



VERY OFTEN A
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CHANGE OF SCENE
— A C BENSON

THE PATH OF OUR ACTIONS

The course of our actions leads us to be conscious that our present consciousness is contaminated with local forces, writes VIPIN GUPTA



In the current scenario, as we work our way through the pandemic, there is a critical need for us to revisit the path of action to know its significance using the modern scientific parlance. The path of action leads us to be conscious that our present consciousness is contaminated with many local forces. By globalising our mindset consciously, we can be the conscious entity enjoying our life without contaminating the consciousness of others with our unfulfilled wishes.

What if we let the local forces contaminate our consciousness? When we manifest the consciousness that the local forces impregnate within our spirit, we lose the consciousness of objectivity and develop a subjective consciousness cherishing materialistic happiness.

When we lack objective consciousness, we become a subject capturing all the local forces, the copy of people's wishes, within our present consciousness. In Hindi, the present consciousness means *paramatma*. We reproduce *paramatma* as our *atma*, i.e., our consciousness. Thus, we transform the illusion of the unknown reality yet-to-manifest into the known reality. Consequently, we limit our power to be the conscious entity, conscious of how to fulfill our goals. The Sci-fi movie *The Mandela Effect* showed how one becomes obsessive about the illusion-turned-known reality and destroys one's unknown reality as a conscious entity.

Materialism is the thing that gives us joy by producing an illusion of materialising our goal. When we do not have any goal in life, we begin associ-

ating materialistic growth and its three-fold growth over the past, present, and future of our life as our potential. The materialistic growth is the six-fold growth realised through the three-fold growth of the material kingdom that we wish to possess and the three-fold growth of the spirit kingdom that impregnates us with a possessive wish. The spirit kingdom does so because the "spirits" (*Ruh*) do not possess anything. They are a "figment of our imagination" (*kalpanik*), formed from our belief system.

When we materialise a figment, that is, spirit, with our conscious life force, it becomes a photon. Let me reiterate, the conscious spirit we create with our consciousness becomes the photon.

Now, if you are a student of science, you may know that in science, a "uni-

verse of photons" (*Vishvagoptri*) is known as water. Therefore, we can say that the water is the spirit kingdom. Modern research shows that the water radiates a "conscious light force" (*Apas*). It diffuses the spirit of our physical body's water through the force of water.

Drawing from India's ancient wisdom, the force of water is the water-effect that forms "Hydrogen" (*Jalaprana*) and transforms into our "consciousness" (*Chetana*).

Thus, our "belief system" (*Saguna*) shapes our consciousness and confabulates our life's goal with the Mandela-effect. We begin materialising the wishes of those who have formed our belief system.

The youth's belief system today is largely shaped by the media, charmed by the Western material development through the domination over the other nations. The materialism motivates the youth to seek material wealth through any means, by hook or by crook, to counter the dominating forces with their youthful vigor. Their outlook results in their self-destruction because everybody is seeking to become "omnipotent" (*Sarva-shaktiman*), for positioning themselves as the "present consciousness" (*Paramatma*). When everybody wishes to be *paramatma*, they just become an aggregator of all "local forces" (*Mahadasha*). They become a devil king without any follower, thus suffering mental depression.

In their mind, they are supreme gurus who are setting the course everybody should be following. When they have few followers on the social media, they take on the path of alcoholism, drugs, and other self-destructive habits seeking to conceive illusions and make them their known reality.

My research illuminates the unknown reality of each person as a "conscious entity" (*Siddha*). When we are conscious of our goals, we need not spiritualise them for somebody else to follow or materialise them as a follower wishing to be a leader lord of the entire land, like the King Indra. That lets us be the enjoyer of our reality as a conscious entity. We master the method for manifesting the present and materialising the future we wish, without being limited by our past. We can be conscious of our goals through discipline, devotion, and dedication to our roles, thus developing a sensible sense of proportion for living a fulfilling life overall.

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HIDDEN SOULS
PRAMOD PATHAK



Information overload

The present time is called the information era. But what is intriguing is that there is no authentic definition of information. Whether there is information boom or information bloom or information bomb that impacts us is hard to explain. Though we believe that we are in the information age, we are not very sure if there is information rage or information craze or information outrage that has affected the society. But one thing is certain that more than information, there is misinformation and disinformation that is doing the rounds. Rightly, then, there is growing concern on the impact that this information explosion is creating on the society. Digital information behemoths like Twitter, WhatsApp and Facebook have all come under scrutiny for their ever imposing and over imposing role. The knowledge that they can influence minds has given them some kind of an arrogance. Right to information and freedom of expression do not mean you can write anything. While questions were raised in the past over authenticity and intention of information spread as research, observation or even investigation, there were scandals like Cambridge Analytica that proved how social media platforms can serve oblique interests. The popularity of social media has made them a tool to influence human minds in a big way and this is being exploited. The tech platforms have become Frankenstein like monsters, difficult to monitor. The problem is that there is no effective regulation to rein them in. India is more of a soft target for the simple reason that we have a large population with enough time and high gullibility to be influenced by mischief mongers. It is rather timely intervention that the government is trying to make. The apprehension that the apex court has raised that social media manipulation can put the democratic process in peril is quite right. Free market and free information are all subject to reasonable restrictions and government has every authority to enforce regulatory mechanisms to curb misuse of digital platforms. It can be argued that social media has given the means of expression to a large section of humanity and is enhancing equal and open dialogue between different interest groups. But that cannot be a licence to disseminate falsehoods, surmises and unsubstantiated information that can harm societal interests. There is truth in the reasoning that social media has become a means in the hands of vested interests who recognise its disruptive potential and use it to achieve undesirable ends. In fact, we saw the dangerous side of social media during the pandemic. It created a havoc by disseminating misinformation and disinformation. The free flow of fast and spurious information added to the ferocity of the pandemic by creating a terrible fear psychosis causing many deaths. Social media has become an opiate for the gullible masses who are attracted to it to the extent of addiction. For many people the information of the social media is gospel truth. Laws alone cannot check rampant misuse of social media and a massive and serious campaign is needed to spread awareness amongst people. Social media is often used to spread falsehoods like wildfire that needs to be doused forcefully and systematically.

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BEAUTY OF WORDS

Mindful speaking can bind relationships & careless words may cause heartbreaks. Choose carefully, says ANAMIKA YADUVANSHI

Handle them carefully, for words have more power than atom bombs.
— Pearl strachan Hurd

The charisma of words is spectacular. Consider this pairing, "Don't Stop" and "Don't stop". The full stop changes everything. The roar of a Lion while in cage will not terrify but same roar in a Jungle would. Often, sarcastic work evokes feelings of disgust and may point to one's failure. But in stark contrast, inspirational words will re-boost one's confidence. It is part of our life to fail before tasting success.

Likewise, it is important to be in the company of optimists than pessimists. For what you hear affects your subconscious food for good thought has to be good words and vice versa. Consider two voices — a war cry and a temple verse. While the first fills you with patriotic aggression. The latter fills you with religious spirituality.

The quality of balanced speaking is an art. Sometimes, silence is an art. Sometimes silence conveys the desired effect, while at times a thousand words may not be that impactful. As you may have heard our past Prime Minister Dr Manmohan Singh, responding to allegations that he was a silent PM: "My silence kept the honour of the controversial questions." Words have power to heal and also power to inflict. A mass encouragement to a losing sports person might empower him to win while a negative trolling may result in a winner losing.

It is important to consider what effect English as a universal language may have in different regions. The phrase by British boy to an American girl that "I will give ring to you tomorrow" resulted in eventual misunderstanding and then break up between the two while the boy meant he will give a telephonic call (Ring) to girl the next day, the girl was expecting a wedding proposal with a finger ring. Thus, it is important to make sure



that words convey the same feeling that they are intended to.

Choose your words carefully, for words spoken are like bullets, both cannot go back to its origin. Few things that you should keep in mind before you speak are: be prepared to think before you speak, say what you mean, stand behind your statement and be respon-

sible for them. Also, you must be empathetic towards the others and keep in mind what will they feel about the words that you pour on them.

Mindful speaking can bind relationships and careless speaking may cause heartbreaks. Be Mindful, happy expressing
The writer is a life coach and motivational healer

What do I really want?

God's grace is unlimited; we just have to become deserving. Apply yourself in the right ways, writes AJIT KUMAR BISHNOI

The list is long, but as I have experienced quite achievable. I have to just apply myself in the right ways. All the solutions revolve around God. However, they are not at all easy. As I have realised that I must get them, I am prepared/ sworn to do what I must.

The first desire is to be relieved from miserable situations, which forever present themselves. We are born on this earth planet, which has natural miseries like extreme weather conditions and troubles coming from others for various reasons like enviousness. Add to them our bad "karmaphalas", not so far exhausted results of sinful and impious acts done in the past. All these are a handful. Lord Krishna has warned us in the verse # 2.14 of the Geeta about their coming and going on a regular basis. Neither can they be stopped nor totally negated; the best bet is to reduce them to a bare minimum and tolerate the balance manfully. So what did I do? I looked for solutions and after decades of search zeroed upon the verse # 18.62 of the *Bhagavad Gita*, in which the Lord has asked us to take His shelter. It is a hard act because our "ahankar" (ego) comes in the way; really obstructs. How can I give up my *ahankar* — an integral part of me? (7.4) As I was desperate to get a hold over incessant troubles coming my way, I took a hard decision to chip away at my ego.

I accepted that God is different from us very different; He is really unlike us. And I was going to obey God's instructions, and there was no shame in it, because He is omniscient. And the *Gita* came in very handy. The beauty of this book of eternal wisdom is that one starts to relate to the instructions given therein. I did too, and began to practice a few of them. I had to be extreme-



ly careful because whatever spiritual activities I chose had to somewhat suit my obstinate nature. After all, these acts had to be done day in and day out.

Chanting was the first act and after serious experimentations, I chose "Rama nama". It was already in my blood with my father being a Hanumanji *bhakta* and my mother a regular chanter of "Rama". Reading "Ramacharitsmanas" also helped, because I was assured of sure success by Lord Ramachandra himself. Gradually, I began to get response from God. How else can one go on? We, human beings, who are almost entirely motivated by profit/gain, must get something. But it wasn't as easy as it sounds, my nature was not giving up so easily. Why should I chant someone else's name, even though it is God's. But I persevered keeping the focus on all the benefits I was deriving or going to derive from doing so. But this one activity was not enough; I had to add another, which was

a little less strenuous. A most beautiful photo of Lord Krishna in a calendar caught my attention. I just loved to see the Lord's enchanting face with a half smile. This was God-sent, because looking at someone so beautiful was not such a strain.

While I was doing all these spiritual acts, my Lord was not a mute spectator; He was communicating his messages. He confirmed what I knew from the *Gita* that He is watching us, listening to us and is aware of what all we are thinking too. (13.2) And the purpose: How he can respond to us; help us; guide us, etc. This was some realisation. God being limitless, and I just a small soul, and, then, he having such interest in my affairs/welfare, converted me. It is no wonder that the expression that God is great is quite common. I can go on, because God's grace is unlimited; we just have to become deserving.

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