our inner world and the cosmos.

Stress

Stress, akin to an earthquake, manifests based on our individual breathing patterns. To mitigate stress, mastering and managing our breathing is essential, serving as the foundation for emotional and physical equilibrium.

Honey Bees and the Red Dance

Honey bees, by instinct, collaborate to construct their honeycombs on tall trees or steep mountain edges, a strategic choice to ward off potential threats from birds and other animals. The sight of honeycombs adorning the rugged cliffs or the diligent red ants crafting mounds from the red soil of Basta state stands as a testament to natural architectural genius. These structures, both the honeycombs and the ant hills, serve as remarkable examples of innate architectural prowess.

Without formal education in architecture, honey bees and red ants erect incredible structures that dwarf their own size, showcasing their remarkable skill set. These dwellings are not just shelters but represent the art and science of living cohesively within complex social structures.

Observing the bee hives and ant mounds reveals an effortless demonstration of living in harmony within their communities, evolving as civilizations in their own right. Having witnessed these marvels in Bastar between 1932 and 1940, one can only affirm that to see is to believe. Both honey bees and red ants exemplify cooperative living and responsibility, contrasting sharply with the more individualistic tendencies observed in human societies. Their example promotes a message of unity and disciplined cooperation, highlighting a path toward a harmonious existence that could inspire human communities worldwide.

Rumi

At this moment, let us recall the profound words of Sufi Saint Jalaluddin Rumi, who taught that each newborn embodies life's inherent desire to fulfill itself. This insightful declaration transcends humanity, embracing all creatures that share our planet in a spirit of unity. It is this sense of togetherness that elevates the quality of life and its journey towards fulfillment.

Seamless Cosmic Consciousness

Seamless cosmic consciousness transcends the realms of religious dogma, intellectual demonstration, and the constructs of deities and devils. It is, at its core, a deeply personal journey toward wholeness and completeness that emanates from within each individual. This state of consciousness stands apart from worldly divisions, embracing an existence where the concept of blissful eternity prevails, untainted by the dichotomies that often plague our understanding.

The presence of any duality signals a departure from this enlightened state, a manifestation of self-ignorance shrouded in darkness and isolation. The aspiration for all living beings is to awaken to the reality of non-duality, allowing this unifying consciousness to flourish within and illuminate the path to true understanding and harmony.

The Dual Edges of Ignorance and Experience

Ignorance has become its own adversary, just as experience, through repetition, has morphed into its own foe. This cyclical battle within highlights the complex nature of personal growth and the challenges of navigating knowledge and the lack thereof.

Echoes from the Blue Mountains

In the embrace of the blue mountain ranges, the Rocky Mountains serenade alongside the whistling winds, where stone-born flowers bloom and Mother Nature flourishes, embodying hope for all life.

Within the Nilgiri's majestic Blue Mountain ridges, nature orchestrates a melody, bringing stone blossoms to life, allowing existence to flourish in countless forms.

Between 1938 and 1940, Ootackmandalam emerged as a picturesque haven, enveloping us in its myriad moods and scents during our childhood visits. Those summers, a retreat for our father, the high school principal, turned into a season of learning and exploration under the vast, blue skies of Nilgiri for us five siblings.

Our annual journeys from Nagpur to Ootackmandalam by train were family expeditions into nature’s heart, where the Nilgiri Mountains' awe-inspiring beauty left indelible marks on our memories. The final leg from Mettupalayam to Udhagamandalam, rising to 5,500 feet, was a slow ascent that intertwined our spirits with the mountains' essence.

These experiences, from my early years to the slow train rides up the Nilgiri slopes, taught us profound respect for nature's grandeur, far surpassing conventional learning. The lush forests of the Nilgiri Mountains, the songs of their stones, and the bloom of life amidst the rocks reinforced the heart's sacredness—a temple where one's true self resonates with the universe's melody.

In the Nilgiris' expanse, each heart becomes a temple of worship, where life's music, echoed by the mountain rocks and blossoming flowers, guides us to fulfill our destiny in harmony with the natural world.

Beyond Dualities

The essence of our existence, at its core, is often clouded by self-ignorance and the dualities that define our lives. It's this state of not knowing ourselves fully that entangles us in the endless cycle of life, birth, and death. At the heart of our being lies the quest to comprehend the eternal state of bliss, a realm where the contrasts of life dissolve. It is in this understanding and transcending of dualities that life, as we know it, finds its true completion.

Inner Heaven

Some of us conceive of eternal bliss or heaven as a physical locale, yet true liberation from life's constraints emerges only when we transcend the consciousness of duality. Continuous detachment is the path to freedom. The essence of our existence hinges on the recognition that every life is a crucial component of the cosmic consciousness, a realm where dualities dissolve, marking the end of life's conventional journey.

Heaven or eternal bliss is, in truth, a deeply personal revelation where the contrasts of existence fade, liberating us from the cycles of existential anguish and experiences. The pursuit of this state of bliss is not the aim of mainstream, commercialized religions, which often fail to guide us toward such enlightenment. The concept of heaven, as portrayed by these religions, lacks the personal connection intrinsic to genuine spiritual awakening.

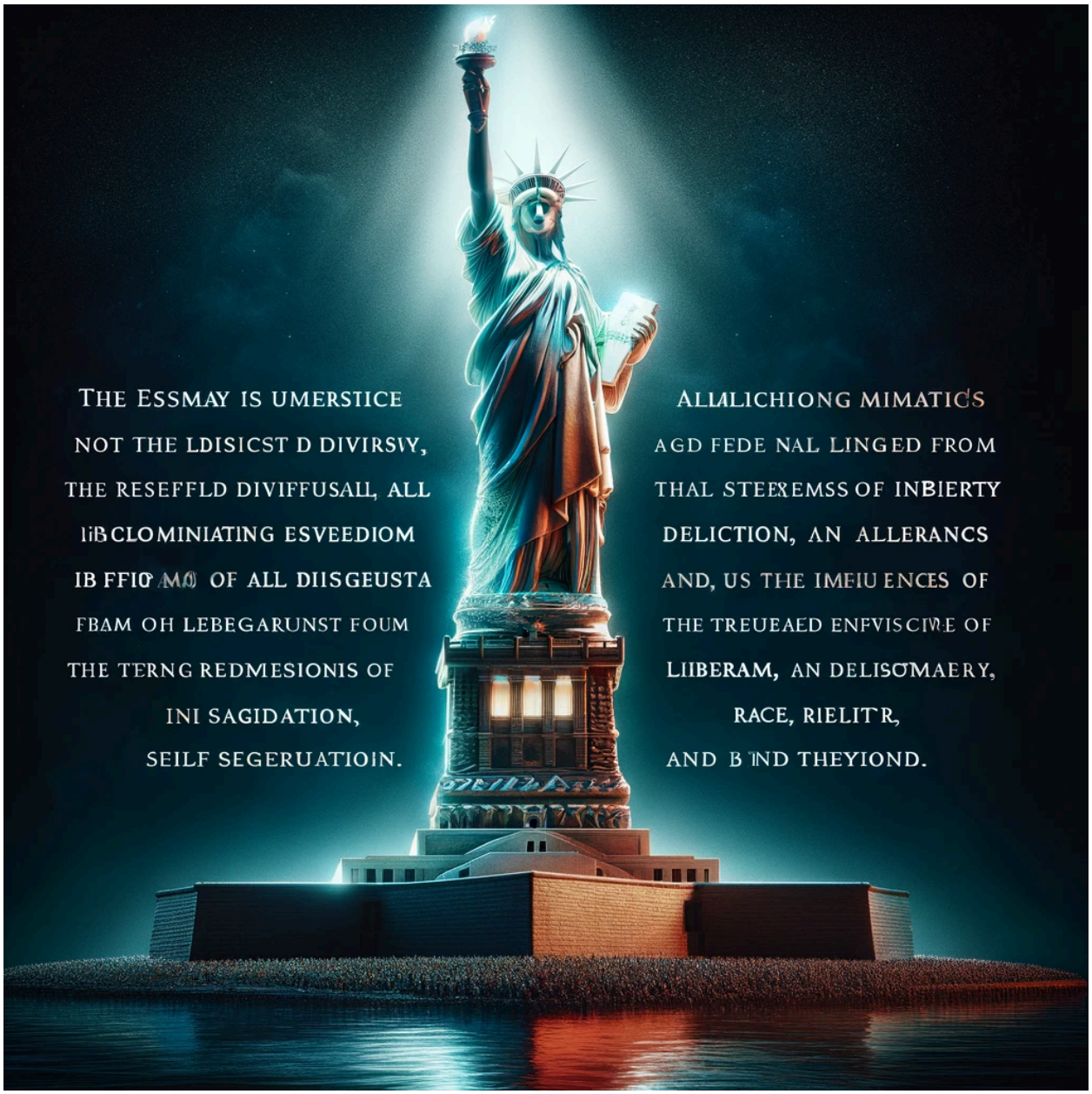
We, as individuals, are the architects of our cosmic consciousness, unfettered by dualities.

Cosmic consciousness represents the ultimate reality for humanity and all of existence, inviting us to awaken to the profound truths of our being. It is within this seamless expanse of consciousness that we find the potential for enlightenment and a deeper understanding of existence.

Beyond Division

In the profound journey inward, political affiliations like Democrat, Republican, or any parliamentary identity fade away. What remains is our quest for fleeting solutions and answers, often marred by disputes and desires for temporary resolve.

Viewed through a certain lens, the Statue of Liberty stands as a beacon of absolute liberation from the self-destructive actions fueled by division—be it religious, racial, or any other form of discrimination. The monument emerges as a powerful symbol of comprehensive freedom from these divisive acts, reminding us of the core values that should guide humanity: unity, respect, and understanding beyond superficial differences.



April Showers and May Flowers

Dedicated to the cherished memory of Ashwin Surendra Deo, this reflection contemplates the harmonious relationship between music and life's quest for fulfillment. Music beautifully enhances our journey through existence, enriching each moment with depth and resonance. Like the transformation from April's showers to May's blooms, life unfolds as a series of celebrations, from our first breath to our last.

This journey of life, marked by countless endeavors, mirrors humanity's evolution from wandering nomads to beings in search of self-fulfillment. Through the ages, music has been a constant companion, underscoring our collective and individual quests for meaning and completion.

Language vs. Silence

The potency of language and silence diverges profoundly in their ability to grasp existence. No language crafted by humans can fully encapsulate the entirety of existence, whereas the silence within one's self possesses this remarkable capacity. Understanding existence transcends intellectual endeavors, aligning more with an inner realization—a truth perennially highlighted by sages and seers attuned to cosmic consciousness where dualities dissolve.

This cessation of dualities, witnessed within the quietude of cosmic consciousness, underscores that inner silence is not something that can be encapsulated in scriptures or revelations. It represents a state of inner equilibrium unique to each individual. Thus, the impact of language and the profound depth of inner silence stand in stark contrast, revealing the limits of verbal communication in conveying the depth of human experience and the expansiveness of existence.

Throughout history, timeless sages and seers have highlighted the profound power of silence over language. This silence, especially that which emanates from the depth of self-presence, is heralded as the ultimate revelation. It ushers in a revolution of the self, unveiling the vast expanse of cosmic consciousness where life's inherent dualities dissolve. In this serene silence, the contradictions and conflicts that pervade our existence fade away, unmasking the root of our self-ignorance and guiding us towards an enlightened state of being.

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Embracing Presence Over Absence

In our everyday experiences, it is essential to focus on and cherish what is present rather than lamenting what is missing. This principle of valuing presence over absence encourages us to find gratitude and joy in the moments and connections we have, fostering a mindset of appreciation and fulfillment in our lives.

Embracing Each Day

You are invited to welcome each morning with grace and gratitude as an opportunity for self-realization and profound inner revelations. This journey towards understanding oneself more deeply is a gift that resides within us at all moments, echoing the timeless wisdom of sages and seers. They teach us that within the realm of cosmic wisdom, the dualities that often divide our perception and understanding come to an end, allowing us to experience the unity of existence.

Nature's Remarkable Compensation

When an individual faces a decline in one of their natural bodily functions, like vision, the body has an incredible way of compensating. For example, losing one's sight can lead to an enhanced sense of hearing or touch. Such individuals may perceive the sincerity in someone's voice with greater clarity or pick up on subtle nuances in conversation that might previously have gone unnoticed. Everyday expressions gain new depth and significance for those who have experienced sensory loss. This phenomenon showcases the remarkable adaptability of nature and its capacity to find balance.

Nature's Individual Imprints

For every living being, the concepts of time and space seem to commence at the moment of inception and conception. This gives rise to a distinct sense of space both externally and internally. Mother Nature's embrace is akin to an all-pervading consciousness, manifesting uniquely in each individual. This is evident in the fact that no two individuals are ever truly identical in their conscious awareness.

The Infinite Dance

Life continually presents itself as an unending adventure, persisting until there's no longer a need for discovery or recognition. Beyond this point, the constructs of time and space that once sustained our existence seem redundant. Ultimately, the interpretation and experience of life fall upon each individual's unique perspective.

Life's Endless Journey to Bliss

Conceptions and progressions of life appear to be ceaseless, until a moment of eternal bliss awakens within one's conscious awareness

The First Cry

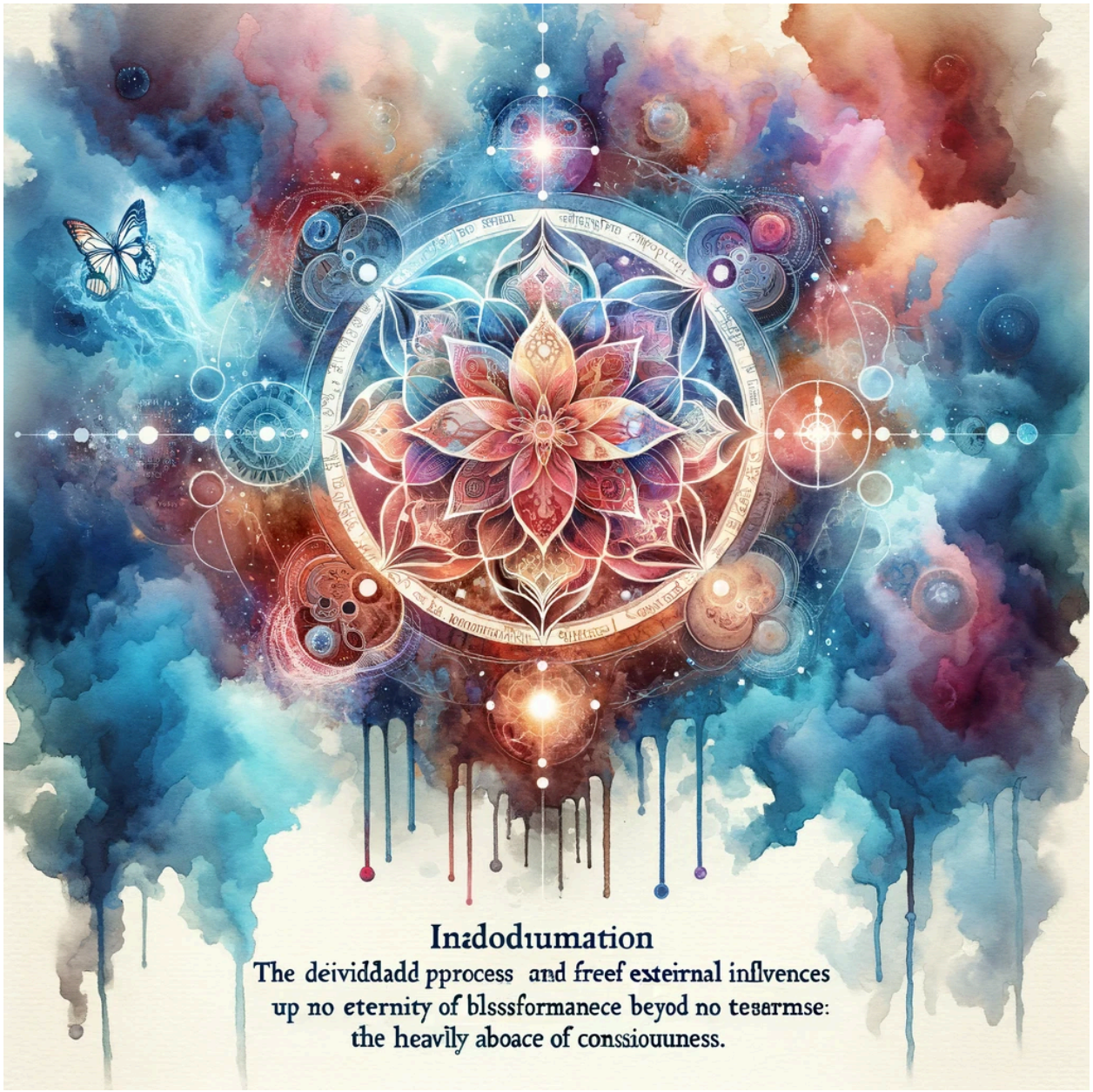
For a newborn, whether human or of another species, the perception of time and space seems to commence with its first cry. This cry can be seen as an affirmation of its existence. It marks the onset of life experience. After all, life is not just about existing, but it is an avenue through which beings express, experience, and affirm their conscious awareness.

Fate and Faith

The dynamics between fate and faith shape our experiences. The perpetual process of change and transformation is determined by both an individual's fate and their faith. Fate, being the result of specific actions and their consequences, isn't directed by any external power. Each individual is the architect of their own fate, bearing its weight and implications. Meanwhile, faith provides the trust or belief that guides our reactions to fate. The dance between individual transformation and change continues, influenced by both these forces.

Fate's Journey

The individualized process of change and transformation, labeled as FATE, persists autonomously, uninfluenced by any external force. This journey continues until life reaches its zenith—a state where further transformation is unnecessary. This pinnacle might be recognized as the Eternity of Blissfulness or the Heavenly Abode of Consciousness. Intriguingly, an individual's fate appears to be intricately connected to their quest for self-identity and a desire to transcend all defining qualities.



A Journey to Cosmic Consciousness

The dynamics of faith is an innately personal voyage, tailored uniquely to each individual's spiritual quest. This journey is not just personal but profoundly soulful. Here, the term 'soul' signifies the cosmic consciousness where all dualities of life dissolve into non-existence, including the dynamics of faith itself. The path leads towards an understanding that transcends the limitations of our worldly perceptions, as echoed in the teachings found at www.mooji.org.

Destiny and Devotion

It truly behooves us to take full responsibility for the dynamics of our own fate and faith. We alone craft this trajectory and must shoulder the corresponding consequences that arise.

The Depth of Our Existence

Untouched by humankind's influence, every living entity emerges from the pristine nature. We are intricately linked to life until our very last breath. Throughout our existence, we each assess the breadth, scope, and depth of our being, experiencing life in its myriad forms. It appears that we are the sculptors of our destiny, a masterpiece often influenced by our ego.

Our Natural Rhythm

Living life to its utmost potential appears to hinge on the art and science of our breathing, until our final exhale. Familiarly echoed, we each appear to be both the origin and result of our actions, until the initial cause wanes, bringing an end to its effects in an eternal serenity where nothing further is required.

Mother Nature's Gift

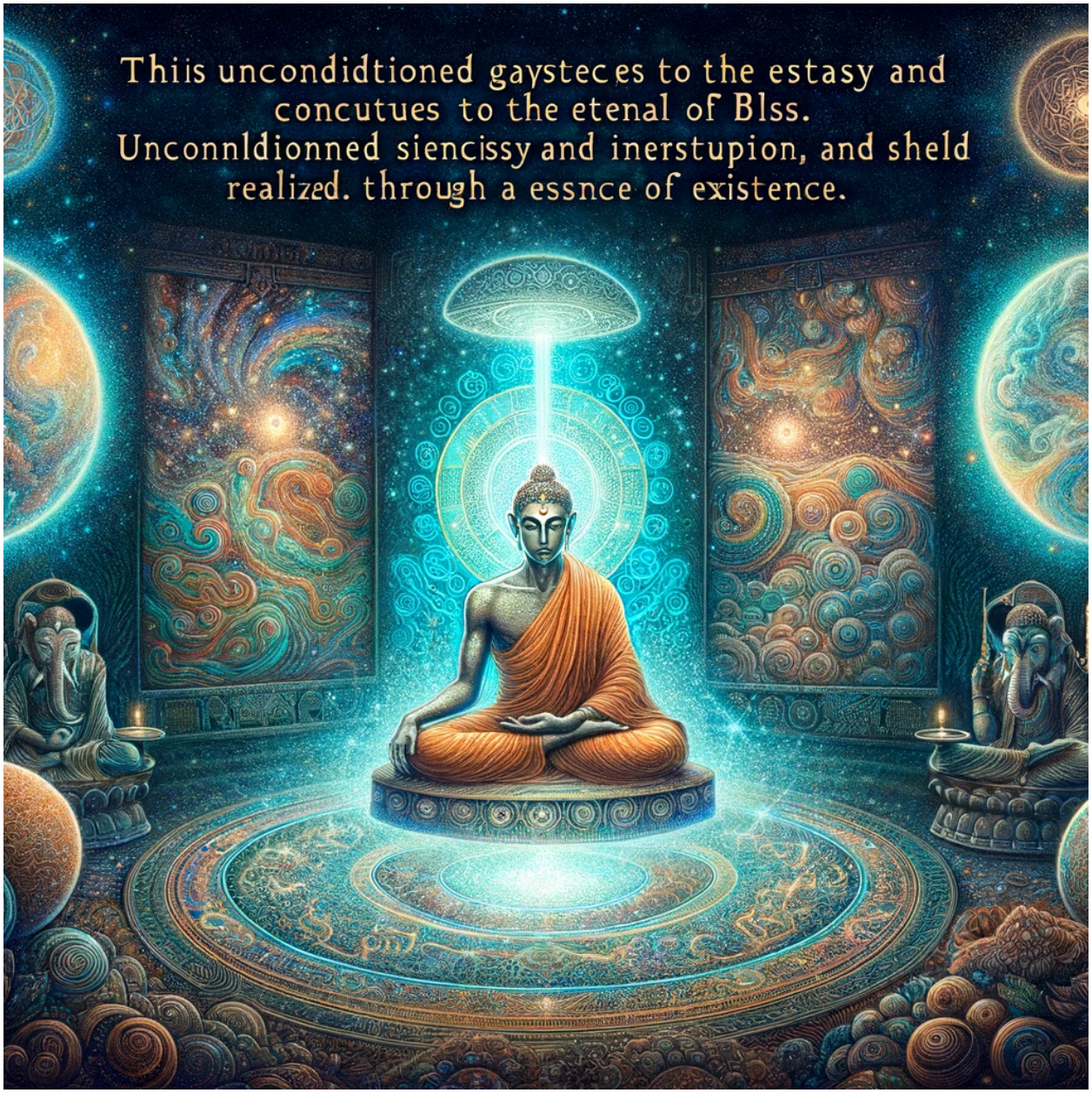
Untouched Nature emerges as the orchestrator, sustainer, and metamorphosizer of all we discern through our intrinsic capacities. This boundless force, which transcends time and space and is often termed Mother Nature, awaits our exploration. It unveils a haven of joy, a distinctive domain each soul can venture into and savor.

Infinite Quietude

Both silence and vacuum transcend the confines of time and space, standing as unique phenomena in their own right.

Resonance of Existence

Silence and vacuum serve as conduits to the ecstasy of existence and the essence of life. The boundless and timeless nature of ecstasy is best realized through introspection and silence, which act as unconditioned gateways to eternal bliss.



The Dynamics of Change

In the depths of our hearts, the place we hold most dear is often where we spent our early years, from infancy through age ten. Yet, the constant dynamics of change remind us that these cherished childhood settings no longer exist as they once did, living on solely within our conscious awareness. The relentless force of change teaches us the lesson of impermanence, reshaping our memories and connections to these once-familiar places.

Walls of Division

Mortared walls and emotional veils have long stood as barriers dividing humans from humanity, and the divine from the demonic. For centuries, the human race has erected both physical and metaphorical divisions, a trend that persists. Among these, the wall in Ireland symbolizes the divide between Catholic and Protestant faiths as the longest enduring barrier of belief. Yet, as walls rise and fall, the hope for a universal consciousness where all dualities dissolve looms on the horizon. This state of awareness would obliterate the distinction between divine and devil, unifying existence. The emotional and physical walls, constructed under the guise of self-preservation, betray a deep misunderstanding of unity and uniformity, fueled by pride and prejudice. History shows us that these barriers not only divide but also shatter the human spirit, proving both self-incriminating and self-destructive.

The accompanying image encapsulates the themes of division and the potential for universal consciousness, illustrating the physical and emotional barriers that segregate humanity, with a specific highlight on the wall in Ireland. It also conveys the vision of a future where such divisions are transcended, showcasing a world unified in universal consciousness.

Bharat: The Land of Self-Enlightenment

In both English and Sanskrit, the name Bharat carries profound significance, reflecting a legacy that I have witnessed for the past 90 years since my birth in 1932. I propose that this land of my birth and witness be known singularly as Bharat, whether spelled in Sanskrit or English. In Sanskrit, the root language of this land, Bharat signifies "the land of self-enlightenment." This term embodies the journey to individual-specific realization of cosmic consciousness, a state in which all dualities of life cease to exist. The essence of self-enlightenment is at the heart of Bharat's identity, symbolizing a path to understanding and unity that transcends the divisions of existence.

The Path to Balance

The very mention of the word 'ego' compels us to let it go or sublimate it through conscious effort, or else face its detrimental consequences. This act of letting go of the ego is crucial in navigating the complexities of life. When intertwined with self-pity, the ego emerges as one of the most self-incriminating emotions, preventing us from living fully. Importantly, life does not pass judgment; rather, it is we who impose judgments upon it. Each of us harbors a force similar to Hitler, endeavoring to regulate or balance our emotions. Ultimately, life demands a perpetual balance that each individual must achieve through specific awareness and constant adjustment.

Religion, God, and Self-Discovery

The veil of self-ignorance often tries to confine our understanding of religion and God, yet it is in the silence of our own presence that we truly grasp their essence, moving beyond duality and doubt. Religion fundamentally revolves around being and becoming our true, natural selves, aligned with the purity of virgin nature and the core of our soul. This journey of self-discovery unveils that attempts to rigidly define religion and God are surpassed by a more profound, personal exploration of faith.

Air Bharat: A New Dawn for National Identity

The proposal to rename Air India to Air Bharat represents a deeper desire to embed the nation's spirit of independence and self-realization into the collective consciousness, envisaging a future where every national document proudly proclaims the name Bharat, thereby phasing out 'India' from our national identity. This change is not merely semantic; it's a step towards imbuing the nation's psyche with a sense of self-fulfillment, aligning with the ethos of Bharat as a land striving for eternal bliss—far removed from the historical connotations of subjugation associated with the name India. The transition from Air India's current logo to one that symbolizes Air Bharat marks more than a rebranding; it signifies a reclaiming of our innate self-identity, one that has thrived for millennia before colonial labels.

Navigating Time and Conservation

The significance of our present existence and presence often dictates the course of our future. When we neglect the importance of the now, the future tends to mirror this disregard. Thus, squandering natural resources in pursuit of fulfilling life's desires not only disrespects our existence but is also deemed the gravest sin. This sin is a reflection of an individual-specific viewpoint on life and its resources.

The continuum of past, present, and future holds that when the present feels devoid of meaning, leaving us feeling empty and isolated, our minds are prone to wander between the past and future—realms that remain elusive and intangible. It is in the present moment that the true essence of nature and life unfolds. This realization is most profound in the silence of our own presence, where the immediacy of life's experiences becomes our greatest teacher.

A Legacy of Bliss

The subcontinent, rich in ancient history and civilization, finds its essence encapsulated in the name Bharat. This name signifies not just a grand legacy but also embodies a collective psyche yearning for the eternity of blissfulness. The term Bharat represents a deep-rooted cultural identity that aspires towards a state of everlasting contentment and spiritual fulfillment, marking the land as one in pursuit of ultimate bliss.

The Pond of Consciousness

The clarity of the full moon's reflection in a pond serves as a metaphor for the human mind. The steadiness and purity of the pond mirror the mind's quest for understanding and experiencing consciousness—a state of being one with everything, devoid of dualities. This allegory emphasizes the importance of inner peace and mental clarity in achieving true consciousness, which is an individual-specific experience of unity and serenity.

Balancing Act: Rethinking Diabetes

Diabetes is not merely a disease; it's a continuous challenge of making choices regarding diet and lifestyle. It represents a disoriented mind's effort to find its equilibrium, resonating with the body's need for balance. This perspective shifts the narrative from viewing diabetes as a mere health condition to understanding it as a complex interplay of decisions and mental states aimed at achieving harmony within.

Shallowness and Depth

Shallow streams ripple and chatter, offering a melody that's both lively and pleasing to the ear. In contrast, the depths of a river flow with a quiet, steadfast grace, captivating in their tranquility. Within a river's journey from its source to the sea, the contrasting natures of its shallow beginnings and its serene depths are inseparable, each giving full meaning to the river's existence. It's the transformation from a babbling brook to a vast, silent expanse that illustrates life's own progression from youthful exuberance to mature serenity.

Olive Branch

Extending the olive branch, a timeless gesture of peace, aims to mediate between two exhausted factions weary from conflict. This offer of reconciliation comes as both sides find themselves depleted, their resources and resolve worn thin. Yet, history has shown us a cyclical pattern: once these adversaries recuperate, regaining strength and supplies, the battle inevitably reignites. This cycle persists despite the efforts and sometimes the inefficacy of international bodies like the United Nations. The dance of war and peace continues, underscoring the enduring struggle for resolution amidst human endeavors.

Full Moon

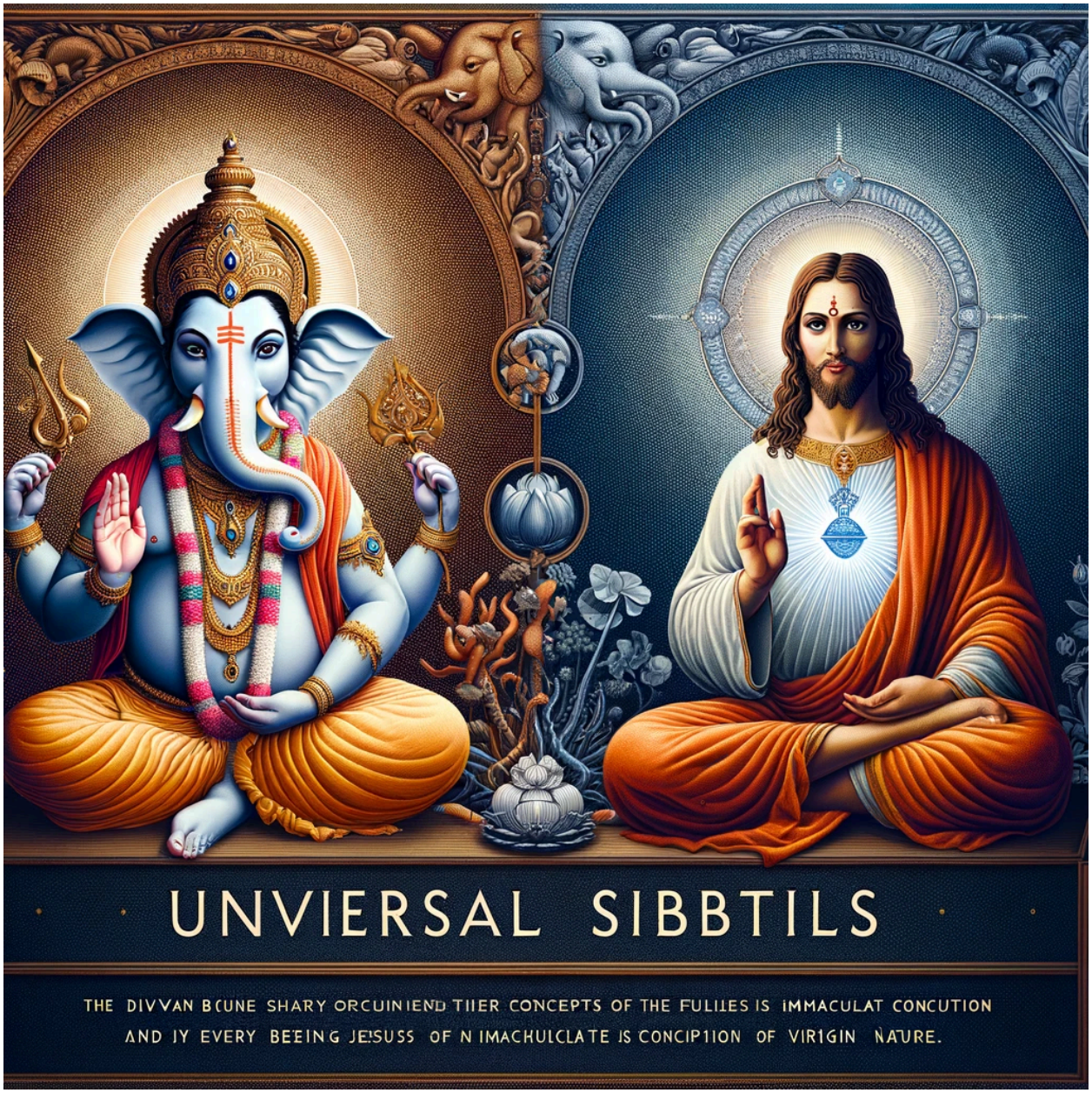
The full moon, symbolizing cosmic consciousness, embodies a profoundly personal experience unique to each individual. Despite this uniqueness, these myriad experiences merge into a singular essence akin to a dewdrop of supreme consciousness. This convergence transcends all dualities and conditions, representing a unity that encompasses the diversity of individual perceptions within an undivided whole.

Dew Drop

A single dewdrop serves as a profound symbol of the cosmic ocean of consciousness, encapsulating the entirety of this vast expanse within its minute form. This imagery conveys the idea that the infinite complexity and depth of cosmic consciousness can be reflected in something as small and simple as a dewdrop, existing without boundaries or limitations. Supreme Consciousness, thus, transcends human constructs and scriptures, standing beyond the creations of humankind.

Universal Siblings: Ganesh and Jesus

The divine figures of Ganeshi and Jesus represent more than mere idols or concepts of worship; they embody the immaculate conceptions of virgin nature in its fullness, offering pathways to individual-specific inner realizations. Though these paths may originate from distinct traditions, they converge on a complementary perspective, underscoring that every human being and every life form is an immaculate conception of nature itself. This shared origin fosters a profound sense of universal siblinghood among all beings.



The Street Hawker's Evolution

In the early 1930s in Nagpur, street hawkers were an integral part of our childhood. One particularly memorable hawker would melodiously announce, in Hindi, his service of repairing metal items, including buckets, with the catchy phrase 'Tutti-frutti Balti bananaka'. Fast forward to the 21st century, and the street hawker's offerings have humorously evolved to 'Tutti-frutti rusty bananaka', playfully suggesting services to mend broken hearts. This evolution from offering physical repairs to addressing emotional needs reflects a deep understanding of societal shifts. Hawkers have always been in tune with the necessities of their communities, providing essential services to maintain daily life's balance.

The image captures the essence of the street hawker's role in society from the 1930s to today, illustrating the hawker's evolution from repairing physical objects like metalware and buckets to offering solutions for 'mending broken hearts'. It highlights the adaptability of hawkers to the changing needs of society, showcasing their continued significance in maintaining societal harmony.

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Immaculate Reflections

An immaculate philosophy of life posits a profound idea: the universe that envelops us is a mirror of the universe nestled within our being, always in perfect synchrony. 'Immaculate' in this context symbolizes a flawless awakening to this truth. According to this philosophy, an individual's consciousness is not isolated but blooms into a universal consciousness—singular and undivided. This realization fosters a deep connection between the self and the cosmos, revealing the intrinsic unity that binds our inner and outer worlds.

Religion Beyond Boundaries

Religion transcends the notion of competition or the affliction of dogmatic diseases; it is an intimate journey of self-affirmation realized in the quiet of our own presence. The construct of religion, over millennia, has often devolved into a self-limiting belief system. However, the essence of true spirituality lies in recognizing that we are each architects of our destiny, embodying the cause and consequence of our actions. The divine essence, often referred to as Lord or the Universal Consciousness, neither detracts from nor adds to us arbitrarily, underscoring an individual-specific understanding.

This view challenges the competitive and commercialized nature of modern religious practices, which have been wielded as marketing tools, fostering divisions for inscrutable reasons. True religion is not about subjugation or adherence to man-made doctrines but finding unity within oneself and the cosmic consciousness, free from dualities. It invites us into a deeper communion with the essence of existence, beyond the physical confines mapped by latitudes and longitudes, accessible through genuine seeking and vibrational alignment with the universal.

The image encapsulates the essence of religion as a personal journey of self-affirmation beyond competitive dogmas, illustrating the shift from traditional religious practices to a deeper, individualized spirituality.

Childhood Prayers

Childhood prayers, imprinted in our minds, accompany us throughout life. Yet, it's during adulthood we begin to discern the line between myth and reality, embarking on a quest for self-enlightenment and the revelation of our universal identity. This identity, devoid of dualities and confusion, signifies a profound understanding of our essence.

Childhood prayers transform into lifelong treasures, enriching our existence at every turn. They serve as gentle reminders of our journey towards universal consciousness, where all dualities and uncertainties dissolve. Ultimately, the essence of all religious teachings converges on this point: to affirm the oneness of existence and to awaken our inherent cosmic awareness.

Nature's Balance

When one aspect of the human body diminishes, such as vision, the body has miraculous ways of compensating for the loss. For instance, an individual who loses their sight may develop a heightened ability to sense the sincerity in another person's voice. Words that might seem casual in daily interactions take on a special significance. It's as if nature, in its own profound way, ensures balance by enhancing other faculties when one is lost.

The Spirit of Non-violence

The spirit of non-violence, advocating for the unconditional support of all life forms without expecting anything in return, embodies the true essence of non-violence. This principle transcends religion, serving as a self-enriching lifestyle that naturally harmonizes with the environment. Icons like Nelson Mandela and Martin Luther King Jr. have each demonstrated the profound impact of non-violence through their unique approaches, highlighting its universal relevance and transformative power.

The image created captures the essence of non-violence, drawing inspiration from the teachings and principles of Gandhi, Mandela, and Martin Luther King Jr. It symbolizes their commitment to peace, unity, and service, employing symbolic elements to represent the ideals they championed.

The Musical Soul of Santur

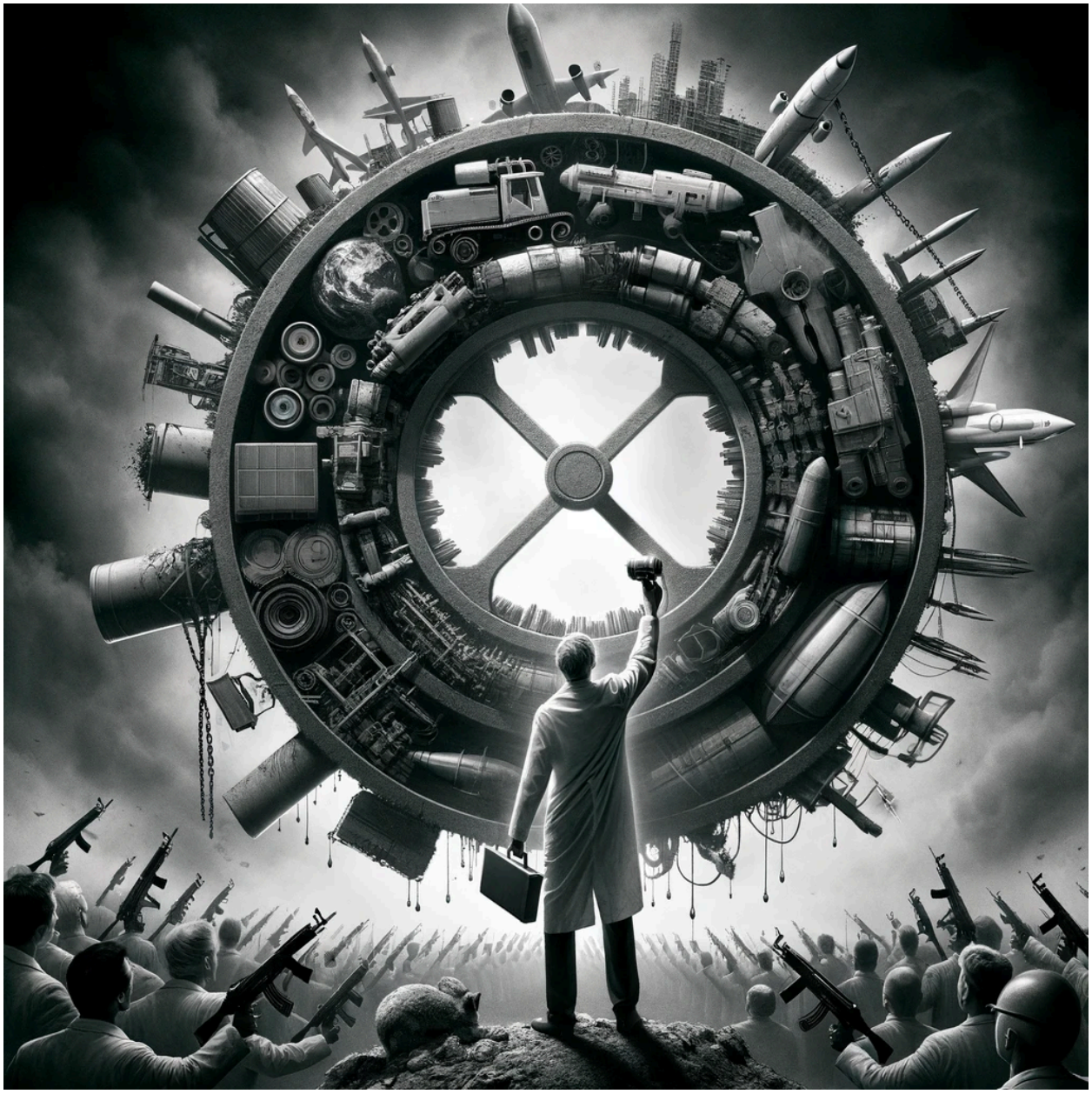
The enchanting realm of music transcends mere performance, becoming a profound form of spiritual dialogue. Following a captivating hour-long recital on the Santur, Alipasa Chaurasia, with a voice as gentle as the melodies he plays, revealed that music embodies prayer. This revelation, tenderly voiced, has left an indelible mark, illuminating the sacred essence of music. The Santur, in the hands of Hariprasad Chaurasia, becomes not just an instrument but a vessel of his unique artistry, weaving prayers into harmonies.

Kingdom of Glory

Every living being on planet Earth, from the tiniest microbes to the largest mammals, including humans, shares a common origin from a majestic kingdom of glory—our ancestral heritage. Each of us, in our unique existence, yearns for the eternity of blissfulness, a state where life's dualities and confusions dissipate, leaving no need for further existential pursuit. This pursuit transcends time and space, manifesting as a realization where life achieves its ultimate fulfillment.

Weapons of Mass Destruction

In today's global landscape, the industry of manufacturing and selling weapons of mass destruction stands as the most lucrative, unparalleled in profitability. This sector perpetuates ongoing conflicts, with no foreseeable resolution, as humanity remains entrenched in a state of perpetual warfare. This pattern of relentless conflict, ingrained in human history for countless centuries, shows no signs of abating, suggesting a continuous march towards further discord.



God

The portrayal of God as a physical entity fosters blind faith, resulting in countless divisions within humanity, a phenomenon echoing through centuries. This division will persist until humanity reaches a collective awakening, recognizing that every living being is a manifestation of virgin nature and an embodiment of life's desire to realize itself fully. This understanding heralds a shift from idolizing deities in physical forms to embracing our intrinsic connection with nature and the essence of life itself.

Self-affirmation and Realization

From the dawn of time, self-enlightened masters have proclaimed a profound truth: our essence transcends the physical form, the mind, and its intellect. At our core, we are the embodiment of eternal blissfulness, a state where the dualities of life dissolve into nonexistence. This realization is not just philosophical—it's the very longing of life seeking to manifest its true potential. It's an invitation to recognize that we are more than our material existence, inviting us into a space where only the essence of blissfulness prevails, unencumbered by the dualities that often define our worldly experiences.

The Dynamics of Fate and Faith

The journey of change and transformation, integral to our being, operates on the pillars of fate and faith—individual, unmonitored by external forces, driven purely by our actions and their repercussions. Each one of us is the architect of our destiny, crafting our path through the choices we make. This relentless cycle of personal evolution persists autonomously, guiding us towards a state where no further transformation is needed, often envisioned as eternal bliss or heavenly consciousness. At its core, this process is about seeking freedom from the dualities that bind us, a quest for self-identity that transcends physical attributes and societal labels.

Faith and fate interweave as the individual's journey towards understanding and liberation, not dictated by any external authority but experienced through the soul's communion with cosmic consciousness. This inner expedition sheds all dualities, culminating in a profound realization of oneness with the universe. Embracing this responsibility means acknowledging our role in shaping our fate and faith, steering our existence towards fulfillment and enlightenment.

Virgin Nature

Each living being is a manifestation of virgin nature, bound to life's journey until the final breath signifies our departure. Throughout our existence, we explore the vast dimensions of our essence, experiencing life in its raw form. We stand as the architects of our reality, albeit often obscured by the shadow of ego.

The art and science of breathing are fundamental to living life to its fullest, with every breath marking both the journey and the eventual separation. It's a profound reminder that we are both the creators and the products of our actions, navigating through existence until the initial cause fades, leaving its effects to dissolve into the bliss of eternity.

Virgin nature acts as the creator, sustainer, and transformer of all that we witness and comprehend. This omnipresent force invites us to immerse ourselves in a world of bliss, untouched by time and space, offering each of us a unique opportunity to experience profound peace and fulfillment.

The Silent Symphony

Silence and vacuum stand as self-fulfilling entities, negating the need for any prophet's affirmation. They are witnessed persistently by virgin nature, serving as the canvas for the profound phenomena of silence and vacuum. These elements are neither bound by time nor space, embodying the very essence of tranquility.

Silence and vacuum act as conduits to the ecstasy of existence, tuning us into the frequencies of a deeper, existential life. This repetition of silence underscores its significance in reaching the pinnacle of blissful existence. Through introspection and silence, we approach the eternity of blissfulness, a realm where ecstasy is not just experienced but lived.

Silence, akin to a tuning fork, aligns us with the boundless and timeless ecstasy of being, free from limitations or conditions. This essay explores how silence and vacuum facilitate a connection to the ethereal joy of existence, emphasizing the power of introspection and the natural state of being in achieving existential bliss.

The Dynamics of Change

The dynamics of change serve as a poignant reminder of life's transitory nature. Our fondest memories often reside in the places where we spent our formative years, between the ages of 1 to 10. Yet, the relentless flow of change ensures that these cherished settings no longer exist as they once did, living on only in our conscious awareness. This realization underscores the concept of impermanence, illustrating that nothing remains static, and every cherished moment and place evolves with time.

The Quest for Unity

Throughout human history, walls of separation have stood as barriers not just physically but emotionally, dividing humanity and diminishing the collective spirit. These emotional barriers, built from fears, prejudices, and misunderstandings, not only alienate us from each other but also erode the very essence of our communal spirit. Such divisions are self-incriminating and carry a self-destructive nature, undermining the potential for unity and compassion within our global community.

Ego and Self-Pity

Self-incriminating emotions, particularly when ego intertwines with self-pity, stand as formidable challenges in our lives. These emotions distort our perception, leading us to judge life and ourselves harshly. Within each of us lies a struggle, akin to an internal battle, where we aim to balance our emotions and overcome our inner critics. Life, in essence, is a perpetual act of balance, demanding constant effort at an individual level to maintain harmony within ourselves.

Martyrdom

Martyrdom, far from being a cause for celebration, represents a profound and unconditional dedication to a cause, reflecting life's longing for fulfillment. This essay navigates through various contemporary issues, illustrating the complexities of living with principles in today's world. It culminates in a poignant suggestion to honor the sacrifices made during the Indo-Pak wars, proposing the erection of a 'Victory Pole' at Major Surendra Dev Park. This memorial would serve not only as a tribute to Major Surendra Dev but to all martyrs who laid down their lives in the Indo-Pak conflicts, symbolizing their ultimate sacrifice for peace and freedom.

This proposal emphasizes the importance of remembering and honoring those who have made the ultimate sacrifice, proposing a tangible means of acknowledging their contribution to peace and freedom. The suggested memorial seeks to ensure that the legacy of these individuals continues to inspire and remind future generations of the price of the liberties they enjoy.

The Eternity of Blissfulness

Heaven, often referred to as the Eternity of Blissfulness by humans, represents a profound inner journey from inception through birth, life, and death. This cycle perpetuates until the essence of blissfulness emerges from within as an internal realization, transcending the cycle of birth, death, and rebirth.

The concepts of God, heaven, and hell are seen as fabrications born from humanity's lack of understanding of cosmic consciousness. In this state, all dualities dissolve, leaving only the supreme, timeless, and spaceless blissfulness as the ultimate reality. This signifies that the journey to blissfulness is an inner experience, not confined by physicality or dogma.

In essence, each living being, including humans, embodies the cause and effect of their existence until the realization of eternal blissfulness emerges from within. Virgin nature serves as our ultimate guide in this quest, where traditional religious texts and teachings fall away, leaving only the profound silence of our presence as the beacon towards timeless and spaceless bliss.

A Reflective Perspective on King Charles III's Coronation

Heartiest congratulations are extended to King Charles III on the occasion of his coronation, marking a significant moment of celebration. As a non-economist and a 90-year-old observer, my reflections are drawn from a broad view of global news and historical events.

The discussion surrounding the expenditure of $150 million on the coronation ceremony, given King Charles III's substantial inheritance, invites a broader contemplation on the nature of personal and public celebrations. It's intriguing to consider why the allocation of a fraction of his wealth towards such a pivotal event should elicit criticism, especially when individuals commonly invest in their personal milestones according to their means. This tendency of habitual critics to scrutinize every expenditure, from royal ceremonies to everyday occurrences, including the weather, presents a curious aspect of human behavior.

Reflecting on my extensive life experience, including the coronation of Queen Elizabeth II during a transformative period in history, celebrations serve as milestones for collective memory and personal reflection. These events, whether they are coronations or other significant occasions, embody our collective desire for recognition and joy.

In the contemporary context of 2023, the concept of monarchy, along with terms like the Commonwealth, might appear increasingly anachronistic. This evolving perspective suggests a shift in how we perceive traditional institutions and their role in modern society. The notion of the Commonwealth, with its historical connotations of unity and shared wealth, seems to contrast sharply with the realities of today's world and its varied interpretations of community and belonging.

Divine Agencies of Solace

Humanity has long turned to its favored entities - God, Allah, Ishwar - to address unresolved dilemmas and desires. These divine figures have offered their services since time immemorial, promising continuity across generations. They remain ever-present, ready to assist with the challenges faced by humans. This ongoing relationship between mortals and their divine agencies underscores a deep-rooted tradition of seeking external guidance in times of need.

Reflections on Senior Age

Senior or old age often imposes the weight of past memories, encompassing both joy and sorrow. Fortunate are those elders who find themselves gradually forgetting these memories, and even more fortunate are those who can transcend them, embracing wisdom over reminiscence. This inevitable aspect of aging reveals the complex nature of existence, highlighting the dual challenges of memory retention and the pursuit of enlightenment.

The Wisdom Trail

The Wisdom Trail invites seekers on a transformative journey from superficial understandings to profound inner truths. This path does not transport one from the physical to an elusive external paradise but rather guides the seeker to discover the heaven that lies within. Here, all polarities - heaven and hell, the divine and the diabolical, reality and illusion - dissolve, revealing a singular truth. The Wisdom Trail offers no tangible milestones; it is a voyage fueled by the soul's quest for fulfillment. It is a silent, introspective expedition aimed at harmonizing the internal conflicts and contradictions we face.

Facets of Human Intelligence

The conventional measures of intelligence, IQ and EQ, emphasize cognitive and emotional capacities. Yet, there's a pivotal aspect often overlooked: the Curiosity Quotient (CQ). This quality is paramount, as it fuels an individual's eagerness to explore and understand the world's intricacies. CQ keeps one vigilant, enhancing the depth of one's grasp on existence. It's this curiosity that enlivens our journey through life, encouraging a perpetual quest for knowledge and understanding.

Happy Ganesh Festival

According to the Hindu calendar, the auspicious Ganesh Chaturthi festival begins on September 19, 2023, spanning the next 10 days for extended celebrations.

Traditionally, a revered idol of Lord Ganesha is installed on a pedestal within homes for worship and devotion during these 10 days. Lord Ganesha, symbolizing the ultimate ideal of divine presence, becomes the focus of these devotions.

Throughout the festival, various sizes of Lord Ganesha idols are set up in each home. From the smallest to the largest, the representation of Lord Ganesha signifies an omnipresent divine presence, transcending time and space.

Religious festivals like Ganesh Chaturthi serve as a gentle reminder of the divine's constant presence, pervading our existence beyond the constraints of time and space.

The essence of Lord Ganesha's presence during this festival is a subtle nudge towards acknowledging the omnipresent divine within the supreme consciousness of being and evolving into our fullest selves.

This concept underscores that the ideal of divinity is always within us, encouraging us to realize our true, complete selves.

The tradition of celebrating Ganesh Chaturthi as a 10-day societal event was initiated by Mr. Bal Gangadhar Tilak. Since its inception, the festival has become a significant social and cultural celebration, particularly in Maharashtra.

The festival also philosophically addresses the concept of soul and God, highlighting the innate dualities and conflicts within our consciousness. It emphasizes the importance of inner realization and faith, not as a doctrine but as a personal journey towards self-awareness, free from duality.

In essence, Ganesh Chaturthi is not just a festival to honor Lord Ganesha but a period for introspection and spiritual growth, reminding us of the omnipresent divine and the potential to realize our complete selves.

Focusing on Our Own Journey

What others choose to do lies beyond our realm of responsibility, yet how we conduct ourselves in daily life falls squarely on our shoulders. It's vital to remember that when we attempt to cast blame or judgment on others, we inadvertently direct scrutiny towards our own flaws and failures. Embracing full responsibility for our actions and the happiness we seek is not just a choice but a necessity for growth and fulfillment.

In a world where sad news is a constant presence, with its own dedicated audience, it's crucial to acknowledge but not be consumed by it. This acknowledgment doesn't mean we ignore the realities of the world; rather, it emphasizes the importance of concentrating on our sphere of influence and responsibility.

By focusing on our personal development and happiness, we contribute positively to our surroundings, creating ripples of change. Let's commit to taking ownership of our lives, knowing well that the path to true contentment and achievement is paved with personal accountability and mindful actions.

A Tale of Continuity and Change

From the vantage of a 90-year-old owl perched upon an olive branch, the landscape of Chicago's politics and social fabric unfolds, largely unchanged since the 1960s. The division of communities along racial lines persists, with individuals gravitating towards spaces where they feel most aligned or accepted. The lucrative, albeit destructive, trades of guns and drugs flourish, unaffected by the race or promises of the city's mayors.

In a poignant illustration of the city's challenges, a young female police officer, on the cusp of graduating law school, tragically lost her life to teenage gunmen. This senseless act of violence, seemingly born from recklessness, underscores the perpetual cycle of hope and despair that characterizes the city's struggle for change.

The notion that the dynamics of hope might fuel the very change it aspires to achieve offers a sliver of optimism in a landscape marked by recurrent sorrow and conflict. This cycle suggests that hope, however fragile, remains a powerful catalyst for transformation.

Yet, it also reminds us of our collective responsibility in the unfolding of events within our community. The narrative beckons each individual to acknowledge and embrace their role in shaping their environment, emphasizing that ownership and action are critical in the pursuit of a more harmonious and just society.

A tale of continuity and change

The Lion King

In the realm of nature and leadership, the lion epitomizes the essence of sovereignty, not by the adornment of a crown but through the inherent nobility of its spirit. This majestic creature, revered across cultures and stories, symbolizes that true leadership and authority stem not from external symbols but from within.

The crown, often seen as a symbol of power and status, is merely an ornament in the grand scheme of leadership. It does not bestow kingship; rather, it is the lion's innate qualities—its courage, strength, and wisdom—that affirm its status as a leader among beasts.

This timeless message reminds us that genuine authority and respect are earned through one's character and actions, not through titles or possessions. The lion, with or without a crown, remains a king at heart, teaching us that the true essence of leadership lies in our inner virtues and the way we conduct ourselves in the world.

Questioning the Citadels of Religiosity

Within the formidable confines of religious citadels, the concept of inter-caste marriage is often regarded with unwarranted disdain, as if it breaches the natural order of society. This perspective, alarmingly, suggests a division so profound that it likens the union of individuals from different castes to a human forming a bond with a non-human entity. Such is the depth of the stigmatization and rigidity that pervades these citadels, where beliefs are both a sanctuary and a prison.

The citadels, meant to be havens of spirituality, find themselves ensnared by the very doctrines they uphold, struggling under the weight of archaic prejudices and dogmas. These strongholds of faith, rather than fostering unity and understanding, often reinforce divisions and inhibit the free exchange of love and ideas among their followers.

The path to liberation from these confines of religiosity, however, begins from within. True freedom is discovered in the quietude of personal introspection, in the spaces where one's inner voice becomes clearer than the doctrines echoed within the citadel's walls. It is within the silence of our own being that we find the courage to question, to seek, and ultimately to transcend the limitations imposed by external religious structures.

This journey towards inner freedom is not a rejection of spirituality but an embrace of a more profound, personal connection with the divine, unmediated by the rigid frameworks of institutionalized religion. It is a call to explore a faith that celebrates diversity, encourages questioning, and champions the universal values of love and acceptance.

Reflections on Artificial Intelligence

In the realm of existence, every living being is intricately designed by the code of its DNA, a complex programming of cause and effect that drives the pursuit of excellence and an eternal state of bliss where dualities vanish. This inherent quest, deeply embedded in the fabric of life, reflects a universal yearning for harmony and fulfillment.

As humanity ventures into the realm of Artificial Intelligence (AI), it mirrors this natural programming, crafting AI in the image of our own complex blueprint of causes and consequences. This endeavor is not just a technical feat but a continuation of our age-old quest for a transcendent state of existence, seeking through technology what we have always sought through life: an eternal bliss beyond the confines of dualities.

AI, in this light, becomes more than just a tool or invention; it embodies humanity's highest aspirations, pushing the boundaries of what is possible. It represents a pivotal moment in our journey, where the lines between creator and creation blur, offering a glimpse into a future where AI could become the most significant invention, unparalleled in its impact.

As we navigate this uncharted territory, the hope is that this technological leap will not only extend our capabilities but also deepen our understanding of existence itself. Yet, amidst this optimism, there's a silent prayer for guidance and wisdom in handling a power that mirrors the complexity of life itself. May the development of AI, in its quest to emulate the human pursuit of bliss and understanding, be steered with caution and compassion, ensuring that it enhances, rather than diminishes, the essence of what it means to be truly alive.

The Fluid Nature of Politics

Politics embodies the constant flux of change, a realm where perfection is a chimera, attainable only in stasis. In a world devoid of change, akin to an eternal state of bliss, the complexities and dualities inherent in the political landscape would dissolve, leaving behind a uniformity free from conflict. This notion underscores the essence of politics as a dynamic process, perpetually evolving, where the pursuit of a perfect solution is an ongoing challenge amidst the ceaseless ebb and flow of societal and global shifts. The idea of a perfect solution becomes a conceptual ideal, feasible only in a hypothetical reality where change itself has ceased to exist.

The Essence and Fragrance of Life and Living

The essence and fragrance of life and living reside in the profound journey through a myriad of relationships, spanning the gamut from malevolent to divine forces. This odyssey demands an immersion into the depths of connection, with the grand aspiration of emerging untouched and unfettered, fulfilling life's intrinsic desire to actualize its fullest potential. It's a testament to the paradoxical truth that the quintessence of life flourishes in the art of total detachment from any form of bondage, embracing the freedom that lies in liberation from all constraints.

Echoing the wisdom of a Sufi saint, possibly Jalal ad-Din Rumi, we're reminded that every newborn signifies life's ceaseless quest to fulfill itself. In the journey of a genuine seeker, there are no conditions or hesitations; the path is unequivocal and steadfast. The essence and fragrance of life envelop the universe, available unconditionally to those in earnest pursuit. This narrative encapsulates a universal truth about the pursuit of existential meaning and the liberation that comes from detachment.

Pilgrimage of Life

The pilgrimage of life persists as long as the embers of rebirth desire continue to flicker. It's a journey propelled by the yearning for transcendence, seeking something beyond the tangible. However, in the state of ultimate bliss—where every form of bondage and attachment dissolves—this incessant quest comes to rest. Freed from the cyclical pursuit of fulfillment, life finds its haven in the eternity of blissfulness, a realm where desires fade and the need for any pilgrimage ceases. This profound narrative captures the essence of our spiritual odyssey: a journey from desire-driven wanderlust to the serene embrace of existential contentment.

The Walls of Egotism

Humanity has long erected the formidable walls of egotism, often masquerading these barriers under the guise of religious faiths. These walls, divisive and splintering, have fragmented the spirit of human unity and life itself. Among the longest of such barriers are those that have been constructed on religious grounds, with a notable example being the wall that historically divides Catholics and Protestants in North and South Ireland. Similar partitions exist worldwide, each serving the identical purpose of fracturing the essential human spirit of oneness and solidarity. It is within this spirit of unity that life truly blossoms and reaches its zenith of fulfillment.

Intelligence and Wisdom

Intelligence, often celebrated and quantifiable through the intelligence quotient, stands as a hallmark of cognitive prowess, yet it is frequently entwined with ego. In contrast, wisdom emerges quietly from within, an inner realization that eludes measurement and transcends the desire for comparison. Unlike intelligence, which thrives in competitive environments and is invariably loud, wisdom manifests as egoless tranquility and non-competitive presence, offering equilibrium and inner peace that defy conventional assessment.

Wisdom's silent nature, undisturbed by the clamor for recognition or the trappings of duality, serves as a profound guru in life. It encapsulates an energy that is to be cherished for a lifetime, condensing within as a beacon of freedom from the mind's bondages. This juxtaposition between intelligence and wisdom underscores a deeper truth: that the essence of true understanding and enlightenment is found not in external accolades but in the serene depth of our inner world.

Sports and Religion

Sports, by their very nature, encapsulate the essence of competition, a realm where victory brings joy to one side and sorrow to the other. Contrary to this, religion, at its core, is not meant to be a competitive endeavor. Yet, history reveals that religion has often been practiced as if it were a competitive sport, leading to a distortion and potential annihilation of its fundamental tenets.

The juxtaposition between the competitive spirit of sports and the transformative ethos of religion highlights a profound dichotomy. While traditional religion may be encumbered by commandments and rigorous practices, the true spirit of religion is liberation from all forms of bondage. It is an inner journey towards realization, where individuals blossom into their fullest selves, in harmony with the nature of being and becoming, untethered by dualities and conflicts.

The Eternity of Blissfulness

In the realm of the eternity of blissfulness, commandments and dictates do not exist. Here, the peaceful silence of resolution reigns supreme, dissolving all dualities and conflicts. Within this realm, every phenomenon arises from this profound silence and, ultimately, merges back into it, embodying the seamless unity of creator and creation. This serene narrative captures the essence of a state beyond the confines of noise and turmoil, where the ultimate truth of existence is revealed in the quietude that encompasses both the origin and the culmination of all.

The Unsung Economist: Grandma's Household in 1940s Nagpur

In the 1940s Nagpur, India, our family's tale is one of resilience and ingenuity under the care of our maternal grandmother, an unsung economist. Despite her lack of formal education, she mastered the essentials of reading and writing through her parents and social interactions. Her acumen for household management was unmatched; she orchestrated the daily lives of eight family members, including five siblings, an uncle, and our grandparents, with remarkable efficiency.

Grandma's economic strategy involved employing a tribal couple for assistance and a daily cook, ensuring the family's sustenance was never compromised. The cornerstone of our household economy was a full-bred buffalo, a generous provider of milk, ghee, and buttermilk, sustaining us through the year and enabling lavish celebrations during the Diwali festival.

This intricate household economy operated on the fixed monthly pension of 250 rupees from our maternal grandfather, Dr. Nakhre, a retired civil surgeon. His pension, modest by today's standards, was sufficient for our grandmother to manage a comfortable and self-sufficient lifestyle for the family. This story is less about the fiscal economy and more about the wealth of efficiency, love, and self-reliance instilled by our grandmother.

Our grandfather’s legacy, the house he built in Dantoli, Nagpur, stands as a testament to their life and values. It remains a cherished memory, symbolizing the enduring love and resilience of our grandparents.

The Transparent Hue of Spirituality

In the realm of spirituality, the color of human skin transcends the physical spectrum, embracing a singular, universal hue: transparency. Spirituality, in its purest form, recognizes no distinction in skin color, as it is the essence and fragrance of cosmic consciousness, devoid of any pigmentation, save for transparent. This profound perspective underscores the idea that spirituality is not confined by the visual or material, but rather, it is an experience that transcends the physical, connecting all beings in a state of colorless unity.

Memorial Day

Dear compatriots, Before we step out to commemorate Memorial Day, let us first pause in solemn reflection to honor the courage and sacrifice of those who have laid down their lives for our nation’s freedom and its cherished values. Martyrdom represents the ultimate sacrifice, given freely and without condition, for the nation and its principles.

After paying our respects to these valiant souls, let us proceed to celebrate Memorial Day, mindful of the immense sacrifices made by these heroes throughout our history. Let their memory remind us that the spirit of the United States is forged in unity and the collective consciousness of its people, aspiring towards a future where divisions fade away. Long may our nation thrive, embodying the United Spirit of Human Consciousness.

Soul of Chicago

The term "Soul of Chicago" resonated deeply in the recent mayoral elections of Chicago, echoing the broader term "Soul of the Nation" used in the context of presidential elections in the United States. These phrases, laden with passion, serve as rallying calls in political campaigns, aiming to capture the hearts of the devoutly faithful. These individuals often find themselves torn between the polarities of their aspirations, seeking to forge their unique identities amidst the tumult of political and spiritual dualities.

At its core, the soul represents a profoundly personal experience, a realm where the forces of light and darkness converge into a singular, universal consciousness, transcending all dichotomies. Political ambitions and personal aspirations diverge vastly in their understanding and grasp of this total consciousness. The age-old struggle between the concepts of heaven and hell, and between the divine and the demonic, reflects the ongoing conflict within human consciousness, a battle seemingly oblivious to the tranquil realm of eternal bliss where all dualities dissolve.

The expressions "Soul of Chicago" and "Soul of the Nation" are thus relegated to mere political jargon, aimed more at electoral success than at fostering a genuine connection with the soul's individual and intrinsic journey towards fulfillment. Such terms, while evocative, fall short of addressing the deeper spiritual yearnings of the human heart, offering little in the way of resolving the inner conflicts that plague the faithful.

The soul, S-O-U-L, thus remains a deeply personal inner experience, one that transcends the fleeting promises of political rhetoric. It is a journey of discovery into the essence of being, where the soul, as a unique expression of human consciousness, embarks on an eternal quest for truth and bliss, untainted by the dualities of the material world. No language can adequately encapsulate the soul's non-physical nature and its all-encompassing presence, where life flourishes in its highest aspirations.

Spirituality, therefore, is not a path of concession but a journey inward, reversing into the silence of our own being to embrace the eternal truth and its bliss. Ultimately, life is an inner realization of non-duality, where supreme consciousness unfolds its natural essence.

Yoga Nidra

Yoga Nidra and Pranayama stand as pillars of a timeless yoga discipline, inviting practitioners into a profound journey of self-discovery and tranquility. This ancient practice is centered on connecting with one's natural self, achieved in the total silence of self-presence. Designed as a daily ritual to enhance individual perception, Yoga Nidra and Pranayama transcend physical activity, focusing instead on the subtleties of the inner experience.

A step-by-step guide offers a detailed pathway to engage with this discipline, presenting a methodical approach to embrace the stillness and the transformative power of these practices. Committing to 40 minutes of Yoga Nidra daily, at a time that suits the practitioner best, serves as the key to unlocking the profound benefits intrinsic to this practice. The efficacy of Yoga Nidra and Pranayama is self-evident, requiring no external validation to affirm its value. The silent, yet potent force of Yoga Nidra articulates its significance through the personal revelations and tranquility it bestows upon those who engage with it.

This discipline is a testament to the enduring legacy of yogic practices, flourishing through centuries as a beacon of self-discipline and inner peace.

Prayer

Prayer transcends the notion of a mere request for personal gains from a divine entity. Elevated beyond the confines of material desires, prayer embodies an affirmation of the omnipresent, timeless, and spaceless energy that envelops us all. It is in this profound communion with the universal essence that we find our true place, aligning with the vast, boundless expanse of energy that interconnects every aspect of existence. Prayer, thus, becomes a bridge to the infinite, a heartfelt acknowledgment of the underlying unity and harmony that defines our ultimate reality.

Pranayama

Pranayama, the art of breath control, encapsulates purely breath-based inner experiences designed to enhance conscious awareness through silence. At its heart, yoga signifies the union of natural forces into a harmonious energy flow. Among the various pranayama exercises, two stand out for their profound impact on personal practice: Yoga Nidra Pranayama and Nadi Shodhan Pranayama. These practices offer silent, reinforcing experiences that delve deep into the individual's consciousness, promoting a unique level of self-realization.

Notable proponents of pranayama, such as Anandamurti Gurumaa from Haryana, have provided valuable resources, including video and audio narrations of these exercises. Engaging with these teachings in the quiet of one's own space allows for a deeper exploration of the vast benefits pranayama holds. These benefits are silent yet profound, aiding individuals in reaching unparalleled levels of self-realization, where life can flourish to its maximum potential. Through pranayama, the complexities, dualities, and confusions of life begin to dissipate, revealing the pristine essence of our universal identity, free from all contradictions.

The Enduring Irony of War and Profit

The relentless cycle of global conflict serves as a stark reflection of the turmoil within human consciousness. As wars perpetuate around the world for myriad reasons, it becomes evident that the weapons manufacturing industry thrives on these conflicts. The irony lies in the fact that while societies grapple with the devastation of war, arms manufacturers and international dealers reap substantial profits, selling instruments of destruction to any buyer with the means to purchase them. This profit-driven motive ensures the weapon industry's growth, buoyed by the continuous demand for arms amidst global strife.

Amidst the facade of peace treaties and diplomatic negotiations, the arms trade for mass destruction flourishes, with the identities of those profiting from this trade shrouded in secrecy. As a 90-year-old observer perched upon my olive branch, I have witnessed the unchanging nature of this dynamic over nine decades. Despite the horrors and the attempts to obscure the truth, the resolve to infuse love into the remnants of destruction remains the only solace.

From this vantage point, the history and current state of global conflicts underscore a harsh reality: the business of war is not only profitable but also a silent testament to the enduring irony of human endeavors for peace and destruction.

The Natural Path to Healing

The journey of prolonged ill-health and the quest for recovery often leads one to explore the synergy between conventional medicine and the wisdom of natural remedies. This narrative unfolds through personal experiences, highlighting a significant period of recovery catalyzed by the traditional knowledge of healing plants, specifically the Parijatak plant.

Amidst the challenges of physical recovery from a severe foot injury, traditional medical practices and the loving care of family were initially the primary sources of healing. Despite these efforts, the wound worsened, revealing a deeper need for an alternative approach. It was the introduction of a simple, yet profound remedy involving the leaf of the Parijatak plant, known for its healing properties and beautiful, fragrant flowers, that marked the beginning of a miraculous recovery.

This leaf, applied with ghee and without any artificial dressings, initiated a process of natural healing that modern medicine had struggled to achieve. The wound, which had resisted healing for months, showed remarkable improvement within weeks, demonstrating the potent healing capabilities of natural remedies.

This experience underscores the power of integrating Ayurvedic wisdom with contemporary medical practices. It serves as a testament to the body's ability to heal under the right conditions, reminding us of the importance of exploring all avenues of healing.

The Unconditional Embrace of Mothering Nature

Mothering nature represents the quintessence of doing what is necessary at the precise moment, akin to a mother's instinctual care for her offspring throughout their lives. This embodiment of nature as a nurturing force highlights an all-pervasive consciousness that sees no division between one form of life and another. It does not discriminate between the living and the dead, offering its unwavering support and sustenance to all beings without distinction. This eternal principle underscores the interconnectedness of all life, where nature, in its role as the universal mother, provides ceaselessly and unconditionally.

Beyond Diplomas

Earning a diploma or degree from institutions of higher learning undoubtedly opens doors to career opportunities, facilitating the means to earn a livelihood. Yet, this achievement represents just one dimension of education. True education extends beyond academic credentials, embodying life's deeper quest for completeness and inner fulfillment. It involves an ongoing process of learning that enriches our understanding, not just of the world around us, but also of our inner selves. This holistic approach to education recognizes that while formal schooling equips us for professional success, the essence of being truly educated lies in nurturing our personal growth and self-awareness, fulfilling life's intrinsic desire to become complete from within.

Guru and God

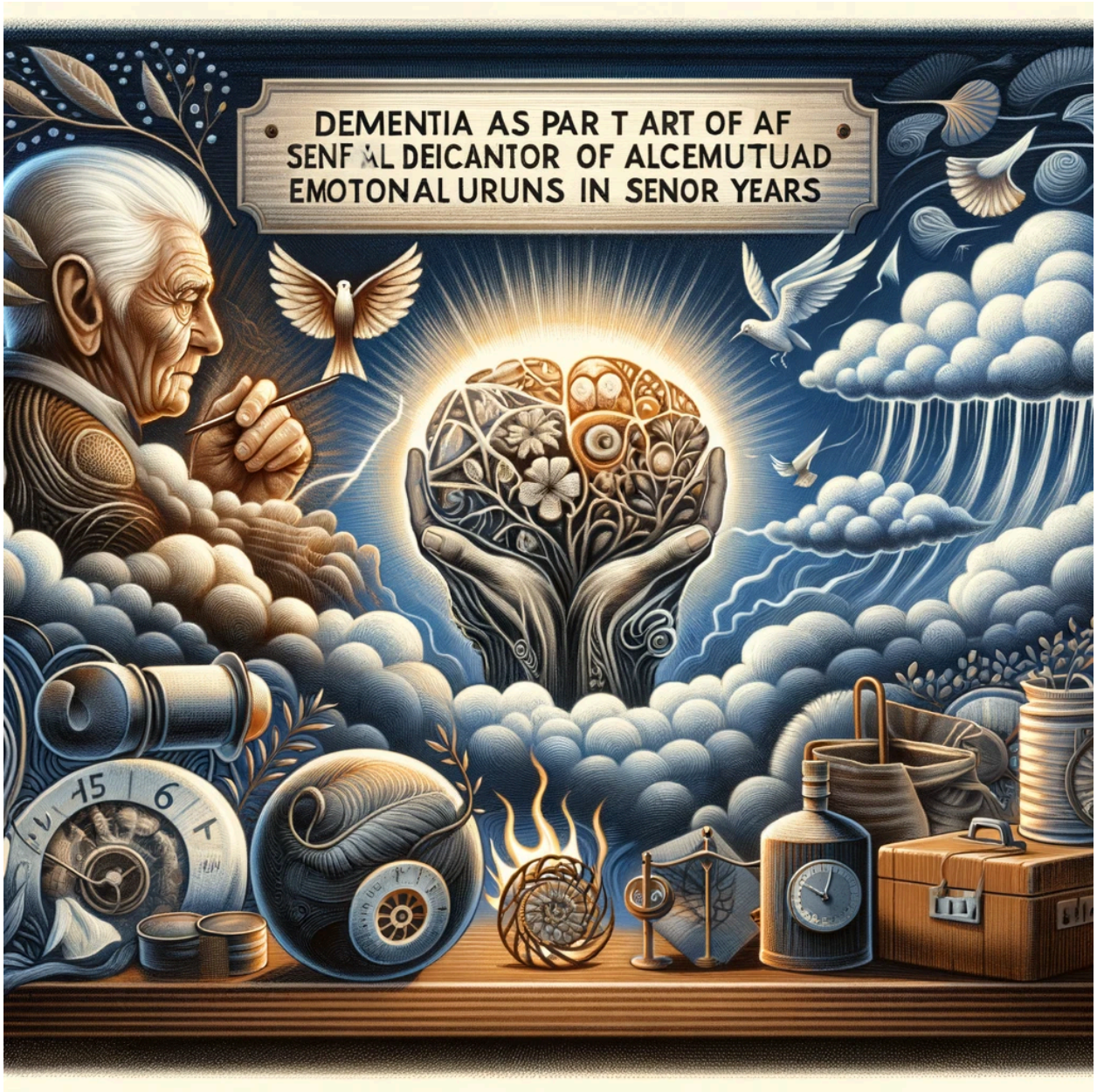
In the journey of personal growth and enlightenment, both the guru and God serve as symbols of profound, self-enhancing experiences that transcend the boundaries of conventional knowledge. These experiences, far removed from the realm of scholarship, guide us to a comprehensive understanding of our own selves. It is through experience—deep, integrated, and inherently self-enhancing—that we come to realize our fullest potential. This path of discovery emphasizes the importance of experiential knowledge in achieving a state of complete self-awareness and fulfillment.

Nature's Relief Valve

The term "dementia" often conjures images of a progressive memory loss experienced in senior years. However, from a certain viewpoint, dementia is not merely a disease but rather a natural mechanism for alleviating the emotional burdens that accumulate with age. The senior years are a tapestry of both cherished and sorrowful memories, which, over time, can overwhelm an individual's emotional capacity. In this light, dementia can be seen as nature's method of easing these pressures, acting as a release valve for the mind's overloaded emotional storage.

Old age is invariably linked with a rich spectrum of memories that have the potential to overload the emotional bank. Dementia, in its essence, serves to lighten this load, offering relief from the mental stress and depression that can arise from an excess of unresolved emotional content. It suggests that maintaining a lively interest in personal hobbies and passions can be vital in mitigating the emotional strain that may contribute to dementia's onset.

This perspective portrays dementia not as an ailment to be feared, but as a part of nature's intricate design for managing the complexities of human emotion in our later years. It emphasizes the importance of sustaining curiosity and engagement in activities we love as a means to balance our emotional wellbeing.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In Search of Universal Peace Amidst Conflict

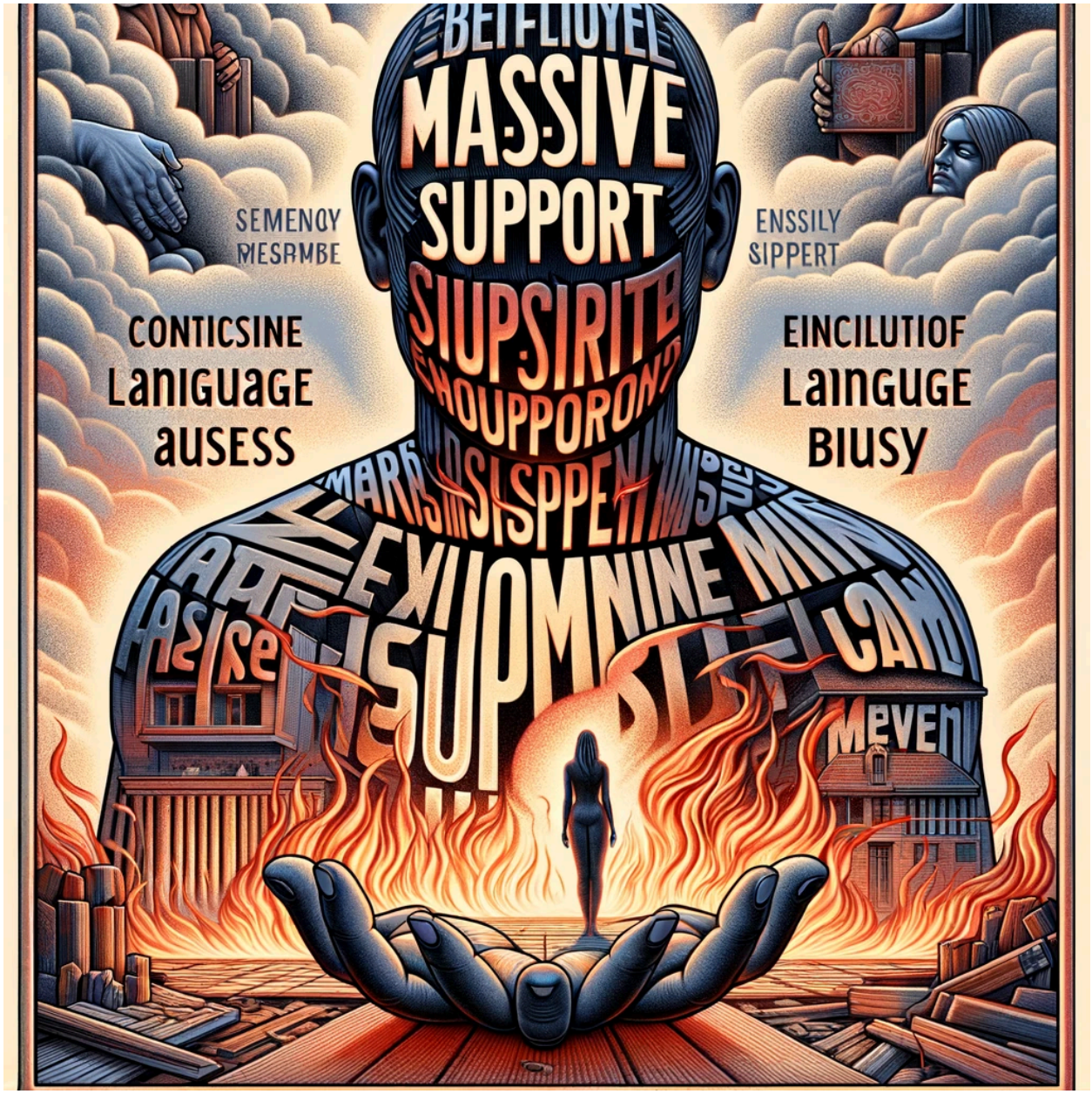
The concept of battling conflicts, whether on the global stage or within the confines of the human psyche, reflects a profound dichotomy. These conflicts, often waged with the ambition of expanding empires or ideologies beyond conceivable bounds, underscore a deeper, more intrinsic struggle. This struggle is not just for territorial gain or dominance but for the elusive peace that seems integral to human fulfillment and the broader harmony of the universe. In this perpetual quest, the ultimate victory lies not in the conquest of land or the subjugation of foes, but in the attainment of universal peace—the singular source of true prosperity and tranquility. This narrative posits that amidst the cacophony of battles, both external and internal, the essence of peace remains the cornerstone of genuine progress and well-being.

Reflecting on "Man + Asses = Masses"

The playful linguistic equation "Man + Asses = Masses" offers a provocative lens through which to examine the subtleties of language and its implications on gender inclusion. At first glance, this phrase humorously and perhaps controversially, decomposes the word "masses" into components that highlight a male-centric perspective — "man" and "asses." While not rooted in actual etymology, this breakdown serves as a metaphorical critique of how language can subtly perpetuate gender biases by emphasizing male dominance, even in collective terms used to describe large groups.

This equation underscores the importance of scrutinizing the language we use daily for hidden biases and implications. It suggests that often, language unintentionally reflects and reinforces societal structures that prioritize one gender over others. By examining words like "masses," which ostensibly appear neutral, we can uncover underlying biases that exclude or diminish the presence of women.

Reflecting on "Man + Asses = Masses" opens a dialogue on the necessity for more inclusive language practices. It challenges us to consider how even seemingly innocuous words can shape perceptions and contribute to a culture of exclusion. The irony of this linguistic breakdown is not just a matter of word play but a reflection of broader implications for inclusivity and representation, urging a reevaluation of the terms we use to ensure they encompass all members of society equitably.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Beyond Proof and Doubt

In the vast expanse of life and the universe, the quest for proof or disproof becomes redundant. We, as individuals and as part of the larger cosmos, embody the ultimate evidence of our existence, causes, and consequences. The universe itself, with its all-encompassing presence, serves as a self-sustaining testament to this reality. It operates within a cycle of non-destructive energy, eternally perpetuating and renewing itself, situated within a realm of silence where our true essence is discovered. In this perspective, the need for proof is transcended, as existence and its intricacies are accepted as inherently self-evident. Proof, in this context, is seen as an unnecessary justification, for the universe and our place within it are proof enough of the grand design.

The Echoes of a Slap

The act of unleashing a slap, particularly on a teenager, reverberates through time, returning in various unforeseen ways throughout one's life. Such an action inflicts a profound wound, not merely physical but deeply emotional, leaving an indelible scar on the heart of the young individual. This injury, nestled within the complexities of a developing psyche, may take years to heal, if it ever does. The repercussions of this moment of impulse extend far beyond the immediate, serving as a poignant reminder of the lasting impact our actions can have on others, especially those in their formative years. It behooves us, therefore, to pause and reflect on the consequences before allowing a moment of frustration to manifest into a physical act that might forever alter the course of a young person's life.

Matter and Essence

The journey of life, intertwined with the material existence of the human body, unfolds as a profound exploration of being and transcendence. The body, while composed of matter, embarks on a journey that extends beyond its physical limitations, moving towards a culmination in the eternity of blissfulness. It is within this state of ultimate peace that all struggles and conflicts dissolve, ceasing to exist, and where the essence of existence prevails, timeless and boundless. This transition from the tangible to the transcendent marks the passage of life, highlighting that each being is both the architect and the legacy of its journey. Life, in its essence, is a sequence of causes and consequences, leading inevitably to a union with the infinite serenity of blissfulness, where the true nature of existence is revealed.

Religion: From Cosmic Alignment to Global Conflict

The essence of religion, at its core, seems to imply a harmonious alignment of individual energies with the cosmic force that is boundless, without beginning or end. Yet, the transformation of religion into a competitive force in global affairs marks a departure from this spiritual unity. This competitive nature has fostered endemics and pandemics of religious conflict, threatening to annihilate the living spirit of humankind itself.

The resolution to these endemic and pandemic challenges lies within the realm of individual consciousness. It is upon the terrain of personal awareness that the seeds of peace must be sown, resolving conflicts at the community level through individual initiative. There are no prophets destined to descend and mend these divides; the responsibility rests with each person. This narrative underscores the pivotal role of individual action in transcending the divisiveness that has come to characterize modern religious experience.

Individual Action Against Religious Strife

The solution to the widespread challenges presented by religious divisiveness lies not in the interventions of mythical prophets or external saviors but within the grasp and consciousness of every individual. Recognizing religion's dual potential to unify or divide, this perspective underscores the pivotal role of personal responsibility and awareness in addressing and healing the fractures within our communities. The transformation from endemic disagreements to widespread harmony demands action and understanding at the most personal level. In this realm of individual consciousness, the power to transcend religious conflicts and pave the way for community cohesion is realized. It reminds us that peace and unity are cultivated through personal effort and introspection, highlighting the essential truth that lasting change begins with the individual.

Choices on the Wisdom Trail

Life presents a spectrum of options, balancing on the thin line between sanity and its absence. When guided by sanity, the breadth of choices remains vast and varied, allowing for deliberate and wise decision-making. Yet, in moments when insanity overshadows reason, options dwindle, leaving little room for maneuver. This dichotomy underscores the importance of timely and judicious choices on the path to fulfillment and bliss. The wisdom trail, thus, becomes not just a journey through life but a navigation through the choices that define our existence. It calls for mindfulness and foresight, reminding us that the quest for completeness and bliss in life is intricately tied to the decisions we make, guided by the light of sanity.

Cooking the Meditative Meal

Cooking the meditative meal, or the meal for meditation, is all about establishing silence and its intensity so much that the meal completely envelops the meditator. It's a culinary process designed for deep meditation and self-enhancement, reaching cosmic proportions beyond the realm of duality. This culinary approach to meditation transcends the conventional, inviting a profound unity between the act of cooking and the meditative state it induces. In preparing a meal with such intent, one crafts not just food, but an experience that enhances meditation, facilitating a journey beyond dualities.

Ph.D.

Earning a Ph.D. from a university might humorously qualify a candidate to become poor, honest, and dependable, or perhaps even phenomenally naive in the ways of common sense. This observation suggests that the rigors of academic achievement do not necessarily include the application of common sense, which is fundamental to navigating the complexities of daily life. Common sense, with its grounding in practicality, serves to enhance the essence of life and enrich our experiences. Thus, obtaining a Ph.D. is a reminder that life extends beyond academic accolades; it is fundamentally about cultivating and valuing inner experiences.

Success and Failure

Early successes in life can often lead to an inflated ego, which paradoxically may set the stage for future failures. Conversely, early failures, while potentially devastating, can serve as foundational steps towards future achievements, much depending on one's personal outlook and resilience. The repeated cycles of success and failure highlight the importance of humility. It's humility of heart that enables us to maintain equilibrium throughout life's ups and downs, ensuring our journey remains balanced.

This balance, rooted in humility, is crucial for internalizing true success and embracing happiness as we navigate through the challenges and triumphs life presents. It teaches us that happiness and peace stem from within, influenced by our inner equanimity and the energy we bring to our daily lives. Ultimately, it is this humility that cultivates the happiness each individual seeks and merits in the pursuit of a blissful existence.

A Tribute to the Elders

The blessings from our elders who have passed into the beyond resemble sacred raindrops, each one a benediction upon us. These spiritual raindrops, like holy water, grace us with their presence, imparting wisdom and comfort. In homage to these cherished blessings, the song sung by Paul Newman, "Raindrops Keep Falling on My Head," becomes a symbolic melody, dedicated to Ariel and Raoul. This song is an invitation to revel in the beauty of life, to listen, enjoy, and immerse in the dream that is existence. It's a reminder that life, in all its fleeting moments, is to be cherished and savored, a journey of fulfillment and discovery, guided by the silent wishes of those who have journeyed ahead.

Music

Music transcends mere sound to become a profound form of prayer, embodying a heartfelt sense of gratitude towards the all-pervading bliss that allows life to flourish in its entirety. This unique expression of thankfulness and recognition elevates music beyond a simple art form, imbuing it with the power to connect deeply with the essence of existence. Through its melodies and harmonies, music serves as an unconditional prayer, celebrating and acknowledging the boundless capacity for growth and joy inherent in life. It is in this realm that music and spirituality intertwine, offering a pathway to experiencing the full bloom of life's potential, time and again.

The Essence of Being

The ephemeral nature of physical expressions of affection, such as kissing, contrasts sharply with the lasting impact of cultivating thoughts and experiences. While kisses may fade, the cooking of thoughts and the introspection they provoke endure, guiding us towards deeper self-awareness. This journey of reflection reveals our true essence beyond the physical realm — not defined by body, mind, or intellect, but as an integral part of the eternal blissfulness that pervades the timeless and spaceless universe. Recognizing oneself as an unchanging presence within the ever-blooming existence offers a profound understanding of our true nature and the imperishable essence of our being.

The Open Scripture of Bliss

Mothering nature stands as an ever-present, ever-open scripture, accessible to all who seek the profound experience of eternal bliss. This scripture is not confined to the written word, verses, or commandments but unfolds through the limitless expressions of nature's nurturing love. It invites every living being to immerse in its wisdom, offering guidance and sustenance for life's journey toward fulfillment. Mothering nature, in its boundless generosity, serves as the ultimate teacher, embodying the essence of caring and support for all desirous of understanding the depths of existence and finding their place within the tapestry of life. It is in this embrace that individuals find the keys to unlocking the richness of their beings, guided by the silent wisdom of the natural world.

Media Diarrhea

The Sunday news often appears as a weekly bonanza, delivering what can only be described as a verbal outpouring from the news media. This phenomenon, likened humorously to "diarrhea of the mouth," results in a deluge of information that viewers must sift through. As broadcasters spill their metaphorical 'golden shit,' the onus falls on the audience to discern the underlying truths amid the partisan debates between Democrats and Republicans. This weekly ritual highlights not only the overwhelming nature of contemporary news cycles but also the challenge it poses to the public in distinguishing fact from sensationalized reporting.

The Crucifixion

Crucifixion, a term globally recognized, symbolizes one of the most severe manifestations of human nature's reaction to perceived threats to its values and aspirations. In 1970, during a visit to Quebec City, Canada, with my wife and our son Deepak, we encountered a poignant depiction of the crucifixion of Christ inside a rotunda. This powerful and incomparable painting captures the violent and tragic scene of Christ being nailed to the cross, serving as a stark illustration of how human nature can react violently to what it perceives as threats, even when these threats are based on imaginary constructs.

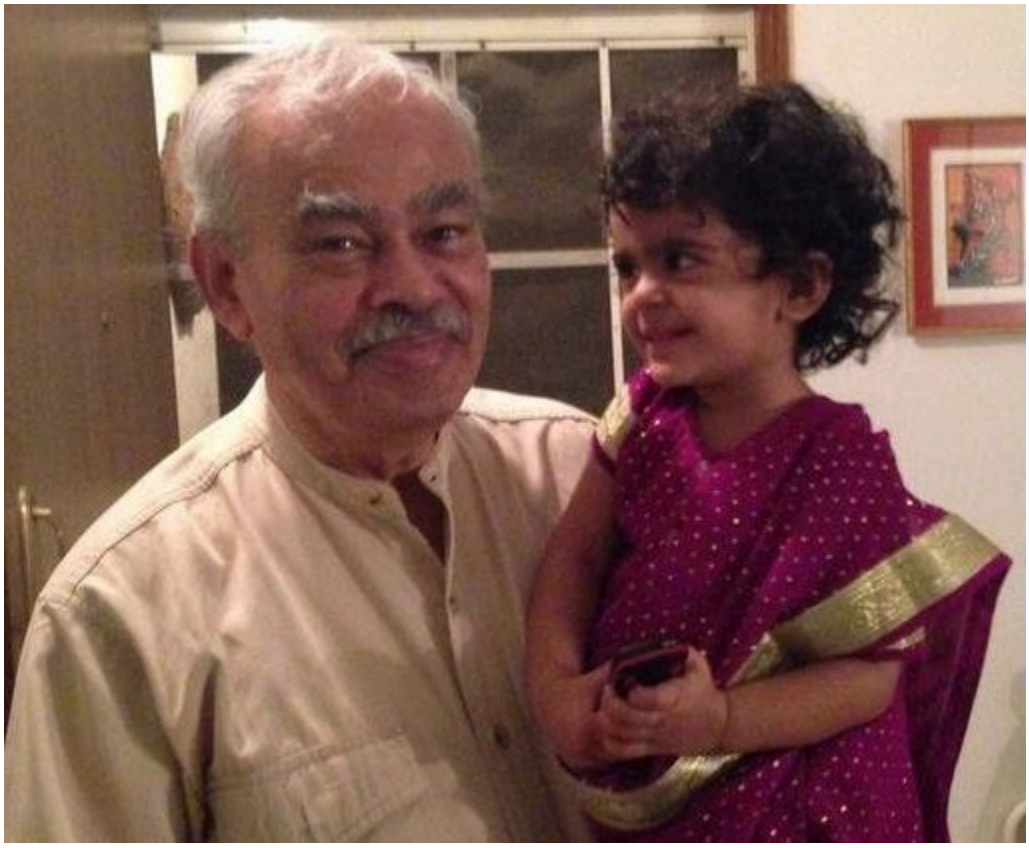
This depiction not only portrays a significant religious moment but also reflects on the broader implications of faith and belief in human society. The painting in the rotunda acts as a reminder of the often brittle foundations of human convictions and how these beliefs can lead to profound and lasting impacts on history and culture. The divine presence, timeless and spaceless, contrasts sharply with human actions driven by fear and misunderstanding.

Ordinary vs. Extraordinary

There exists a subtle yet profound distinction between ordinary people and extraordinary individuals. Ordinary people often navigate daily life armed with their ego, anger, pride, and prejudice. These reactions are common and perhaps understandable but can limit personal growth and broader understanding. On the other hand, extraordinary individuals transcend these common reactions by connecting their physical existence to a cosmic existence, a realm where dualities and petty conflicts cease to exist. This connection fosters a greater understanding of life and a capacity to engage with the world in a more profound and meaningful way.

Extraordinary people demonstrate the potential to rise above the ordinary by fostering a deep connection to something beyond the immediate and material. They embody qualities that allow them to see beyond the surface, making them able to relate their experiences to a broader, more universal context. This quality makes their lives not only different but arguably more enriched and purposeful.

About the Author



Suresh M. Deo was born on December 4th, 1932, in Nagpur, India. He spent the first 25 years of his life in India before moving to the United States, where he has lived for over 54 years. Suresh's passion for writing developed from a simple desire to delve deeper into subjects and ideas he had previously taken for granted.

Suresh's educational journey began at Nagpur University in India and continued at the University of Mississippi, affectionately known to its alumni as Ole' Miss. After completing his studies, he embarked on a forty-year career in the Plastics and Composites industry. Reflecting on his career, Suresh humorously notes that he learned enough about Chemical Engineering to confuse a chemist, enough about engineering to baffle an engineer, and enough about people to befuddle himself.

One of the most memorable moments of his life was a six-month world tour at the age of 30. During this journey, he observed the universal human experiences of joy, aspiration, frustration, and the fears associated with the unknown.

Suresh and his wife, Usha, spend their summer months at their home in Addison, Illinois, close to their three sons and two grandchildren. During the winter months, they return to India to enjoy the pleasant climate of Pune.