

How To Grow Wholly Rich.....?!

‘Only the human species has been blessed by Nature with the potentiality and capability of growing wholly rich.’

‘HEALTHY BODY, HEALTHY MIND

HEALTHY POCKET, HEALTHY RELATIONS, HEALTHY SOUL.’

I bow to ‘The Whole Existence’ with gratitude for blessing me with the capability of sharing my own experienced realities with the whole world.

PREFACE

At first, why the need to write this book at this juncture of Time? Because there was not any need of such a book due to non-existence of blind race of blind materialism **then**. But **now**, almost each and everyone is severely ill on physical, mental, economic, social and spiritual fronts of life. Reason, wrong life-style and ill life-vision, the aim of life is not to amass money ends on but is to enjoy life in all the dimensions of it. But what is happening, man is destroying all the other aspects of life only for the economic one whereas all the other four are equally important. That's why this book ---- to correct the life-style and life-vision of the present man. It is too difficult to wriggle out of the mad race of blind materialism but there's no other way. I do know that a very few people dare to change their life-style and vision as per this book but there are not herds of lions, it is law of Nature, what can I do? Life is a journey and only those enjoy it who know the art of enjoying it as it **is**. Human species is the only species which has been blessed by Nature with the unique brains to enjoy the **journey** of life **consciously** by using it rightly. But Alas! It is not doing so but is destroying life by making negative use of the brains. The other species just live and even if they enjoy somewhat they do so unconsciously. Man has the choice to enjoy or destroy life whereas other species has no such choice. They ever hath only one aspect of life and that is the physical one and they take care of their body as per their Nature-blessed brains and as per laws of Her hence nil problem. But human species ever hath many aspects of life; these being--- physical, mental, material, social, spiritual etc. hence all the problems. Human brains are **trained** by the worldly system right from the conception and we term it as mind. 'The quality of mind decides the quality of life.' In the present **black** era of **blind** materialism, the quality of mind is getting ill day by day making life too ill and miserable on all the fronts of life. 'Life is a one-time opportunity blessed by Nature to enjoy Her-blessed all the Heavens very much here and just now.' But the present man is wasting this precious opportunity in running after the 'matter' only and completely ignoring all the other **equally** important aspects of life. If one wants to enjoy life fully, then one has to but attend to all the aspects of life equally; there is no other way. I would like to share my life-experiences with thee which might help someone for their whole growth. Let's proceed.....Who is considered rich on the worldly scale? Of course, the one who has immense wealth and power & fame do follow wealth. But in my view, to have mere wealth is the **partial** richness. If you are financially rich but are poor on the physical, mental, social, spiritual fronts of life then you are not **wholly** rich. He is the real rich who hath healthy body, healthy mind, healthy

pocket, healthy relations, healthy soul, that's what I mean by 'how to grow wholly rich.' But the present man is living only the 'matter' aspect and sacrificing all the other equally important aspects totally only for 'matter' hence untold ills and miseries. The earlier man was intelligent enough because he attended to all the aspects of life equally and completely hence wholly healthy. Though his life was too hard and devoid of resources yet he led a **wholly** healthy life. Wholly means 'Sampooran' in Hindi; 'Sam' means equal and 'Pooran' means complete. The name of my website '**the art of enjoying.com**' has been chosen after too much deliberations and ponderings. Why merely to live, all the other species too live? Nature has blessed man with the unique **brains** and he **can** do enjoy 'Her-arranged only Heaven' very much here on this planet with the right uses of the brains and that too consciously. There is no other Heaven somewhere else; suppose it is, it can't be as beautiful as it is very much here in physical form. Don't **vegetate** just like the other species do but do grow by attending to all the aspects of life wholly and completely. The body is the soil, the mind the seed, the matter the water, the relations the air and the soul the sun; if all right from the soil to the sun are healthy then the plant is bound to be healthy and such a healthy plant is bound to '*grow wholly rich*' culminating in the RICH blooming and blossoming. The human species has its Natural-blessed brains; right from the beginning; stamped by the parents, the immediate surroundings, the teachers and the society and this conditioning is known as 'MIND' which decides the quality of life ahead, almost most of the blueprint of life ahead is readied in the very first seven years of life itself. Here lies the difference between the fauna species and the human species. All the fauna-species are auto-programmed by Nature hence they can neither fall down nor rise up to their own species' level, all live as per laws of Nature hence no growth, all live and die as such. But the problem with the human species is that it **can fall** below the animals and **rise** above the so-called angels, all depends on the quality of mind. If you observe keenly the present state of mind of the present man, then it seems that the present man is living a life below the animals and the situation is going on from bad to the worst.....! All the so-called Heaven and Hell is very much here, the well-mind turning this very life into the living-Heaven and the ill-mind into the living-Hell. The journey of life begins with the body hence it is the basic step of that journey, the other aspects of life follow by and by. So, body **must** have been the **priority** of man but the present man is keeping it at the last hence *multiply* ill and miserable?! He is wrecking his body, mind, relations and soul for money only. 'He is the poorest one who lives for money only'. What does material richness mean if you are *poor* on physical, mental, social and soul fronts, then this opulence is futile. I want man to grow 'wholly rich' by making him physically, mentally, materialistically, socially and of course spiritually rich. For this, he has to change his **life-style** wholly and completely from this very moment (it is just now or never) because his present life-

style is completely and wholly wrong and the all around misery is the proof thereof. He is living **exactly** opposite to the laws of Nature and you are **bound** to suffer if you do so. Natural and simple life-style is the only way for the whole physical, mental, material, social and spiritual growth. Life appeared on this planet after infinite changes spanning over infinite length of Time. Human species *happened* here after billions of years of happening of life itself. The theory of 8.4 millions of life is nothing but it is the sequence of the journey of life from the water-life to the human species through evolution and this process will go on going..... all the other theories are just a hogwash. At first, human species used to live just like animals in the jungle and went on **changing** to the present state after much length of time. Man labored and struggled too hard against Nature for just survival for an immense length of time. He lived in jungles just like animals and ate raw vegetation. By and by, he began to use stones as hunting tools to kill the fauna and eat its meat raw. His brains went on evolving and he began to learn from Nature Itself by observing the nature of Its' laws leading to the journey of discovery to discovery..... At first, he used to eat raw meat and vegetation but began to cook food after the discovery of fire. Then he made the discovery of the wheel which made his life mobile. Interestingly, most of the discoveries do happen accidentally and coincidentally! By and by, he began to live in groups at the banks of the rivers and learnt to grow food leading to the birth of civilizations, only about ten thousand years ago. He went on to fulfilling his basic needs and improving living conditions for thousands of years after that. It went on so till the seventeenth century when the advent of science began to change life drastically by making new inventions and discoveries. Life began to be easy, comfortable and resourceful and basic needs began to yield place to wants and then to luxuries..... The last part of the twentieth century just exploded the bomb of infinite discoveries and innovations resulting in transport, communication, educational, health services and information technological boom. Man has arranged all that and even **more** here on this very planet which the earlier man used to *imagine* in some Utopia elsewhere. He has, no doubt, progressed unbelievably but did not GROW as well. He has all but for blissfulness? All this shows that his way of life is not right. He is wholly ill- physically, mentally, socially, spiritually and even materially. The earlier man, no doubt, lived a hard life but he was wholly healthy. He lived a very simple and Natural life. The childhood was just raw and wild spanning over about seven years, then began the process of imparting '*the multiple practical education*' till the age of twenty five so as to prepare for the **struggle** of life which led to the healthy growth of both body and mind. The second one of 25 yrs. for doing the role of Nature of procreation which is a must to get the show of life going on, on this 'only life-having planet' and for enjoying the fruits of family life as well. Moreover, the family life teaches man many a useful lessons and instills many good values in him

so as to enjoy a meaningful life which helps in creating a healthy society in turn so that all can enjoy life. The third step was meant to settle the offspring on economic front first and then to settle it in life by getting it married. The last one was to hand over the mantle by and by to the offspring, to play with the offspring of their offspring and **preparing** for melting into The Existence by and by. Where was the place for misery? 'Right things are right only then if they happen at the right time in a right manner.' Compare the present life-style with that one and see. The childhood is totally killed by the parents and the whole worldly-system?! The child is stuffed into the school just at the age of just three and is burdened with bookish theoretical knowledge in the first part of about twenty five years in too competitive an atmosphere which eats into the very vitals of both physical and mental health and is of not much use in the *practical* struggle of life. Can a 'wholly weak one' enjoy life in its totality? The weak can't even live fully what to say of enjoying. The weak is bound but to ever remain in the vicious circle of various ills and diseases usurping his vital energy constantly and energy is a must to enjoy life wholly. From here onwards begins the *journey* to the hospitals on and on till the last. The childhood is just **killed** by the worldly system, then how can the edifice of life be strong if its foundation is too weak? The second part of twenty five years or so is spent in settling in life i.e. running after for settling in some vocation, getting married, rearing and bringing up and educating the offspring. The third part of life, **whatever** it remains, is spent in settling the offspring, ever remaining in full tension, visiting various doctors and repenting on the lost opportunity but the time hath slipped out of hands now and thus comes the end midway. Is it life? Life is a one-time opportunity to enjoy life in its totality but is mostly wasted in running after lust to lust. Only a very handful of people who hath the **eye** do enjoy the journey of life in its entirety and I will consider it my good fortune if such people happen to meet me on the way of the sojourn of my life. May Nature bless me!

The earlier man enjoyed life fully because his life style was too simple and Natural which kept him physically and mentally fit. He was too content with what he hath hence rich on the 'matter' front as well and was socially healthy because he hath well family and social relations and he hath peace of mind, the basic trait of spirituality. Moreover, he had the sense of sharing and compassion hence the basic needs of almost all were taken care of. If one has healthy body, healthy mind, healthy matter, healthy relations and enjoyed life as per his soul (intuition); then he needs no imaginary utopia somewhere else. All said and done, almost all enjoyed the journey of life then but are destroying it now. In my earned view, the present man has sacrificed all the other equally important aspects of life only for minting money. Life is multi-dimensional, just a rainbow of many diverse colors but man has blindly followed only one dimension that is 'matter'. The present man **must** have enjoyed life more than his predecessors because he hath arranged all and

even more on this **very** planet which they used to fantasize in some utopia somewhere else but alas!. Then the energy was wasted in arranging three B-needs but now it is being wasted in accumulating matter unendingly and none can enjoy life sans energy. Mine whole effort is to strike a synthesis between the means of the present man and the life-vision of the past man and **create the superman** i.e. wholly healthy, prosperous, enjoying and awakened human being. He might have become economically rich but I want to GROW him WHOLLY RICH. He hath progressed much in many fields but hath regressed as well in many too vital ones. He was poor but blissful then but is rich but miserable now?! He has lost physical, mental, social and spiritual health in the blind pursuit of 'matter' only. If he cherishes to enjoy life wholly then he has to but attend to all the aspects of life wholly, each aspect exactly 100% i.e. 500% overall, sorry for undoing mathematics once again. Life is not mathematics, it is an art. If you are ill on any of the five aspects of life, then you **shall** remain ill on the other four aspects too because they are related to one another too deeply and too subtly. So, you can enjoy life only then if you have all the aspects wholly healthy. May Nature bless man with deep insight.....!

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BODY - THE TEMPLE

‘Body is the medium to bliss.’

It is said in the ancient scriptures that even the angels pine for human body so as to reach God. I say that all the Heavens arranged by Nature, only on this planet, can be enjoyed through human body only; for me, bliss is Heaven and misery is hell, the blissful need no Utopian Heaven. Such a wonderful and precious gift of Nature and that too at nil cost! Body is the **basic** aspect of life; mind, matter, relations and soul being the other equally important ones. It is often said, “Health is wealth” which is not correct in my view because the **precious** cannot be compared to the mundane hence it must be **‘Health Is Precious.’** Whose writ runs in the Whole Show of Nature? Of course, of the Mighty; ‘Might is right, Might had been right and Might shall remain right’; it is law of Nature and ITS laws are eternal. Who is Mighty? Of course, who is strong; and who is strong; undoubtedly, who is healthy. So, good physical health is the basic thing, others just follow it. Human body is the exact replica of ‘THE UNIVERSE’, just a mini-universe. It functions so rhythmically, harmoniously and automatically just like ‘THE SUPER SYSTEM’. It is the temple of God Itself. It is the first and the foremost rung of the ladder to the bliss. There’s infinite energy in it and man can rise to the celestial heights if he channelizes this energy in a positive way but he goes on wasting it in too negative a manner falling down to the mundane lows and this is the basic cause of all the ills and diseases. Whereas all the other species live in body only as per their Nature-blessed brains and has no conditioning from outside as is done to the human species’ brains hence live as per laws of Nature hence no problem. But human species live in both body and worldly trained brains which is termed as ‘mind’ by us hence a psychosomatic entity hence problems galore. In fact, both body and mind go on complementing and supplementing each other continuously. Body is the foundation of the edifice of bliss and mind is the master thereof. Man must attend to body with immense love, care and attention if he wants to have the precious treasure of bliss but.....?! The earlier man was more intelligent in this matter and physical health was his top priority. All his talks and activities were aimed at making body strong and healthy. His life-style and food-habits were just Natural and simple hence no illness of any kind. Moreover, he has to work manually and his food items were grown without the use of the present-day poisonous inputs which kept him ‘wholly’ fit. He **‘invested’** almost all his earnings in his body-bank hence ‘wholly’ rich. ‘A rich mind in a rich body.’ But today’s man has made a wreck of his body by his wrong life-style which is very unnatural and sophisticated inviting all kinds of miseries. He does not do any manual work and even feels shameful in doing his own personal works. Moreover,

all the food-items are grown by using too poisonous seeds, fertilizers, insecticides, sprays etc. which has made the present so-called modern man a **permanent** patient. All his talks and activities are about money, lust, mobiles, bikes, internet, etc...., all serious **aristocratic** health hazards. Science is proving both, a boon and a bane, a boon as it has made life easy, comfortable and resourceful, a bane as it has taken away physical work leading to untold health problems. In the process, man's body, mind, matter, relations and soul are becoming multiply ill and sick day by day. At times, I fail to understand whether this is progress or regress? The present life-style, food contents and food habits are not body friendly hence continuous illness. For me, illness is hellness. If body remains sick, then all the other aspects of life can't be otherwise. Body is at the bottom of the present blindly selfish man's priorities, money being on the top? See, the plight of the present man, almost each and every one is ill in one way or the other and is dependent on medicines from womb to tomb hence can be called an **addict** since conception. Is it life in the real sense? There is nothing in the body but too much **over** it, just an artificial and ornamental life? His predecessors fell rarely ill because they shed so much sweat and even then if they got ill they followed the laws of Nature as do all the fauna species and got well in due course hence led a healthy and longer life. In reality, the present man is going on ruining his life himself. What has gone to man? Just living one aspect and leaving all the other equally important ones? Each aspect of life demands 100% attention hence 500% for all the five aspects, **sorry** for undoing Math, I am not a mathematician but am a gambler; life is not a business but is a game of gamble, Is it not? Only those enjoy who have the chest to swim against the current.

Body is the most precious treasure in the world. Nothing is so yours as is your body, all other relations begin and end too with it. One tale comes to my mind which tells about how much precious has been blessed by Nature to man. The whole wealth of the world can't buy even a single '**original**' cell of the blood what to say of the other elements of the body. A poor man was a disciple of a seer. He used to grudge against Nature for his poverty but the seer would tell him that It blesses all with the precious but man does not appreciate it but goes on wasting the precious for the trash. But the man did not understand the meaning of what the saint said as we all don't do. The seer decided to make him understand the reality of the things. So, one day he enquired about his economic requirements. The man demanded as per his **capacity** as we all do. The seer told him to collect the said amount on the coming Sunday. The sage borrowed the amount from one of his disciples with the promise that the man won't take the money home when I woke him up about the reality of the things. The D-day came and so came the man and the saint handed him the bag containing the said amount. The man picked up the bag and began to return. The sage

called him back and said, "Would not you thank me and give somewhat as Guru Dakshina (token of gratitude)?" The disciple said, "You can have it as per your sweet will." The seer demanded, "Give me your right hand as the token of gratitude." The man became infuriated and retorted, "It is impossible, how I will be able to attend to my daily routine of life sans it?" The saint said, "You have the money, employ a servant, have an artificial hand grafted etc." The disciple at once understood the preciousness of the **'free'** gifts of Nature. He threw away the bag and fell at the feet of the seer and apologized. The saint blessed him to work hard with his hands and go on earning as much as he can. The tale tells us about the preciousness of Natural gifts but man comes to know of it only after spoiling or losing some organ. The whole wealth of the world begins to seem futile when one falls temporarily ill what to say of the prolonged one. But man is such an ungrateful creature as never thanks Nature for Its precious bounties but goes on begging and begging and begging the trivia.....? Whereas all other creatures go on expressing their gratitude to It by **playing** their given roles while living and even after **leaving** helping in running 'The Whole Show' so harmoniously, only the super species is bent upon causing imbalance to 'The Whole System' in a ruthless manner endangering the very **presence** of life on this beautiful planet and the day is not very far and only man will be **responsible** for that. There is still time but no **hope** seeing the present state of man who is going on becoming more and more and more blindly selfish. For how long will the Natural Resources run keeping in mind the blind use of them by the too blind the man? They materialized after billions years of changes in Nature but hath been made to deplete just in the last one hundred years only? How they will be replenished because it takes infinite time for doing so? May Nature awaken him! Man can't enjoy any aspect of life sans good health. 'A healthy beggar is better than the otherwise emperor.' Of what use is the money if you have not healthy body? In fact, it begins to seem to be a burden if you don't remain well. Nature has blessed man with such a wonderful body as **rarely** falls ill if it is taken care of in a Natural way and by following healthy food habits. Even then if it falls ill anyhow, it has an inbuilt recuperative system which puts it back on the track again if we follow the laws of Nature. But the present man is following completely unnatural and wrong life-style hence a total wreck. Mine whole effort is aimed at **righting** his life- style, food habits and life-vision towards life. There are three steps to The Supreme Bliss, these being pleasure & comfort, joy and bliss stepwise. Pleasure & comfort is related to the body hence only a perfectly healthy person can enjoy the pleasures of the pleasure & comforts. Joy is related to the mind hence a perfectly mentally healthy person can enjoy the joys of joy. Bliss is related to the soul and it dawns upon only those who are physically, mentally, materialistically, socially and spiritually healthy. The Supreme Bliss happens when one becomes ONE with 'The Whole Existence' and it is the Ultimate experience. Then man leaves his life in the

hands of Nature whose writ runs ultimately. Let's proceed on the journey from pleasure to The Supreme Bliss.....

As all the pleasures and comforts are experienced on the body level, then it is but necessary that all efforts must be made to keep it fully fit. The first and foremost thing to do is to follow a scheduled Natural regimen daily scrupulously which follows as.....

1. Do rise early in the morning, bow to Nature to express gratitude to It, wash your face and brush your teeth thoroughly, have a good amount of water, then a cup of tea, then stroll for a while and then easy yourself with **ease**.
2. Then venture out for a brisk morning walk for about an hour in some pollution-free green and open area and do some yogic and other exercises as per your **capacity** there and then and then let go. Then play some game or sport as per time available.
3. After returning home, relax for a while and then take a **thorough** bath for at least ten-fifteen minutes which must be a sort of whole body massage.
4. Then have a **light** breakfast consisting of milk, fruits, juice, eggs, bread, porridge etc alternately along with a glass of lukewarm milk. Too oily, fatty and fried food items **must** be avoided.
5. Then proceed to your work place **cheerfully**, on foot (to and fro) if nearby, on bicycle if somewhat distant, by some other conveyance if too distant.
6. Attend to your work diligently and honestly and love it and enjoy it.
7. Have your **rich** lunch on time at all costs which must be simple but nutritious and enjoy a short nap for some time after it and then have a cup of tea and restart your work.
8. Do return home on time after finishing your job and relax for a while, then have some refreshment with the family.
9. Then venture out with your family or chum friends for some shopping, entertainment, excursion, carefree fun-making etc. Then play some game or sport as per time available.
10. Do return home early and then take a thorough bath with lukewarm water or wash your face and feet if cold and have your **light** dinner on time.
11. Then stroll for some time, then have a glass of warm sweetened milk, brush your teeth, bow to Nature to express gratitude to It and go to bed on **time**.

Go on having somewhat but light in between the major meals and use liquids in plenty especially the water. Start the day with gratitude and the morning walk and end it with the evening stroll and gratitude. 'Gratitude is the **authentic** prayer.'- the others are just showy rituals and games of the mind. Express gratitude to Nature on waking up for granting of one more day of the precious life and again for the **healthy** passing off the day before sleeping and for all the other precious things as well as the mundane ones. 'All is the Show of Nature, we are just the tinniest part of It.' 'Morning walk is the panacea.' Everything is **virgin** and fresh and one gets enough energy to last for the whole of the day. Only the daily walker can **experience** the pleasures and benefits of the morning walk. Those who never go for it miss the **basic** beauty of life and Nature. Fresh and cool air, chirping and carefree flights of birds, crimson rising Sun, open and vast sky, peaceful surroundings, the opening of the buds etc; all just too celestial; life beginning *afresh*. Moreover, one has enough time for each and every task during the whole of the day, no hurry hence no worry. Similarly, the evening stroll is also the befitting close of the day providing a great relief and relaxation as well as enough energy for a sound sleep for the whole of the night. I can say with certainty and authenticity that the regular morning walk and the evening stroll can cure all the diseases and ills, that's why all the doctors recommend both to all the patients. Medication and treatment is meant just to put the body-system on the track but the real cure happens by following the laws of Nature. I am dead sure that if you follow the above schedule regularly, then nothing can make you ill and miserable in any way. But I do see that a very few conscious people do follow such a daily tight schedule but most of the people are following the exact **opposite** to the above one. Most of the ills and problems are caused by living **exactly** opposite to the laws of Nature. All the Fauna species do follow them scrupulously and fall rarely ill and even then if they fall ill, they do recover speedily by following laws of It but the so-called super-species.....? Even, most of the morning walkers too are doing so on the advice of the doctor after falling **permanent** patient to some serious illness and that too very irregularly and with a heavy heart! I do see people beginning to go for MW by following some daily-walkers who seem them to remain ever fit but stop doing so after some days citing some lame excuses. It is not an easy job; it demands a lot of sacrifices. It is not a ritual but it is the meditation; ritual is the easiest job but meditation is the most difficult one. Morning walk is the authentic morning-prayer which pays the precious; rituals are nothing but only the consolations and games of mind. I can say with certainty that if one follows the above regimen daily when he is perfectly healthy then he shall go on **dancing** to the grave. Now the time has come to learn from the fauna, they rise at dawn and retreat to their nests at dusk and go to sleep at the fall of night. But the super species is having no Natural schedule hence

multiply ill and sick. The present gen. goes to bed too late and gets up too much late and the vicious circle goes on and on and on leading to newer and newer ills and diseases. Is there some grace on its' faces? I pity it out of my heart, what shall become of it and its offspring.....? The whole of the Universe is running so smoothly and harmoniously because of the movement of the celestial bodies as per Natural schedule, the late of even the billionth part of a moment can prove fatal, such is the tight schedule of Nature. When Universe Itself can't run so smoothly sans any schedule, then how it is that life can run so sans any schedule? The earlier man followed the Natural schedule from dawn to dusk and that's why he remained healthy and happy throughout. I know many old people of yonder times who never took any medicine during their whole lifetime but see the present gen., all medicine from conception to cremation. Is it life? It is but just a crawling from the cradle to the grave. Somewhat is wrong somewhere, even today village-folk are more healthy and happy than their urban brethren though they have less? It is so because theirs' life-style is somewhat simple and Natural even now. Why do all the Fauna remain so healthy throughout? Because they follow the **clock** of Nature, they get up at dawn and retreat to their respective abodes by the dusk positively and follow a definite schedule during the day as well and eat whatever is ordained by Nature for them. Moreover, they **earn** their food by the sweat of their brow; the fauna of **this** place go to **that** place in search of that very food which is present very much here and now! Nature hath blessed them with the intuition of going places in the search of food so that they shed enough sweat so as to remain physically fit. There's no other way or some short-cut for remaining fit other than shedding enough sweat. But see the super species, it rises too late and goes to bed too late and has **nil** schedule during the day. Why the present man ever remains in a tearing hurry and hurry shall ever lead to worry and worry to tension and tension to hypertension and hypertension to **slow** death? It's so because he rises too late and has less time for each and every work throughout the whole day. If you rise early, then you have **surplus** time for each and every work hence no hurry and its side-effects. Human body is such by Nature as requires at least eight hours of too hard work, eight hours of sound sleep and eight hours for other aspects of life such as shopping, gossiping, entertainment, some excursion, games, sports, hobbies and interests etc. Eight hours of hard work to keep fit and leading to eight hours of sound sleep, eight hours for other aspects making the journey of life juicy and interesting. But what man is doing? He is running after this and that and what not for almost whole of the day and even some part of the night as well?! If you watch objectively the day-life **maddening** race from some roof top etc, then the world seems to be an anarchy and a lunacy, people running so unaware.....What would have happened if there would not have been the night?! The Time hath come to learn from the so-called nil-minded fauna! Do follow the laws of Nature or do follow the

doctor. Man must have to follow the above Natural schedule if he wants to enjoy the beauties of life and Nature and otherwise.....?!

Moreover, one must do some manual work daily to keep the body fit. Morning walk and Kitchen gardening is the best option because it will help you in shedding the extra fat as well as provide you with good, fresh and pure home- grown food items. There is no shortcut or any other way other than shedding a **fair** amount of sweat to keep you fully fit and hit. See the farmer and the laborer who are more at ease on all the fronts of health because they work too hard manually. 'Eat less, sweat more.' You **must** burn as much calories as you intake daily. Those who don't do any manual work are bound to remain unfit **regularly**, I am sorry for them. Do some hard labor on a regular basis and see, a lot of appetite and a sound sleep is bound to follow. Appetite, digestion and sleep are too related to each other. It is interesting to note that whatever ,howsoever less costly, you take after shedding a lot of sweat gives more energy to the body whereas the costly food you take after doing no physical labor just adds to the fat which is the **mother** of almost all the **modern** ills and diseases. 'On foot; ever fit'. Keep on foot for short distances and use bicycle for somewhat far distances. I often wonder to see people going for playing games, sports and attending gyms on bikes, cars etc!? Do walk or use bicycle to have full benefits of the games, sports and other physical exercises. Learn to do your individual works by your own self. 'Body is the **only** treasure which gets as much **enriched** as much it is spent.' But man is making life easier day by day hence falling a prey to the dangerous multiple diseases. 'Easy life, diseasey life.' 'Yoga is the panacea.' Do practice it daily in the morning just as a prayer in a very meditative way. It will bear more fruit if you do it in the lap of Nature. It is too beneficial for body, mind, matter, social life and soul. There is no substitute to it because it is also the vital part of Ayurveda Naturopathy. I would like to take it further by adding 'KARAMYOGA' (THE MAN OF DEED), 'SADAYOGA' (EVER TOTAL) and SEHAJYOGA (SPONTANIETY). By Karmayoga, I mean to be a man of the 'deed' and not merely of the 'word' which man mostly is. He must do his given duty with devotion too sincerely and honestly. Sadly enough, most of the so-called saints too put more stress on the 'word' and not on the 'deed' but nothing is going to **happen** with the mere 'word'. 'Let **good** deed be the true creed.' There hath ever been umpteen numbers of preachers, especially in India, who exhort people to listen to the 'word' only and repeat it on and on and ensure them that all their sufferings of here and even of **there** will be mitigated by this process. But the reality is that only deed can succeed, the word is merely hollow. Words can but aggravate the problems, only actions lead to some solution. 'The more the words; the more the problems.' 'Act more, react less.' 'Ever go on doing thine deed and leave all the other to Nature.' 'Hard work is the only key to the whole health.' By Sadayoga, I mean to remain ever total,

whatever you do, do it totally; your whole being be involved totally in doing the deed you are doing. By Sehajyoga, I mean to ever remain spontaneous i.e. your original Natural self. The sum total of the above comes to 'THE WHOLE YOGA.' 'Only The Whole can lead to The Whole.' What does Meditation mean? It means to ever remain total, let your whole energy be employed whatever be the circumstances, there be no split. 'Only the total can lead to the total.' Only then Yoga can become your way of life, then nothing can shake thee. If you practice The Whole Yoga in your life then it becomes part and parcel of your bone marrow. But Alas! I see, that those very people who preach Yoga and religion so much to the others, don't **practice** it in their own lives! Observe their behavior and see. None can be so much egoistic, wrathful, greedy, lusty etc, as are your so-called saints and preachers. In fact, only those have to put on the cloak **outside** who have much **trash inside** otherwise where is the need for face-masking. Whosoever practices the whole yoga in life enjoys life wholly. All said and done, physical activity is a must to keep the body fully healthy. Only then, your appetite, excretion, sleep and all other parameters of a healthy body will remain o.k. and you will remain energetic moment to moment. A healthy diet and a complete rest after the hard work rejuvenate the energy and ready the body for further hard work. 'Only the hard earned things are the sweetest.'

Body is very sensitive hence needs a very **sensitive** handling. Feel and Attend to each and every cell of it with love, care and attention. The bathing must be a sort of meditation and a whole massage. The intake of something must be a very meditative affair, no hurry, no worry. The sense organs must be taken care of very carefully because they are too sensitive hence called senses and are the windows to the beauties of this world and Nature. Do listen but **only** to your body and follow it scrupulously. But man listens to mind only hence has killed the sensitivity of body by running after the trash turning it just into a **dead** machine. Nature has **programmed** it wonderfully but the lusty man has disturbed it totally leading to a hellish life. He has no time to attend to and listen to his body and by and by body becomes just dead and man goes on to carry his **corpse** on his own shoulders till the grave. Have a try and begin to listen to your body and it will begin to respond and will begin to become alive leading to aliveness to aliveness..... Then a catalytic change will happen and see the quality of life then! If you attend to your body wholly, only then it will remain wholly healthy.

Now, over to the food contents and the food habits to be followed. Your food must be as per **nature** of your job. But it must be simple, Natural and nutritious containing a fair amount of vitamins, proteins, carbohydrates, fats, minerals and fiber. Fresh milk, fruits, green vegetables and

salad must form the core of your food. Soaked and germinated pulses and cereals are very useful for the overall growth. The home cooked food is the best but don't overcook it. It is better if it is home grown as well using manure and other Natural inputs. Do use the food items in original but don't use the un-seasonal fruits, vegetables etc. because they are produced by using the overdose of poisonous inputs. Nature has arranged all as per body requirements season to season but man is man? Avoid too oily, spicy and fatty food items and do remember that the fast foods are the **surest** passport to.....? Avoid the market-foods because they are prepared from very sub-standard material and under too unhygienic conditions. Don't go after the **tongue** alone but think of the damage to the other organs of the body. Do remember, man is vegetarian by Nature hence his food must be as such. Vegetarian food is most suitable and beneficial for human body hence it must be your **regular** food but the occasional use of fish, meat, eggs etc. makes up for some deficiencies in the body especially in the cold season. The vegetarian food is easily digestible and is more nutritious but less costly whereas the non-veg. food is too heavy and spicy hence hard to digest and is less nutritious but more costly. So just a simple, Natural and balanced food is the best for human body from all the angles. I come across many articles almost daily which tell much about food items and food habits but contradict the same the other day and this game goes on going on and on and on.....confusing the hapless people more and more and more.....and themselves minting money.....But I do say that everyone is unique by Nature, so listen to your body and your food must be as per nature of your work. No study can change the nature of laws of Nature, do follow them in all the matters of life and enjoy the happy voyage. May Nature bless thee!

Right food habits are as necessary as is the food itself. At first, express your **gratitude** to food before taking it because it sustains life. Have your food after bathing or face washing in a very relaxing mood along with other family members sitting on the mat or on the dining table. It must be a very **meditative** and prayerful affair. No T.V., mobile, computer or any other distraction. Otherwise too, make the least use of these gadgets in life because they too ill-effect body, mind and soul, I myself too do so. In my view, the present and the next gens **shall** be a total wreck on body, mind and soul fronts of life? Just drink your food and eat the liquids and do **feel** them lovingly. Wash your hands thoroughly with the good quality soap before and after every intake and also clean your mouth too thoroughly. Have a light stroll and nap after every major meals. There must be a fixed schedule for taking food. 'Right thing is right only then if it is done at the right time.' Have the breakfast within one-two hours after the sunrise; lunch after four-five hours after that and dinner within one-two hours after the sunset as per your circumstances. Never

eat to the full, but go on having somewhat light between the major meals. Go on drinking clean water on and on and even during night as per body needs. I wonder to see people **postponing** their meals for making more and more bucks, then for what are they working? Ask those very people, for what are you running after money so madly; then they will retort, “Just for the bread”... ?! And they do not take that very bread on time for making more money and the game goes on going from bad to the worst, the end comes but not the contentment! The doctor is acceptable but the right food and right food habits are not?

Now, follow some don'ts. Never use any intoxicant in any form during the whole of the life because they **corrupt** the body, the mind, the means, the relations and the soul irreparably. Never over work, never labor more and even less than your own **individual** horse power. Human body is designed so by Nature as to work hard for at least eight hours daily and not more than ten hours. Here too, listen to your body only. In the East, less work has spoilt the body as well as the mind and in the West the over work has done so. I want to strike a synthesis between the work-culture of both the West and the East. Do work hard but only as per laws of Nature and capacity of your body, neither too less nor too more, here too ‘Middle is the Golden Mean’. May means of the West and values of the East meet! Work hard for five days and enjoy at ease at weekends as per your own and family choice. Some excursion, complete rest and sound sleep are a must after the day's hard work. I have seen many people taking some performance enhancing substances to earn more bucks which tell upon their health very seriously afterwards! So, no intoxicants -- work as per your Natural capacity and laws of Nature. Watch the fauna objectively and you will find that Nature has devised such a system that all the fauna species do some manual labor as per their physical capacity e.g. the birds of this place fly to the other distant places just to collect their food which is very much available here! Nature has answers to all your ?s but only if you have the eye. Beware of Allopathy because it has too many and too fatal side-effects which **penetrate** too deeply into the blood cells. Once you are fallen into its trap, then it is just impossible to come out of it, you being a **lifelong** slave to it. In my earned view, the blind use of too strong antibiotics be one of the causes of HIV, AIDS etc. such are the serious side-effects of blind allopathic medication. In case of some simple illness, do follow Ayurveda and Naturopathy and **allow** your body to be back on the track. Observe the fauna and you will come to understand. They take every care of their body and follow laws of Nature in case of some illness. Allopathy is a must in case of serious ailments, surgery and many other emergencies in the present era of science. But do remember, grave diseases happen only due to your Unnatural and sophisticated life-style, do follow simple and Natural life-style and see. So, do change or do rot. Health is everything, if you lose it, then you cannot enjoy the wealth, which you have piled up and it will be spent up in paying hospital bills?

Is it life to be a **rich** patient? If body is not fit then mind can't be so and healthy body-mind is a must to earn 'matter', for healthy social relations and to awaken the soul. So, let body be your top priority because all the wealth becomes useless and even a burden if you are physically unfit. Body is the most precious treasure but what are you doing, wasting it for the trivia? Be awake and see.....

MIND-THE VISION

‘The state of mind decides the state of life’

Life will be as is your life-vision, the living heaven if the vision is well and the living hell if it is ill. This world too will seem to be so as is your life-vision. ‘Body is the chariot, the mind the charioteer.’ All hell and heaven are here and the state of mind decides whether one is living a hellish or heavenly life. The projection of hell and heaven somewhere else is also the **game-plan** of the lusty mind, it wants to survive even after the death. All is very much here and just now. Let’s understand the mind first. All the creatures are blessed with the brains by Nature to **run** the show of life. The fauna has not to be taught anything but are **auto-taught** by Nature, hence no problem. They live and die as such as per laws of It but human species has to be taught each and everything right from the birth itself, hence problems galore. The parents, the family, the immediate surroundings, the teachers, the society etc. play the vital role initially and the other worldly system puts its impact by and by. This training stamps the tender brains of the child so deeply that it is too difficult to erase it by any means whatsoever afterwards and the blueprint of life ahead is almost readied in the childhood itself. This training is termed as ‘mind’ and in a way man lives a ‘**Given**’ life. Mind means infinite thoughts, ideas, dreams, memories, fantasies, ever away from the present but ever in the past and the future hence constant misery. But a very few people are able to create their own life-vision in the formative years of life by learning from their own experiences and these are the people who enjoy a very authentic life. Everyone is unique by Nature, at first recognize the intrinsic worth of the child and then promote that very latent talent, only then the child can grow wholly rich in life. But what is happening? The child is begun to be trained as per the whims and fancies of the parents and the worldly system and that’s why there are square pegs in round holes all around. The bug of competitiveness and blind materialism is **planted** in the tender brains so deeply and in a very subtle way that never leaves man afterwards. The child is trained only to mint money, power and prestige and not to enjoy life in all its totality. Train the child to cultivate healthy body and mind so as to be a good human-being, an asset to the society. Then whatever he **becomes**, he will do it well and will enjoy life in a well way. It is up to the parents and the following worldly system whether they want the child to become this and that or they want to prepare it for becoming his own very self so that it can enjoy life in its totality as well as contribute immensely to the society and the whole of the universe. Groom the child either for enjoying life or destroying life, the choice lies in the hands of the parents first and then in the other worldly system. Both mundane and precious are a must to enjoy life wholly but the child is

trained only for the mundane and not for the precious. That's why man goes on accumulating misery after misery even though he hath minted pelf, power and prestige in abundance. The whole fault lies in the training of the child. That's how the **baton** of misery is being handed down from gen. to gen. The earlier man was well-trained because virtues of life counted more than anything else but the present man is ill-trained right from the word go due to the blind race of blind materialism. That's why the earlier man was 'wholly healthy' and the present one is 'wholly ill.' 'Life seems to be a **reverse** journey from heaven to hell.' See the blissfulness and innocence of the small child which goes on lessening and lessening by and by leading to misery after misery and ultimately man ends as a dry log of wood. But it can be a blissful journey as well but only if the brain is well-trained which is a rarity these days. Man can't escape conditioning because its species is such by Nature. It is his doing as well as un-doing because he can rise above the angels or fall below the animals, all depends on the kind of conditioning. The present man has been trained to go on hopping from lust to lust.....till the end, that's why he goes on gaining misery after misery..... 'Don't impose and repress but do promote and express.' It hath ever been impressed upon man by millions of preachers to win over and undo the mind if he wants to live blissfully but the reality is that it is just impossible to do so because the nature of mind is such as can't be won or undone by any of the means whatsoever. But it begins to be suppressed in the vain bid of winning over it and suppression ever reacts more forcefully in a destructive manner. Then what can man do? He **can** but well-mind the mind but only if has the **chest** because for doing so he has to **change** his life-style totally, there's no other way. Man has the capacity and capability of changing the **state** of mind but mostly man goes on losing to mind and mind goes on winning ultimately. To well-mind the mind, it is a must to understand the game-plan of it. 'Most of the problems occur in life due to misunderstanding.' Let's try to understand the mechanism of mind. As already told, the state of one's mind is almost decided in the formative years of life, as has been the conditioning, so shall be the state of mind. But still you can change it by learning from the **book of life** itself i.e. self-experience. Don't follow blindly what has been told to you by the worldly system but do follow your own experiences. 'None can know the Truth unless and until one **experiences** It.' By and by, your life-vision shall begin to change changing your life-style automatically. Start to do so just now and see. Beware--mind ever tries all its best to postpone Truth because it goes on surviving on the myth..... the realization of Truth is the death knell of the mind.

Man hath ever been told that there are five vices in life; these being sex, anger, greed, attachment and ego. But in my view, sex should not be put in this category but be put in the category of senses because it is inbuilt in the body itself like other senses whereas the so-called other vices are attributes of mind. Moreover, it is the most sensitive of all the other senses; senses

are termed so because they are very sensitive. Sorry for doing one more undoing, it being my forte to do so; hence four so-termed vices and six senses from now onwards. In reality, the so-called vices are not vices but are Natural instincts that are must for survival at first and then for making the journey of life interesting and absorbing. Imagine life without them?! The so-termed vices are not vices in my eyes because they are essentialities of life. In fact, the ill –mind is the **only vice** which dictates them, if the mind is well, then these become virtues; all depends on the quality of mind. But the game-plan of mind is very subtle and it is too difficult to get out of its vicious trap. Whereas the brain controls all the functions of the body, the mind is the control room of all the thoughts. It never stops but goes on jumping from thought to thought on and on and on.....Man is a thinking animal and thinking is a must for making life easy, comfortable, resourceful and blissful. But the tragedy is this that the mind goes on thinking superfluously about the nonexistent, hence **misses** that which exists very much here and now, which poisons the very nectar of life. It ever keeps man sandwiched between the past and the future and ever skips the present and this is the only reason for all the misery all around. Why mind acts so? Because it wants to keep its demise away, the moment one learns to live in the present moment, the demise of the mind is but certain. ‘Life ever lies in the present, the past is the grave and the future is still in the womb’. Yesterday is by-gone today and tomorrow is incoming today, hence today is the center. ‘The past is just memories, the future utopia, the present the reality’. Man ever wants to escape the reality, that’s why the mind keeps him entangled between the past and the future and keeps him ever split. ‘Bliss ever dawns on the total’. Was, is and will can never meet, such is the nature of Time. In fact, who invented the term ‘Time’? Of course, man. The Show of Nature is eternal but man invented the term ‘Time’ for his convenience. Even the term ‘some super power’ too is the product of the cunning minds to keep the man off the Truth and to wholly exploit the gullible and rule over the masses. The Truth is this that The Whole Show is run by a set of laws of Nature which are absolute and eternal, you may give It any beautiful name. All happens in The Universe due to law of change of Nature but the nature of Its laws never changes. A controversy over the formation of The Universe itself hath ever been raging but the simple fact is this that The Universe Itself happened due to continuous changes in Nature. That’s why It ever goes on changing and changing and changing, none can know about Its future shape of things because how can you know about that which goes on changing on and on and on.....Interestingly, some know-alls claim to know about future to befool the gullible but the fact is that nothing can be said about the nonexistent, all is the game-plan of the **scheming** minds. You are oblivious of the present but are worried about the future, the future **shall** have to be as is the present; so, do care about the present and future shall take care of itself automatically and Past can’t be undone. But the mind ever tries every

weapon in its armory to keep man off the present and the Truth. The theory of rebirth is one such weapon to keep man off the present life. But The Truth is that rebirth means to born again in this **very** life by living in an awakened state of mind. The entry in this world is the physical birth but to remain ever awake while living in this world is the mental birth. Rebirth means to **rediscover your original face** by undoing the layers after layers of the worldly conditioning resulting in the death of mind and birth of the awakening. So, remain aware of the ever exploiting minds and learn to enjoy the present moment as it **is** if you want to shake yourself off the clutches of the pernicious mind.

‘Do learn from the past

Do enjoy the present

Do work for the future.’

All hell or heaven is very much here and just now and not there and then, all depends on the state of mind. Nature has arranged all the heavens only here for man to enjoy but he has turned this planet into a virtual hell due to his insatiable lust. Moreover, he is doing all his best to extinct life on this beautiful planet by plundering Nature to satiate his insatiable lust. The present mind is the villain, do understand the mechanism of it and don’t fall a victim to its treacherous ways. Remain ever aware, it will try in every way to survive through reasoning, logic, justification etc. because it can’t bear its demise. The death of the ill-mind is the birth of the bliss. Choice is thine, bliss or misery.....

The major ill of the mind is its nature of going on hopping from lust to lust and the nature of lust is that it goes on increasing on and on and on....., the more you run after it, the more it goes on going ahead on and on and on.....; and the mad race ends only in the **end** and the **sole** opportunity to enjoy life blessed by Nature is wasted thus. The more the lust, the more the misery; choice is thine. ‘Lust is mind and the so-called vices are attributes of lust itself.’ All these traits are but natural to all the living creatures for their survival. All of them except man make their use as per their Nature-blessed brains but man makes ill use of them as per **worldly-cursed** mind but he can make well use of them too and enjoy life consciously but if he has the eye. Whereas all the other creatures just live life but man can enjoy it but.....?! They have no choice but man has, it is his doing as well as undoing, he can choose rightly and he can choose wrongly. The right choice can turn his life into a **living** Heaven and the wrong one into a **living** Hell. The time has come to learn from the fauna to live first because man has lost the art of living on the way due to his blind indulgence in the blind materialism, only then the talk of enjoying life can be taken up. At first, do observe; how the fauna make use of their senses and instincts, then try to learn the art thereof.

They use them as per laws of Nature but you are doing so 100% opposite to them. Here too, mind is the piece of villain hence their blind use. Lust goes on increasing and increasing and increasingsuch is its nature and all the above instincts are various forms of lust. It has been mostly preached that suppress these so-called vices to live a good life but the reality is otherwise. If you try to do so, then they get buried too deep in the mind and become more explosive and ruin your life. 'Suppression ever leads to obsession and obsession is hell.' Try to understand their nature and express them in some creative ways. 'Excess of everything is bad and so is the want thereof.'

Now let's take up the so-called vices one by one. Sex is considered a taboo but it is the most vital part of life, the basic energy, the very source of life itself. All regeneration is caused by it hence all the show of life goes on and on due to it. Imagine its power of energy which can create a new life, if it is used positively then it can lead to any precious creation but if used negatively then it can lead to any dangerous destruction. In fact, whatever takes birth, it is due to it. The whole Universe functions on birth, life and death process and the process of birth in the whole Universe happens due to some interaction between the positive and the negative energy and life is sustained by some sort of food which too is produced due to some interaction between these two energies and death is the ultimate Natural process. All the other creatures other than man indulge in sex as per laws of Nature hence no problem. But here too man does not follow Nature hence problems galore. Man has to follow laws of Nature in this vital field of life if he wants to enjoy the fruits thereof. Moreover man must follow the social norms and laws, he being the social animal. Sex is the basic and overflowing energy and man is blown off his feet when it begins to unfold itself in the teenage which brings in many physical, mental, psychological and emotional changes too rapidly. This is the right time to channelize this vital energy into some sort of creativity like painting, drawing, writing, reading, gardening, playing sports & games etc. as per ones' Natural worth. Here the role of the parents, the family, the teachers and the society is of paramount importance to help and guide the impressionable minds in a friendly way at this critical juncture. The greatest of all the times in their respective fields have been those who hath immense energy and they harnessed it in a positive way. But mostly man wastes it in many unnatural ways and ruins his life **irreparably**. This energy is very precious, preserve it and you will enjoy a very energetic life throughout. Those who waste this energy in younger days live a listless and dejected life and their married life becomes hellish and they go on falling a serious prey to too many physical, mental and psychological diseases, a complete wreck. Never indulge in sexual activity before adulthood because it weakens the whole health irreparably. Adulthood is the right time to get married and enjoy the pleasures of this energy and for procreation but only with the better-half and it is a biological need to enjoy a wholly healthy life. Beware of the deadly duo of intoxicants

and the fair sex because if they both are consumed together then it shall lead to infinite multiple serious ills, ailments and diseases on all the five fronts of life and that too irreparably. Energy can't be suppressed by any of the ways but it can be well-tapped. So, don't try to suppress it because if you do so then it will find some other **negative** outlets because flow it will either way, such is its nature. The repression of this explosive energy leads to too many physical and mental problems. The quality of life depends on how one tackles this vital energy during the formative years; all depends on the quality of mind which handles this explosive energy.

Anger in Natural form is a must for survival for all the creatures of the Universe. Life is a constant struggle and man has to go through too many ups and downs in life and has to fight for his rights. 'To fight for right is right but to snatch others' right is not.' Even the mother does not breastfeed her child if it does not show its anger by crying. In fact, one has to snatch even his **basic** rights in this selfish world. Man has to protect his life, his family and property in this vicious world and for it he has to be somewhat aggressive at some times. Without anger, he has to be anybody's cup of tea. He will have to lose his individuality, freedom and principles. Legitimate anger is o.k. but the otherwise is dangerous. The whole of life can be ruined by the wrath of a moment. So, begin to ponder over for a while when in moments of rage and the intensity of it begins to decrease by and by. Its excess can lead to many physical, mental and psychological problems such as hypertension, heart-related ailments, brain haemorrhage, Alzheimer, tension etc. and so can do its undue suppression because pent-up feelings need some outlet. Let 'Act more; react less' be the talisman. Anger as a defense is all right but as an offence equally wrong. It must not be the very first resort but be the last one, try all the options with a cool mind and most of the problems are solved for good but instant anger can but aggravate them insolvably.

In my earned view, Greed is at the **root** of most of the problems in life. It's the most obstinate and pernicious vice and it's too difficult to get rid of it. If one is able to shake him off its trap, then it becomes too easier to get rid of the other vices because they are based on it. Sex is also a form of greed, the greed to satiate the carnal desire. Anger comes when the greed of people clash, attachment is also due to the **related** greed and egos too clash when the greed clash. Moreover, the other is needed for sex, anger, attachment and ego but greed is very individualistic. People hath been running to the jungle to escape sex, anger, greed, attachment and ego but hath been somewhat able in escaping from all the other ones to some extent because the other is needed but cannot escape from the greed because none is needed in this game of mind. They begin to **gather** whatever is available there and even the mental trash, a very subtle form of greed. Greed means to go on running after things and accumulating them unendingly, it being the very subtle form of the

lust. The greedy is never contented but his **appetite** for more and more goes on increasing with every attainment. Even if the whole of the world is given to him, he shall never be contented but shall begin to demand of the **other** world! There are certain Natural, social and legal checks on the other vices but greed knows no such checks. In fact, it goes on growing and growing and growing.....'The more you have, the more you aspire.' A very wealthy emperor was sitting in a very dejected mood. His Prime Minister enquired about his worries. The emperor said, "Prepare a statement of all my assets and tell me up to how many generations these can last?" The P.M. got the details prepared and told the king that your **present** assets can last up to seven generations and they can enjoy royally even if they do nothing. The emperor got more dejected, "Then what will become of the eighth one!" The P.M. was a person of understanding and resigned there and then and said to the king, "I have come to know too late that I have wasted too many precious years of life serving the most poorest person." The emperor implored upon the P.M. to take back his resignation citing the example of their too lengthy companionship. The P.M. agreed to do so but only on one condition that the emperor would begin to distribute food-grains in charity to the needy people on a daily basis starting from just today. The king had to agree because he himself could not run his empire without the help of his longstanding P.M. The other day, he was distributing the food-grains to the needy people, a laborer passed by without having the charity. The P.M. called him back and told him to have the food-grains as the other poor were having. The laborer said, "I am going to do work at some Farm today and will earn enough for today's needs." The P.M. said to the king, "Here goes the real emperor! Who and what can make him discontent in and with life? You were thinking of generations and he is the person of the present moment and his is the real way to enjoy life. The emperor lamented the wastage of his whole of the life but it is useless to cry over the spilt milk now. Greed in its Natural form is necessary because even other creatures too store somewhat for emergencies but to a certain extent only. But the super species goes on storing on and on and on and stored things are bound to decay. Money after the **certain** extent becomes a liability and man goes on **entangling** in its web so badly as to end as a total wreck. The other day, I read a very useful story in The Reader's Digest November 2010 Edition about Mr. Karl Rabeder (48) of Austria. He **unloaded** all his worldly possessions to help others and **himself** and behold! his total worth being close to \$5 million. He says," Wealth does not **create** happiness. For 25 years, I worked like a **slave** for things I did not want or need. I lived this life, growing richer and feeling worse. Now my dream is to have **nothing**." Now, he is funding many philanthropic projects in Latin and Central America and runs a micro-credit venture to help the hapless artistic persons through his Website 'mymicrocredit.org'. He himself lives in a wooden hut in The Alps on a monthly stipend of just \$ 1290. The owner of a stunning farmhouse in France,

a villa worth more than \$2million in Austria itself, too expensive cars, glider planes lives so! He says,” I have observed that many poor people live a meaningful and happy life whereas the rich people don’t live so. The moral of the story is ‘money after a certain amount becomes a liability’. One more such story, that too from RD Dec. 2010 edition. Chen Shu Chu (60) of Taiwan who was the winner of 2010 Asian of the year runs a small vegetable stall in Taitung County. She has donated NT\$ 10 million (nearly RS.1.5crore) towards various charitable causes helping schools, orphanages, poor children etc! She almost saves all she earns from her tiny stall and spends it for philanthropic causes! She herself leads a very simple life without any luxuries. All she needs is very simple food, a roof overhead and very simple clothes. She has no material desires but she cherishes to serve as much as she can till her last. She says,” If doing something makes you worried, then it must be a wrong thing but if it makes you happy, then you must have done a right thing, what others say is not important.” The above two examples show that to possess too much is to **lose** yours’ own self. So, don’t become blind in greed but ever remain aware. It is also true that none will work sans some sort of greed and none succeeds sans hard work. ‘The deed is the creed’.’ I consider him the most **irreligious** who does not do any **work**. Work is life and the otherwise worse than death. Man remains constantly busy due to it hence ever wholly healthy. The idle man is home to too many physical, mental, economic, social, psychological, spiritual ills. It goes on lubricating the machine of life. Man goes on working throughout his whole life to make this and that and what not. In this way, he remains wholly healthy and life remains interesting and juicy throughout. He goes on fixing new goals after goals hence remains active and agile throughout. ‘Do see dreams but only the affordable ones.’ So, greed in its Natural form is vital to run the show of life in an interesting and fruitful way. Other creatures too go on working due to it. They too do save and store for emergencies but to a certain extent. But here too man is on the wrong side because he goes on falling prey to the ‘BLIND’ greed till the grave. An old man was dying and all his four sons and his wife were sitting by his side. When he came to know of it, he got up and retorted,” Oh! stupid sons, who is tending the shop then?” Who will make such a fellow happy? Such is the nature of man that he goes on clinging to things and even **life** more vigorously as his end draws near? He goes on piling unendingly and all pilings always end in decay. See the manure, go on storing it and it will begin to emit odor; spread it in the field and it will lead to a blossoming crop. Same is the case with the materialistic and the **mental** blind storages. He just goes on accumulating and neither himself spends nor allows his offspring to do so, then for what is he wasting his life after the trivia? It is his won’t even to gather trash, visit any house and see what the rubbish and useless things are **preserved** there, even a beggar won’t like to have them in begging? ‘To pile up matter is to pile up misery.’ Moreover, he makes the incoming gen. idle and

extravagant because of his pilings. He knows very well that all will be remaining here after his exit but even then he goes on accumulating indefinitely? All the related ones begin to **turn** eyes the moment one closes eyes for good and begin to calculate the losses and gains and to make some arrangement against the **vacancy**. If one might happen to see the deeds (ill) of his the so-called near and dear ones after one's death, he would certainly pull his hair and forced to ponder over, "I had wasted the precious opportunity for such ungrateful people." He daily sees people dying empty-handed, vows there not to deceive anyone for minting money while attending their funeral but begins the **same** game after returning home! Had anyone entered this world with something or will take away anything with him after the exit? Even your body too will leave you. Only that is **yours** which you do enjoy, all other is futile. 'Alexendra the great' ventured out to conquer the whole world but died a very dejected fellow on his way back due to some illness. He learnt a very valuable lesson from the book of his own life that all enter and leave this world empty-handed. That's why he dictated his own ones to dangle his hands out of his coffin so that the whole world can see that such a great emperor too left this world empty-handed. But man can do everything but learn from the book of life. Do earn fully, spend fully and do save somewhat for emergencies as do the other creatures but don't waste life in running after this and that gathering. 'Work hard for everything but run after nothing.' To earn money, name and fame is every one's right but to mint them is not. 'The earned things are the sweetest but the otherwise are the sourest ones.' I would like to change the Epicurean theory of 'Eat, drink and be merry' to 'Earn, spend, save and be merry'. Everyone has the right to enjoy the Earthly comforts as well as Natural beauties and **only** money can buy them. So, do earn as per your physical and mental abilities and capabilities, do spend as per your earnings, do save as per your capacity but do make merry unlimitedly. But man goes on minting money and falling in the abyss of greed and wants all for himself only by hook or crook. When he gets his cherished desire fulfilled, he hops to the other and goes on hopping from desire to desire and so goes on the vicious circle. The more you run, the more you go on entangling in the web and fall in the end, like a dry log of wood while running. Here lies the root of all the miseries. That's why none lives and dies contented. 'Contentment is the real richness.' But man goes on getting more discontented after every achievement and finally falls down like a rotten log. He completely ignores all the other aspects of life and becomes just a **dead** machine. He loves none and none loves him, all relations are based on self and greed. Does anyone love the person with whom no greed is involved? Greed has become the only **creed** and man spares no time for the other beauties of life. Many a times, it leads to commit **multiple** crimes but the life of a criminal can never be at ease howsoever rich he may become through blind aggrandizement. To remain at ease in life, one must be good and living with the hard-earned income. So, ever remain aware of

the blind greed and enjoy life with and within your own-earned means. Man has become so greedy that he does not want all only for him in this life but he wants all after it as well and that too for himself only. What a greedy creature indeed! He wants God, heaven, fairies, fountains of vintage beverages and what not. Oh! stupid--you could have enjoyed all these very much here and for your **kind** information, these are available only here. Only the living can enjoy, the dead can't. You wasted your life running after greed and nothing can be done now. Such is the nature of things, I am really sorry for you.

Attachment is also a natural instinct in all the living creatures. It is good as an incentive but the worst as an obsession. Family is the basic unit of society and it runs smoothly and remains **healthy** due to the above instinct and so does the society. Whatever progress man has achieved on this planet, it has been made possible by the institution of family. Even all the fauna have some family-like **arrangement** in their lives to run the show of life, we know about it or don't is immaterial. All the creatures go on working in life due to attachment to their kith and kin. See some bird rearing its offspring, bringing food from far away and then putting it in the mouth of it till it learns to arrange its food needs and allows it to enjoy its life freely afterwards. Then again both the sexes mate in their Natural mating season--mating too materializes due to attachment to each other--give birth to new life and begin to rear it up till it learns the basics of life and so goes on the show of life on and on and on.....But man goes on cultivating more attachment to his offspring till the last hence the pain unlimited. One remains busy constantly due to attachment with relatives and possessions as well hence miles away from the ills of idleness. The journey of life becomes interesting and absorbing. See them who have no family and social life, their life being just a dull and drab affair. Married-life is a must if one wants to enjoy life wholly and **meaningfully** and make the show of life.....Moreover, life becomes secure and safe if one has good relations with his near and dear ones and the society. Love too is the offspring of attachment without which life has no juice. Other than attachment with various persons, man goes on laboring too hard for life due to his attachment to the 'matter' also. But attachment should be of **mortal** nature because here all is of ephemeral nature. Everyone knows it very well but even then none is ready to live as per this truth. 'Live so as to die, die so as to live.' Don't have too deep an attachment with any one that may ruin your own life on that person's sudden exit. This is law of the Universe- to appear, live and disappear- some may leave prematurely, all is **circumstantial**. All is **coincidental** from conception to cremation; which sperm out of the millions mates with the ova, what happens and when on the way in the journey of life, when and how the end of life comes? None can predict, those who claim to know just befool and exploit you multiply. 'Always hope for the best but remain ever prepared for the worst.' Live in this world but not **into** it. There

is a water-bird which lives in the water but its wings don't get wet, watch it and live as per it. Lotus too happens out of the mud, lives in the water but its petals never touch the water. How does the earthen lamp give light? Its wick must remain dipped into the oil to a certain level but not be totally dipped in it otherwise it won't light up. Same is the case with the lamp of life, remain dipped in the oil of 'matter' to the certain level and only then the lamp of your life will give light otherwise you will waste life in darkness. Don't do any ill-deed due to blind attachment in order to make this and that for your own ones. You may **escape** from the worldly justice but you can't do so from the laws of Nature which is 'As you sow, so shall you **have** to reap.' If you don't happen to reap, then some of your offspring has to pay and that too, too dearly; such is the nature of laws of Nature. Nothing will accompany thee after thine departure but people will go on cursing thee for good. Attachment with thine own ones is all o.k. but do love 'The Whole Existence' which Nature has blessed for all and then see. Happy journey.....

Now is the turn of ego, the barrier between man and godliness. There is no doubt that he goes on working due to his sense of 'I am the doer.' Most of his activities are aimed at satisfying his ego. Even a child feels flattered when he does something, see his face expression then. So, it is but natural to have some ego otherwise man will cease to work which, in turn, will make life listless. It inspires him to do more to most. Sometimes man does such a difficult work due to his inflated ego as he otherwise could not have done. Even most of the **good** deeds of man too are aimed at to feed his ego. It is too painful to do away with it, just impossible. Man seems to be not to survive sans it. It may change its form but it never dies. Once, a rich man ran to the jungle in search of peace after saying goodbye to all his riches. There he remained with a saint for many years and led a very hard and austere life to attract the attention of the seer but the sage took no notice of him. After a long time, the man got exhausted and retorted, "I have come to you after kicking all my riches but you are not bothering about me." The saint said gently, "It seems that the kick did not **hit** rightly and yours this **ego of leaving** all is more dangerous than that of having, in fact, the pain of leaving is still there." I knew that you have not left all that completely but it was still there in the deepest of your hearts, that's why I have not taken you seriously. Go away and return only then when you leave the ego of leaving too, only then I shall be able to do some work on you. In fact, man can't do without some degree of ego, it is just natural but here too blind ego is too fatal. 'I' is not as bad as is 'only I'. Many a lives are completely ruined due to too inflated an ego. 'When egos clash, disaster follows.' Most of the jealousy, envy, hatred, malice and many other evils are its byproducts. Even a good man with inflated ego is not good in the real sense. There is one more negative to it; it goes on inflating to inflating more to most unendingly. So, remain alert and be aware of feeding your ego. Oh man! What to be so proud of? You are **nothing**

before such an infinite Universe, there is no place of you on the **map** of Nature. In fact, even the whole of Earth is just like a . on Her infinite map and you feel so much flabbergasted on having some piece of property on that very pygmy Earth. I have heard that the Mayor of Athens, a very egoistic fellow, came to see Socrates but the philosopher took no notice of him and went on interacting with some too poor a fellow. The Mayor got infuriated and said, “Don’t you know that I am the ruler of the too large the city-state and the person you are interacting with is a non-entity and has nothing but even then you did not pay due heed to me.” The wise man asked someone nearby to bring the globe and asked the Mayor to find out his empire on it. He got perspiration in doing so because it was too difficult to find out such a small place on the globe of the whole planet. When he was able to find it anyhow, the philosopher asked him to find out his palace on it. He tried his all the best but could not do so. He understood what Socrates wanted to tell him and fell at the feet of the wise man and begged his pardon. Socrates gave him the globe when he began to depart and told him to look at it whenever his ego raises its ugly hood. Another very meaningful tale comes to my mind. Once there was a Chakaravarti emperor--a Chakaravarti emperor is the one who has conquered the whole of the world--naturally, he had the super-ego. When he died, his wife and his prime minister too committed suicide. When they all went to the Ultimate Judge, He directed the king to go to ‘The Golden Mountain’ to write his name on it as it was the prerogative of only the Chakaravarti kings. But the king insisted on taking his wife and prime minister along with him because he wanted to show them his stature even in the divine kingdom. He was allowed to do so but the guard at the main gate of the mountain advised the king not to take the duo inside. He continued,” I have been advising each and every such king as such and even my forefathers too had been doing so since generations.” The emperor was an intelligent guy and decided to go inside alone. He was taken aback when he entered inside because the whole mountain was made of gold and it was larger than The Sun and even then there was not any space on it to write his name. His ego evaporated at once and now he came to know of the meaning of the advice of the guard. He vaulted out in a huff and took the guard aside and thanked him for sparing him of the humiliation before the duo. He came to know that the guard is a man of wisdom, so he asked him what to do now. The guard said to do what the other such kings had been doing, “Erase the name of someone and write yours.” Now the king fell crestfallen on knowing that there had been billions of such kings before him and he was nursing too much ego for nothing. He was a man of some substance hence decided not to write his name after erasing someone else’s name because some other day, some other fellow will erase his name to write his own one. He came to know of his folly, fell at the feet of The Judge and sought His forgiveness for all his misdeeds due to the blind ego. The story is same of all of us but man rarely learns. That’s why he goes on falling into the same very

ditch again and again; even an ass too does not do so! Knowledge too inflates ego-‘The more thee know, the less thee grow; the more thee understand, the more thee expand.’ Knowledge is a borrowed burden whereas understanding is the self-experience. Nothing tangible hath ever been achieved sans self-experience. So, try to cultivate deep insight through learning through experiencing, ego can’t turn your head then. ‘Humility gains, ego loses.’ The choice is thine.....

Do learn from the Fauna. They get angry when someone tries to snatch their right, do greed but don’t pile up blindly, do attachment but of mortal nature and do ego but not the super-ego; all in its Natural form, all just for their survival. Observe them and do learn and then adept the learnt lessons in your life and see. The Fauna lives and dies as such but can’t improve their life, man can but he wastes his brains running after lust to lust till the grave. The fauna is useful while living and even after leaving whereas man lives so as to be of no use while living and even after leaving. He **can** be an asset to The Existence but he lives so as to be a liability to It. But if he begins to learn from Nature, only then he can be of much worth in life and even after death. Start to learn from just now onwards.....

SEX--- As per social, legal and Natural laws.

Anger--- Just the justified.

Greed--- Not the blind one.

Attachment--- Only of mortal nature.

Ego---Of what?

All is blessed by Nature, then of what to be egoistic about. All the above the so-termed vices must not be blind but they be just Natural and spontaneous.

Now let’s move over to the five senses of eyes, ears, tongue, nose and skin. These are very sensitive, that’s why they are termed as ‘senses’. These are vital for living as well as enjoying the beauties of life and Nature. In fact, these are the doorways to the world and The Nature. If any one of them is disturbed even for a moment, the life begins to seem too hellish, what to say of for a longer time. These are related to the brain very closely and function as per its command in all the creatures, brain being the control room of the whole of the body. Here too, man seems to be on the receiving end because his senses are dictated mostly by mind hence their unnatural use. In fact, the part above the neck is the most important part of the body, just as the C.P.U. of the computer and four of the five senses lie here and even the brain and mind too. All the creatures are blessed with these by Nature and they, except man, use them as per Its laws.

That's why they are more sensible than the so-termed super species. They are vital for their survival and defense. See the jungle-life objectively and you will see. But here too, man is dictated by the mind in their use hence the problem, problem, problem..... All his senses have lost the sensitivity and have been buried too deep under the debris of lust and have almost died turning him into the most insensitive creature. Eyes are meant to see and enjoy the beauties of this world and Nature but man has become so **blind** that he has no time to do so due to his too deep an entanglement to the blind race of lust, the layer after layer of lust has *blinded* him completely. The sight of a rainbow, of a moonlit and star-studded night, of the crimson light of the setting Sun, of the divine world of Flora and Fauna etc.; all is being missed by him due to his eyes remaining ever **fixed** somewhere **else** in the worldly pursuits. He goes on seeing all the things in a lusty way and not in a loving one and finally *closes* his eyes dejectedly. Do see deeply in the eyes of the child; full of innocence, curiosity and wonder, too deep and calm just oceanic; just full of supreme blissfulness. But they begin to lose it by and by due to falling in the vicious trap of lust and are full of **whole** misery when *closed* for good. In fact, life **has been made** a reverse journey from the Heaven to the hell by the ill-mind. As per laws of Nature, it must have been the inverse journey from Heaven to the most Heaven culminating in The Supreme Bliss but Alas! the mind has made it the otherwise one. See, the life journey of some wild animal, it goes on getting more grace as time moves on and becomes just like a **baby** in the old age and melts into Nature by and by. Compare the life of the super-species to it; man goes on losing grace as time rolls on and becomes just dud in the old age and gets lost. In my view, man **was** the super species but **is** the otherwise and **will** go on becoming more otherwise till? What does it show? It shows that man's life-style is not all o.k. Ears are blessed for hearing and listening and work as a medium of communication with others. There is the versatile *orchestra* of Nature- the sweet songs of the cuckoo, the humming of the insects, the chirping of the birds, the gurgling sounds of the waterfalls, the lilting music of the piano and harmonium, the soul stirring and romantic songs etc. But does the present man have the time and **capacity** to listen to these beautiful miracles? He does listen to but the worldly **trash** which is poisoning the sweet stream of life. The music of Nature is alchemical which leaves its deep impact even on 'the flora & the fauna' too. Those crops and animals, which are provided with sweet and soulful music, yield more! But it is so because they have not lost their sensitivity yet and are too receptive. But is the present man is so? He is totally lost in this and that hence has become incapable of listening to anything worthwhile on the way. He *does* listen to but only the **tinkling** of the money?

Does man feel the smell of the sweet fragrance of the crimson rose as he passes by it? No, a very big one No, he can't feel it even if the whole of the rose is pushed into the nose!

How can he; his sense of smell had been killed by himself. He wants to find it in the artificial fragrances of the make-up goods that are neither friendly to the skin nor to the nose itself. In fact, he fails to feel even the fragrances of the make-up goods by and by. Similar is the case with the sense of the tongue. The present man remains in so much *constant* hurry that he just swallows his meals and drinks and does not feel their taste. One more malady- he has become a slave to the present spicy, oily and fatty items and fast-foods which are too harmful for health. In this way, his tasting buds have got spoilt and their Natural rhythm has been disturbed leading to too many fatal diseases. In fact, none listens to the voice of the body but all listen to the taste of the tongue. The sense of skin too has almost been **made** to die because the present man has become too insensitive. He does not feel the touch of a loving hand because he is too lost in the race of blind materialism to do so. In a way, he has become just like a stone due to his Unnatural life-style. All the pleasures can be enjoyed only through the senses but how can you enjoy when all your senses have been made insensitive by you yourself by running after the insatiable lust. When you are out at the pleasure level itself, then the talk of joy, bliss and The Supreme Bliss becomes meaningless because the journey from the pleasure to TSB is the progressive one. In sum, all the senses have been **made** to lose their Natural sensitivity due to the wrong life-style of the present man. Then how can he enjoy life? Man must remain just child-like if he wants to enjoy life wholly. But today, even the childlike-hood of the child itself has been snatched away by 'The Worldly System' by pushing the child into the abyss of blind materialism right from the word go. He is **stuffed** into some school at the age of about just three and **stamped** to be this and that and thrown into the mad **cyclic** race of blind materialism. I see a very grim situation ahead because the future man shall be so miserable that life shall become worse than hell. In fact, the life of the present man has already become too hellish and if he does not mend his ways, then it is but natural that the situation is bound to go from bad to the worst. Oh man! Do regain thine Natural rhythm or do rot?

As healthy food and healthy food-habits are a must for a wholly healthy body, so are healthy mental food and healthy habits thereof a must for the wholly healthy mind. All the senses provide mental food to mind, if one well uses them then they feed mind well but if one ill uses them then they feed mind ill. So, use them as per laws of Nature and let them not be dictated by lust if thou want to enjoy life positively. Mind will return whatever thou feed in it and senses do act as per the dictation of mind. So, it's a two-way traffic, both supplement and complement each other too deeply. Remain in the company of the well people because right life-vision is cultivated by doing so. Do understand the game-plan of the mind and don't follow it blindly. Lust in its various forms makes man go astray and it goes on increasing and increasing and increasing..... So, remain alert and don't fall a prey to it. 'The more you fall a prey to lust, the more it preys on you.' All is

up to thee, you can jump off its trap or you can fall into the abyss of it. It's the most difficult job in the world but there's no other way if one wants to celebrate the festival of life. For this, man has to make well-use of the senses so as to well-mind the mind. Ill-mind is hell, well-mind is heaven; choice is thine!

Only human species has been blessed with the ability to speak, think and use hands, that's why it's termed as 'the super-species'. The thinking machine 'mind' is a blessing as well as a curse- well-mind being a blessing and the ill-mind a curse. The earlier man had the well-mind hence no misery but the present man mostly has the ill-mind hence all the misery. Then how to cultivate the well-mind in the present era of blind materialism? As healthy food and healthy life-style is a must for healthy body so is healthy mental-food and healthy life-vision for a healthy mind. The senses provide food to mind hence well-see, well-smell, well-listen, well-taste and well-touch; whatever is fed to mind becomes the bone and marrow of it. Do cultivate good and creative hobbies, interests and other arts to keep busy in a well way. Ever remain positive, practical and authentic. Do cultivate good human values of sympathy, compassion, love, kindness, forgiveness, gratitude, sharing, cooperation, helping the needy etc., as they lend mental peace. Just be good as goodness itself is its own reward. The good might have less but is **more** at peace. 'Evil may succeed but does **fail** in getting peace of mind.' Do spare some time to be with the children because they have an aura of innocence around them which affects you too positively and purifies your otherwise poisonous energy. Similarly, do spare some time to be with Nature as It freshens your energy and keeps the body, mind and soul healthy. It is thine root and to be with thine root is to provide precious food to your body, mind and soul. Why do you feel so much relief when you are among 'The Flora and Fauna', relaxing on some beach, feeling the coolness of the hills etc.? It is so because Nature is thine source and it is but Natural to be **one** with one's source. I have read somewhere that once a very rich person fell too seriously ill. All the available medical treatment was provided to him because he was too resourceful a person. But even then he did not get well and his situation went on deteriorating. Then some wise person advised him to spend some time with Nature and children daily. He began to do so and Lo and behold, he began to improve by and by and got hundred percent well in due course of time. I too can say with certainty from mine own experience that the ill people can get well by following the above practice. Do spare some time to be with thine own-self as well because it conjoins your split energy and split energy is the root cause of all the misery. All the meditations, the Yoga and other similar activities are aimed at conjoining your split energy. 'Ever remain total to ever remain blissful'. The well-use of the so-termed vices also provides healthy food to mind as has been stated above. Family is the basic unit of society and man being a social creature must have a well family-life for keeping him busy

positively because an idle mind is a devil's workshop. Moreover, man learns too many invaluable lessons from the family-life which help him in making life successful, meaningful and blissful. See the life of some bachelor who did not start his family-life at the right time and see...! The progress man has made on **all** the fronts of life has been possible due to the institution of family. Did the uncivilized man make some progress? Well social-life is also a must for healthy physical, mental, economic and spiritual growth of man. So, remain ever busy in family and social life so as to keep mind away from **multiple** ills. Education, customs and traditions, culture, religion, economics, polity and some other values too are a part of social life which play too an important a role in man's '**whole growth.**' Like economic capital, social capital is also a must for wholly healthy life. Well social life makes the journey of life easy, interesting and juicy. Mutual cooperation is useful for all in times of sorrows as well as joys as it helps in lessening the pangs of sorrows and increasing the joys of joys. Mere economic capital is lame sans social capital; mere social capital is too so sans economic capital. In fact, there is a 'Worldly Trinity' to run the affairs of the world and that is the social, political and economic set-up. Similarly, there is a 'Super Trinity' to run the affairs of The Universe and that is the three forces of creation, sustenance and destruction. These act and react as per laws of Nature, change is law of Nature but nature of laws of Nature never changes and The Whole Show runs thus. As we live in this world, we have to follow the worldly trinity and the basic of it is the social set-up and family is the basic unit of the society and the economic and political set-up just follow it. So, do follow well family and social values but do away with the ill ones. Do spare some time to serve society and humanity and there are too many ways to do so. It must not be for **show** but it must be just out of the heart. Don't follow blindly but ever act aware-fully. Keep those ideas that are contemporary and **eternal** and throw away those which are based on ill & blind beliefs, superstitions, irrelevant rituals and the alike. Do cultivate a scientific and Natural outlook so as not to fall a prey to the ill practices of the prevalent social set-up. Do spare some time for some social service so as to do some selfless work because it gives you a kind of self satisfaction and keeps you socially active. Make a few but good and trustworthy friends so as to share your sorrows and joys because some outlet is a must to keep the mind healthy. 'Life is a journey and it becomes enjoyable if you have good journey pals.' Sorrows lessen and joys increase by sharing. Moreover, the company of some good friends enriches ones' energy too positively and creatively. Do spare some time for your own-self as well to be with your own-self and for introspection. All the above mentioned facts are equally must for cultivating a well-mind. All said and done, one has to make Natural use of the so-termed vices, make well use of all the senses and cultivate well life-style if one wants to cultivate well life-vision which in turn **shall** lead to the well-mind, there's no other way. Hell or Heaven, the choice is thine.

Both body and mind affect each-other too deeply to be felt because man is neither body nor mind but it is body-mind, just a psychosomatic entity. That's why the psychoanalyst examines some patient first and only then the doctor starts his job. The root cause of almost all the diseases and ills lie in the mind which begins to affect the body by and by. The present **multiple** diseases and ills are being caused by the undue hurry and worry to have this and that and what not, affecting both body and mind too seriously, just the mother of all the tension and tension is so of all the ills.' That's why ill- mind is causing ill body and ill body shall definitely lead to more ill mind forming a vicious circle. 'Healthy mind in a healthy body and healthy body over a healthy mind' is the real position. Both body and mind supplement and complement each other too subtly. So, feed both **well** to make them healthy for a wholly healthy growth. But we treat the body as a junk-box and go on stuffing it with all kinds of **nonsense** food items but body has been made too strong and powerful by Nature otherwise...? It goes on **warning** us time and again in some form or the other but man is too insensitive and goes on ignoring the warnings till some serious ill dawns but then it is too late. Same is the case with the mind as we treat it as a mental junk-box and go on stuffing it with all the kinds of trash thoughts, ideas, memories, dreams infinitely till we become mentally bankrupt making life a **living** hell. Be sensitive enough to feed both body and mind in a very sensitive way otherwise.....Attend to the both equally because bliss **shall** dawn only then if both of them are **equally** healthy. Well body-mind health is a universal check. The daily time-table for a healthy body is as much a must for a healthy mind too. Whatever nourishes body nourishes mind too and the vice-versa is also true. As healthy food and healthy habits thereof as well as physical exercise are a must for a wholly healthy body so are healthy mental food and healthy habits thereof as well as mental exercise for a wholly healthy mind. There must be some outlet for the body energy such as exercise, hard labor, manual work, brisk walking, jogging, yogic postures, dancing etc. to draw out the poisonous toxins so as to keep body fully healthy. Similarly, some outlet is also a must for the mental energy such as catharsis, gibberish, yoga, meditation etc. to draw out the accumulated trash so as to keep the mind wholly healthy. Both games and sports are equally a must for the good health of both the body and the mind equally. In fact, whatever is good for the body is equally so for the mind and the vice-versa is equally true such is the deep connection between the duo by Nature. It is too hard a task to build a wholly healthy body because it needs regular exercise well-balanced nutrient food, well food-habits and carefree approach towards life but it is just too difficult a task to cultivate a wholly healthy mind because mind is too subtle and lusty, the former can be done by too many but the latter by the too few and both by the very few. Body is blessed by Nature but to keep it fully fit is the foremost responsibility of man whereas mind is planted by the worldly system hence it is too difficult to uproot it because it is too

subtle but a very few people have been able to do that by understanding the game-plan of mind. Remember, mind can't be undone totally by any means whatsoever, the nature of it being so by Nature. Most of the **ideologies** have been harping on how to win, undo the mind which is just unnatural hence impossible, what can be done is to not to fall a prey to it and remain ever aware of its mechanism. For keeping both body and mind wholly healthy, one has to change his life-style **completely**, a sort of rebirth. The sages who used the **word** 'rebirth' for the first time did not mean the physical one again and again but meant rebirth in this very life by **mastering** the mind. In fact, Nature never repeats but goes on from fresh to fresh and so goes on the show of The Universe in a fail-proof manner. All the other theories are also the game-plan of the **cunning** minds to exploit the gullible ones to mint pelf, power and prestige and to keep them sandwiched between past and future, memories and dreams. So, ever remain aware of them, if both body and mind are wholly healthy then who cares for the Utopia. Remember, if body is not at peace, the mind can't be so and if mind is not at peace then body too can't be at peace. Supreme bliss shall dawn only if both body and mind are at **total peace** and you remain awake moment to moment and enjoy life wholly. To keep body fit & hit, one must shed immense sweat regularly and to keep mind so one has to learn to enjoy the **present** moment and life is the sum of moment to moment, there's no other way. If you don't do so, then the doctor is **sitting** in waiting to make you his permanent **customer** such are the side-effects of the allopathic medicines. Do devote one hour to body and half an hour to mind daily on both the times of the morning and the evening. Both body and mind need to be cleansed off the poisonous substances daily otherwise they shall get too deeply ill and the trash will go on accumulating and accumulating bankrupting the both in the process. For it, **sweat** away the toxins of the body in any way and cleanse the trash of the mind through catharsis, gibberish, yoga, meditation, introspection etc. Do be with the child and Nature for sometime in the morning as well as in the evening to add strength to body and peace to mind. Do **invest yours all** for gaining a wholly healthy body-mind. It needs tremendous courage, sacrifice, awareness to do so but only the gamblers can enjoy life wholly and not the business people who can but destroy life of their own as well as the others'. Now, it is up to thee, do enjoy life or do destroy it.

MATTER – THE MEANS

‘THE MATTER IS JUST THE MEANS BUT NOT THE END.’

‘The means must decide the end and the end must not decide the means’. But today the end is deciding the means and that’s why man is **progressing** from misery to misery. No doubt, life sans means has less meaning but means are not as precious as is life itself. Those who have lesser means just don’t live better than animals and just crawl from the cradle to the grave. Their talent, wisdom, opportunities, intellect etc. go waste due to non-availability of means. Money is a must to enjoy all the beauties of life, Heaven (which is very much **only** here) and Nature. I myself could not enjoy them much due to lack of money, the poor remains poor on all the fronts of life? Means make life meaningful but mere means sans deep insight are just a liability. Means mean only then if one knows how to enjoy life with them otherwise they are the **surest** passport to physical, mental, social and spiritual ills and diseases. At first, means are just a means to sustain life and then to enjoy the beauties of it and Nature. In the earlier times man lived very blissfully even though his life was too hard due to lack of even the basic needs what to say of wants, luxuries etc because he was not blindly blind after the means. Now, the ‘matter’ matters more than man but it was not so then, man mattered more than the ‘matter’. It has happened so due to the materialistic progress man has made in the last three centuries. Till then, most of the humanity was engaged in the primary vocations but after the advent of science, people began to adopt secondary and tertiary vocations resulting in the flooding of goods and services by and by leading to the dawn of the blind race of materialism and today it is at its peak and shall go on worsening on and on and on.....Because all the goods and services have a price then it is but natural that money is needed to buy them and these are made available at the doorstep itself if one can afford such is the stiff competition amongst the providers of them hence the mad race for money among all. Each and every good and service is saleable, the customer should be there, one can buy even the so-called god, the rich are given a VIP treatment at the places of worship, the poor remain poor even over there?! People are selling body, mind, relations and even soul just for a few bucks! I watched amazing news on some T.V. news-channel; a gorgeous and too young a beau of some too rich a lineage was found selling her beauty for some monetary consideration. When she was asked why she did so as she had no financial helplessness, she felt no shame and said,” What is the harm in minting **easy** money and enjoying the pleasure as well?!” The poor is not as poor as is the rich?! Two beggars went to the palace of the king to seek some alms but were stunned to find the king himself begging of God more wealth, more power, more empire and what not. One of them said, “What to beg of a beggar, let’s see some other door!” The more one has, the more he cherishes.

The dreams of the poor are not as lofty as are of the rich; the poor are not as ambitious as are the rich?! I come across too many poor people who have inner richness but I have not met any rich person who has inner richness! Mind too is being bought for hefty packages, relations and even soul of some person too can be done so, the price may be high, if you have the money you can buy any honey. 'Riches are Heaven, poverty the Hell.' Even Hell too could not be as worse as is poverty. The poor have to make any compromise in scarcity. As **only** money has the purchasing power, the rush for it is but natural. That's why all rush to the rich and run **away** from the poor. All are relatives of the rich but the poor is not recognized even by their own so-called blood relations. None cares for those who have no money howsoever good, honest and wise they may be. Those are wise who have money, the otherwise are the otherwise. 'Intelligence is a liability for the poor.' The dull rich count more than the cute poor. The poor have no say anywhere but the rich have the omni-say. Man gets respect due to money, power or some special quality but the former is just phony whereas the later is real. All turn their eyes off the poor but bow to the rich. In sum, money has become the be-all and the end-all of all. 'Money has become the reigning god of the world. Money is the only language that is understood everywhere in the whole of the world.' 'Money is neither black nor white but it is **ever-green**.' It has the equal purchasing power irrespective of its source, that's why all are out to mint money anyway. More than this, it is used even to appease the gods of **that** world and here too the rich have the upper hand over the poor. That's why, matter has become a must at first to run the show of life itself and then to enjoy the beauties of life, science and Nature-blessed Heaven on this **unique** planet. It is needed at every step moment to moment right from the very inception to cremation of a person and even after that, the after-rituals too are performed as per the **financial** status of the bygone and how much the heirs will inherit! Each and every thing and service is to be paid for, none is free, the era of pity and sympathy has become the thing of the past. The basic needs of food, clothes and shelter are a must for all and they have to be arranged by you yourself at all costs and today they have become too costly hence are becoming a sort of luxuries due to the **over- populated** planet. **Rich** food articles are necessary to keep body and mind wholly healthy and these can't be bought sans money. See the physical and mental health even of the dog of the rich and you will understand why money is needed to keep your body and mind, relations and even soul wholly O.K. The poor have to shed their sweat for the whole day for the whole of their life even to make the both ends meet. 'Poverty is the life-sentence sans any crime and goes on becoming more rigorous from gen to gen.' The poor just carry on with life anyhow and miss all the beauties of it and Nature. The very poor among them live such a life as that of the animals. When each and every thing and service has a price then how it is that these will be available without money? Now, none can venture out of home sans any money in his

pocket, even a child does not, such is the nature of things. But **then**, only a very few people had some paltry money, the others just carried on by exchanging goods. For what was the need of money, when there were no extra goods and services to be bought? But now, there is a deluge of infinite goods and services and these too go on being **upgraded** moment to moment hence constant need of money. In fact, now money has become the sole **chief** basic need because it is a must even to buy the three basic needs. In fact, b-needs too are **contemporary**, the luxuries of the then times have become the basic needs of the now times and this process will go on going and man can't enjoy life fully in the absence of the **contemporary** b-needs hence the bind race for money and money and money..... If you have not contemporary basic needs then all your energy will go on being wasted in arranging them till death and you will fall like a dry leaf in the end. Remember, energy is a must for enjoying life wholly and life is a one-time precious opportunity blessed by Nature at nil cost to enjoy all the Heavens here and that's why this analogy that even the angels pine for human life. The theories of some utopia somewhere else and of rebirth are the brainchild of the cunning minds to rule over the masses and exploit them '**multiply**' to the hilt by frightening and fantasizing to keep them off the real reality. Interestingly, those who preach these theories themselves **do enjoy** life in such a way as there is no utopia and rebirth and all is here and now and that too at others' **cost**? Matter is the best as the means but the worst as the end. It is needed even to keep the body, mind, relations and even soul ticking at first and then wholly healthy. You can't live sans 'matter' even for a moment and it is too a must to enjoy the infinite beauties of life, science and Nature-blessed Heaven on this planet. Alas! The poor miss all the heavens here due to too much poverty and the rich due to too much riches?

All transactions were done through the barter system till the advent of science in the seventeenth century which means goods and services were paid through goods themselves. With the onset of science and technology, currency began to be minted and printed and all transactions of goods and services began to be conducted through it elbowing out the barter system by and by. All goods and services began to be evaluated by money making the transactions too easy and effective undoing the hassles of the barter system hence the importance of money. In the present era of unbelievable progress made by science, even currency is yielding place to the paperless transactions done through the electronic devices such as debit cards, credit cards, mobile and internet services etc. Whatever the mode of transaction, the goods and services are evaluated in terms of money hence the importance of money has become all- pervasive.

The primitive man began to learn by observing Nature and nature of Its laws leading to the discovery of fire at first and then went on to discover and discover by and by resulting in more evolution of human brains leading to the present mind which began to invent things by and by

leading to the advent of science in the seventeenth century from where the journey of the present easy, comfortable and resourceful life began. The advent of science happened due to the evolution of human brains after much length of time of the **happening** of the human species in its present form. In fact, the real turning point came when man began to live in groups near some watercourses and began to use water for various purposes resulting in the dawn of different civilizations just about ten thousand years ago at the most. Till then, man remained just raw and wild. Life was too simple and Natural and compact hence less problems. People were just innocent, hard-working, God- fearing, honest, good, humane and content. They lived a very harmonious family and social life and the whole society too was just like an extended family. They helped one another during some exigency because of lack of even the basic needs of food, clothes and shelter hence had almost nil ambitions. They just went on surviving anyhow struggling against Natural calamities and this very struggle resulted in the evolution of human mind by and by which began to learn by **observing** the nature of laws of Nature resulting in the advent of science. 'Matter' was limited just to run the show of life anyhow and there was no blind race for accumulating this and that. People just survived during famine- like conditions by sharing among themselves whatever they had. They mostly had to borrow from one another the essentialities of life to keep the hearth burning such had been the scarcity of things. When they returned those borrowings, none bothered whether they returned in the same measure or less such was the bonhomie among the people. They preferred man to matter and used to bring the hapless people permanently to their place of residence by giving them some property for good. The family and social set-up was such that the good people were listened to and revered out of heart on all the platforms of the society by one and all. Moral values and virtues were given priority to the mundane trivia. There was no blind race for accumulating the matter but people shared among themselves whatever they had. That's why people were wholly healthy on body, mind, social and soul fronts of life. They had enough 'matter' to run the show of life and were content with whatever they had. 'Content makes poor the rich, discontent makes rich the poor.' The race for getting this and that, these and those began with the advent of science. Industrial revolution created the demand for the raw material and the use of fertilizers, insecticides, pesticides, other inputs etc. began to increase the yield of the crops. Similarly, the demand for the minerals began to increase for running the factories and industries. The production of goods began to increase hence the race began to hot up to possess the raw material and the minerals as well as to sell the produced goods leading to the blind competition, thus began the blind race of the blind materialism leading to imperialism. Then the process for setting up of the required infrastructure began so as to fetch the raw material, minerals and other inputs as well as to sell the merchandise. This journey of progress

began from The United Kingdom and by and by other European countries too joined it hence began the race of imperialism. By and by, the fruits of science began to reach to different countries chartering the path to progress to progress and by the twentieth century almost the whole of the world began to taste the fruits of science **leading** to the independence of nations from the clutches of imperialism. In the last half of the twentieth century, the science explosion happened turning the whole of the world into a global village and arranged all that and even more what was projected by the earlier man in some utopian heaven somewhere else. No doubt, the advent of science happened due to evolution of human mind in millions of years turning this planet into a virtual paradise and making life too easy, resourceful and luxurious but the ill fruits of science are not less as well making life **multiply** ill and sick. Sometimes, I am at a loss to understand whether man has progressed or regressed?! Einstein, the father of science, was asked to say somewhat about the benefits and harms of science to which he responded thus, "I can see that science will benefit humanity immensely but about harms I can't say anything." Today, we can see what did he mean; the ill fruits of science are more than the well ones and the situation is going to worsen day by day leading to...? The situation has worsened to such an extent that almost **all** those who have fallen too blindly in the **circuitous** race of blind materialism are sick and ill on the body, mind, social and soul fronts of life in some way or the other. The good virtues and human values began to erode by and by after the onset of blind competition caused by the scientific boom reaching their nadir in the present century. Man can do any errand to mint easy money; human values have been thrown to the winds. The earlier man was not blind after lust but began to fall a victim to it slowly and slowly after the onset of the race of materialism blinding him totally by and by digging the grave for human, family and social values. 'Matter' began to **matter more** to man pushing the whole of the humanity into the mad race of accumulating 'matter' at all costs. As currency became the only mode of transaction, it was but natural that man began to run after money and money and money.....and power and prestige **do follow** money. 'Money can buy power and power can mint money at **free** will.' 'The more the money, the more the power; the more the power, the more the money;' so goes on the game on and on and on.....The word 'currency' has come from the word 'current' which means continuous flow as it is in the electricity. Currency is so for running the affairs of life moment to moment as is blood to the body to run the show of life moment to moment, the better the flow, the better the health, a single clot poisons the whole nectar of life. Similarly, money is a healthy asset if kept in **constant** circulation but cancerous if blocked, it is like manure, scatter the manure into the field and it shall lead to the flowering crop, store it and it shall begin to emit foul smell; same is the case with money, keep it in constant circulation, it shall beautify life; accumulate it and it shall begin to poison the very nectar of life itself. It does

not mean that I am against science and money but I am deadly **for** the both as they have turned this dull planet in to a **living** paradise. How can I be against science because Nature Itself is the greatest science? But I am deadly against the ill uses of science and 'matter' for destructive purposes and wasting life in blind pursuit of mere money. Same is the case with religion. 'Religion tells us about the art of living a good and meaningful life.' But today, it has become more a ritual and less a practice. It has become a **political** tool to rule over the masses and amass wealth unendingly, just a sort of **white** business. In fact, both politics and religion have been **made** the two sides of the same coin, the politician comes to power by using the impact of the **contractors** of religion over the masses and the contractors of religion taste the fruits of power afterwards, both thrive on each other. It is such a business as knows no loss; if you win then you gain much, if you lose even then you gain but somewhat less. Both the politician and the contractors of religion are experts at the jugglery of the words and gain power and pelf by using theirs' this very expertise but remain miles away from 'the deed'. Much stress is laid on the 'word' and less on the 'deed'. 'The deed is the authentic creed.' has become the thing of the past. Similarly, science has made life beautiful and resourceful but now it is being used for negative purposes and my whole effort is to- 'Make religion scientific and science religious in the truest sense.' For this religion has to be practical and science humane. If so happens, but chances are too thin, then this planet shall become an **enjoying** paradise and not merely a living one. May Nature bless mankind..! Man hath come to this point of progress due to mind but now it has become so ill that life is becoming hellish on this paradise day in and day out. Man could have made this planet and life too beautiful infinitely but the ill-mind has been doing exactly the otherwise. Reason, the blind lust has blinded man so much that he has been making negative and destructive use of science to mint pelf, power and prestige on and on and on.....The sweet fruits of science are turning into the sorest ones due to the ill-doings and un-doings of the ever cunning mind. The holocaust caused by the two world wars and many other **constant** wars and proxy ones too after them stand testimony to this fact and the third world war shall.....? Both Nature and life hath been **polluted** irreparably turning life into a nightmare and sowing the seeds of **extinction** of the precious life itself on this unique and heavenly planet. Nature has begun to warn man in the form of too catastrophic calamities and that too, too frequently but man has become too blind after 'matter' to take notice of it? In my view, the frequency of Natural catastrophes shall go on increasing at too fast a pace advancing the **last** catastrophe too near. Compare the frequency of Natural calamities of the present times to those of some fifty years ago and you will come to understand. Earthquakes, Tsunamis, volcanic eruptions, floods, cyclones, tornados and many other disturbances are becoming the order of the day. Many predictions go on predicting the doomsday to this day to that day but the reality is that life on this

planet happened after millions of years of its formation and it is but Natural that it would take immense length of time to become extinct but it is true that it hath been too much advanced by the ill-deeds of the present too selfish man. Would that man begins to make positive and constructive use of mind and science?! May Nature bless man!

Due to the era of blind materialism, money has been made the **reigning** god. Only those are listened to and respected in the family, in the society, in the polity and everywhere who hath the economic might howsoever evil they might be, none takes note of the good? 'Man is known by the company he **holds**' has taken the place of 'man is known by the company he keeps'. 'All the relations have become economic and selfish in nature.' That's why all are running after money so madly leaving all the good values on the way. But hath man grown really rich by doing so? In my view, he has not. He might have become economically rich but have become too poor on the physical, mental, social and spiritual fronts. He is sacrificing his body, mind, relations and soul for accumulating money infinitely and is running after money 'only' like a lunatic. Money can buy anything but health and life sans health is worse than death. 'The healthy pauper is better than the otherwise emperor'. Interestingly, all the precious have been blessed by Nature and all the mundane have been produced by man and that too by Her- blessed mind, resources and Laws. But man is worshipping his own made trivia and never expresses gratitude to Nature who hath blessed all the precious and even the trivia? 'Never lose the precious for the mundane.' What to say of gratitude, he is hell bent on **selling** even the precious treasures of Nature, which has been blessed by Her at nil cost for all, to mint money ends on? He is selling the precious blessings of water, oxygen, flora & fauna and all the natural resources to accumulate the trivia. I am dead sure that he shall finish all the precious treasures of Nature very soon if we observe the speed at which he is hell bent on using them too blindly. What will happen then?! Natural resources happened after millions of changes spanning millions of years but hath been made to deplete too speedily in the last one century only. In this way, he is digging the **eternal** grave for life on this unique planet!? What has gone to man? He is deceiving and even killing his own blood relatives; I've seen people killing the other for some paltry bucks only? He's looting others by all the means, selling poisonous and adulterated food items risking others' life. He is kidnapping the godly children for ransom, incapacitating them for life turning them into the earning beggars for him, picking up tiny girls to throw them into the dark world of prostitution, selling all sorts of fatal drugs and completely ruining the whole life of the present youth, their parents and relatives; all just to mint easy money? He is resorting to all types of crimes and sins to mint money. Hath money ever gone with the dead? What to say of after the death, I see people not using it while alive, then for what are they accumulating on and on and on...? Are they content with their life? In my view, certainly

not, ask them and you shall see. When they themselves have not lived happily, then why are they imposing their life-style on their offspring? They are pushing their children into the abyss of blind competition right from their **kid-hood** by stuffing them into some school at the innocent age of just three and stamping them to be this and that. The child is **trained** to get the maximum %age class by class and by and by the child is trapped into the vicious net of blind materialism in which the child goes on entangling more and more and is **wholly finished** at the young age itself and so goes on the game of blind materialism from gen. to gen. The people who go on accumulating **immoral** money are spoiling and poisoning the life of their offspring because their heirs **shall** ill-spend it irrationally because only that money is spent judiciously that is hard-earned by thine own-self. In this way, they had wasted their own life and spoilt the lives of their offspring as well. Are they well-wishers of their offspring or are otherwise? Observe the life-style of the offspring of some too rich and you shall come to see. Never leave the ill-gotten money for thine offspring as it shall make them idle, spoilt, multiply sick and ill but instead give them **‘healthy body and healthy life-vision’** so that they become healthy and good human beings who go on earning with the **strength** of the body and the mind and enjoy the fruits of their earnings with the **right vision** of the mind in an awakened state of mind turning them into really wholly rich. I am at a loss to see people who do mint money by all the means day in and day out but don’t enjoy its fruits but their servants do make all kinds of merriment in their homes at their cost! Ask them, for what they are running so blindly after money, they will say that they are doing so only for filling the stomach. But they never fill it on time but their servants do and so do most of the poor! The poor are rich on the body, mind and relations’ and soul fronts of life but the rich are poor on these fronts! I know too many poor people who are content with that what they have and remain grateful to Nature but I am still to meet some rich person who is so and may be mine this desire remains unfulfilled. On the contrary, the more you have, the more you go on becoming discontent and full of grudge to Nature till the last. You go on comparing with the richer than thee and trying to be alike them and waste your whole life in this mad race. Never look towards the other but be thine own-self. The earlier man hath nothing but was content and grateful but the present man hath almost everything but is too discontent and ungrateful. The present man must have been too content and grateful because he hath all that which the earlier man used to fantasize in some utopia but Alas! ‘Contentment is not the fulfillment of what you want, but the realization of how much you already have.’ Money is a must but to live for ‘only money’ is to miss the immense beauties of life and Nature. I see people who go on some excursion for enjoying but never enjoy it fully because their mind remains engrossed in their business, job etc. even over there. ‘Work hard for everything but run after nothing.’ Do trust Nature and follow Her rules. ‘Let Nature prevail because It **shall** prevail.’

‘Work like an ox, live like a stud.’ Money is an asset if you know how to earn it and use it but a liability if you mint it and accumulate it and don’t enjoy life with it. Matter is a blessing if you are awake but a curse if you are in deep slumber and this slumber is going to deeper to the deepest day by day. May Nature awaken man....!?

In conclusion, money is the means to sustain life at first and then to enjoy the beauties of life, science and Nature but man has made it the end hence all the problems. Money is an asset to a **certain** extent but a liability beyond it. If you have too less, then all your life- energy is wasted in arranging the basic needs; if you possess too much, even then your whole life-energy will be wasted in expanding it unendingly. Life-energy is a must to enjoy life blissfully. The poor can’t enjoy because they have too less, the rich can’t do so because they have too much. Keeping in view the present worldly realities I would like to change The Epicurean talisman—‘Eat, drink and be merry’ to ‘Do earn, spend, save and be merry.’ Earn as per your physical and mental strength, spend as per your economic strength, save as per your capacity and be merry unlimitedly. My whole stress is that man must work howsoever rich he might be, must spend so as to enjoy all the dimensions of life, must save for exigencies, must make merry so as to be blissful. Only earned things are the sweetest, spending lead to the circulation of money, savings are meant for safety and security and merriment is the **cosmic** experience. My whole stress is that money must not be minted unscrupulously because you can’t enjoy with it with a **light** heart, must not be parked wholly as it leads to too many individual, personal, familial, social, economic and other related problems. If one has too much money, he must invest it as it shall yield more as well as will generate employment for others leading to more circulation of money leading to the prosperous and secure society and one must enjoy life wholly because Nature hath blessed you with the **sole** opportunity of enjoying all the beauties of this beautiful planet and the whole of The Universe. Do remember—‘one can’t enjoy life fully in isolation.’ The rich must donate liberally so as to make this world a good place for the common populace, it shall give them mental peace and make their life meaningful and useful and they shall be remembered for good after their exit, ‘He is poor who lives for money **only** and he is rich whose out-go is less than the in-come.’ ‘To manage money is as important as is to earn it.’ The game of life is alike the game of playing cards, you have to play **only** with **those** cards which are in your hands and to manage them in such a way so as to **try** to win the game. A man with lesser means can enjoy life more than the person with more means, all depends on how you manage them. The poor is heartily happy when he buys a cycle but the rich is not so even if he buys an aeroplane, all is the state of mind. Both **outer and inner** riches are required for enjoying life wholly. In my view, neither the too rich can enjoy fully nor the too poor can. ‘The excess of everything is bad and so is the want thereof.’ The too rich have no vision and

time to spare to enjoy and the too poor have no means to do so. Neither the richest nor the poorest can enjoy life due to their own **respective** reasons. The middle class too can't enjoy because they have not enough means to have contemporary needs, they remain entangled in the mad race to have those needs hence missing the other beauties of life. Then who can enjoy? In my earned view, the upper-middle class can do so because they have enough means to have those c-needs as well as time and brains because they are not so involved in the rat-race. They can nourish and attend to their body, mind, pocket and relations properly and the soul **happens** only after you are wholly healthy and you have the sufficient means. Moreover, they remain physically fit because they work hard to keep pace with the ever-changing c-needs, remain mentally fit because their mind is not blown off due to too excess wealth, remain materialistically fit and socially active because they earn as much as required and spend it judiciously and remain spiritually healthy because they are less ambitious hence wholly healthy. 'Only the wholly healthy can enjoy wholly.' I am sorry for the too poor, the too rich and the middle too. Those are the blessed ones who hath enough 'matter' to have the contemporary needs and hath enough savings so as to attend to contemporary emergencies. Both the mundane and the precious are **equally** needed for enjoying life wholly. Mundane is related to 'matter' whereas precious is related to the life-vision. 'The less the mind and more the means is an asset but the more the mind and less the means is a liability.' Only that 'matter' matters for you which makes your life journey enjoyable, the left is meant for the left ones after your death. Nature goes on blessing most of us with healthy body and mind to earn for ourselves, then why to waste your life for accumulating for the incoming gen. If one could but see the actions and reactions of the so-called near and dear ones after the death then he would certainly pull his hair and curse himself that he had been committing crimes and deceiving people for such ungrateful fellows. Open your eyes and begin to live as per reality of things and do enjoy with 'matter' as much as you can, life is meant for enjoying and not for accumulating. Happy voyage.....

RELATIONS--THE CAPITAL

‘Healthy relations lead to wholly healthy life’

Social capital is as important as is economic capital-both supplement as well complement each other. Mere economic capital sans social capital is a **golden** burden; mere social capital sans economic capital is hollow. Family is the basic unit of society - if your family life is healthy only then your social life will be healthy. Life can't be enjoyed sans having good family relations. In fact, life becomes worse than Hell if your family relations are not cordial. Day-to-day bickering makes life a constant Hell and lead to downfall- to- downfall of the family **wholly**. Then come, your immediate blood relations, the precious asset if good but the otherwise liability if otherwise. Then comes the neighbor, if it is good then life is better than Heaven but if bad then worse than Hell. It comes to your help instantly whereas your so-called relatives and others will come at their **convenience**. It adds to your joys and lessens the pangs of the sorrows. Then come, the immediate surroundings which too are of much help in the times of grief and happiness. Bad relatives can be borne but not the bad neighbors and the other nearby people. It means that your relations with your neighbors and the immediate surroundings must be cordial if you want to tread the journey of life leisurely. Then come, our ward which too shares our joys and sorrows. Cultivate well relations with all the immediate people so as to make the journey of life juicy and meaningful. One has to make many sacrifices and suffer losses to keep relations with people ticking and sweet. ‘Help wholly to be helped wholly.’ ‘Cooperation makes the life-journey of all of us easy and enjoyable.’ They are fortunate who have good neighbors and alike other immediate people, the otherwise are the otherwise. Then comes the relatives, the precious asset if good ones but the mundane liability if not so good ones. But in today's era of blind materialism, even the so-called blood relations are becoming too **bloody**, what to say of other relatives due to blind greed and inflated egos. That's why joint family system is fast breaking and so is the case with other relatives. It seems to me that friends are the only relation which is mostly above self and matter but only if it too is genuine in nature, genuine people too are the rarest species these days. Even all other relations too become sweet and durable if these are treated as of friendship be it father-son, mother –daughter, husband-wife etc. relations. Almost all relations **were** healthy but **are** not so now due to the blind race of blind materialism. The nectar of sweet relations has turned into the sorest one. People are killing relatives for the ‘matter’ and situation is going from bad to the worst. That's why life is becoming miserable day by day but man has become too blind to understand it.

All relations from family to the others form society which makes the journey of life easy, absorbing, juicy and secure. The worldly show is run by The Trinity that is—social, economic and political set-up, the social set-up being the basic one. If social set-up is good then

economic and political set-ups are bound to be well but as already told—social set-up is becoming ill day by day.....!? Today economic set-up has become the basic set-up hence deciding the fate of both the social and political set-ups throwing the family and social values to the winds. Education, creed, customs, traditions, culture etc. are vital organs of society. If these are well then the quality of society is bound to be well but if are otherwise then the quality too is bound to be otherwise. As the journey of life is very personal, so follow those family and social norms that are contemporary, practical and scientific with deep insight and awareness so as to make the voyage an enjoying sojourn. Never follow blind beliefs, superstitions, superfluous rituals etc. blindly but learn to separate the grain from the chaff. Ever keep family and social relations above the economic and political ones so as to enjoy life without any tension. Today religious and political practices have reached their nadir and it seems better to remain away from the both if one wants to enjoy life with peace of mind and clean brains. In sum, well personal, family and social life is a must if you want to enjoy the journey of life. Hence, physical capital, mental capital, economic capital, social capital and spiritual capital are a must to grow wholly rich.

SOUL---THE INTUITION

‘EVERYONE IS BORN UNIQUE BY NATURE.’

Everyone is blessed by Nature with some **special** seed within and that very seed is called ‘soul’ as per worldly parlance but that seed is buried too deep by the conditioning of the worldly system and that is the only reason for all the miseries of life. Everyone is unique by Nature and is destined by Her to ‘BE’ that very, that’s why the term ‘BEING’. By destined, I don’t mean that some super-power writes the destiny as hath been being preached by the cunning minds to keep man off the Truth. The truth is that the genes go on percolating down gen. to gen. deciding the ‘destiny’ of life, the journey is too long, from the water-life to you yourself?! In my earned view, the word ‘destiny’ itself might have come from the word ‘destination’ which means culmination of the journey, from the water-life to you yourself. Everyone inherits genes of the parents from gen. to gen. as per the laws of Nature, the list is infinite and these very genes decide the quality of life ahead. Then it is but Natural that the child **must** be groomed as per its genes if it is to enjoy life **wholly** but the present worldly system grooms the child exactly otherwise right from the word go. That’s why you can see square pegs in round holes all around hence all around misery and misery.....In fact, the present man goes on trying all his best to **accumulate** miseries after miseries till the last, almost all are after the money, a very few might be after the bliss and they seem to be **the odd** ones! Interestingly, people ever ask for ‘matter’ only but never for ‘bliss’ from The Almighty! The earlier man was intelligent enough to groom the child as per its intrinsic worth and that’s why man’s life was not as miserable as it is now. That’s why Manu, an Indian sage, classified jobs as per the genes of man and the results of it were excellent. For e.g., the son of a farmer can be groomed to be an **expert**, successful and blissful farmer with too much **ease** because much of the blueprint lies in the genes and such person is bound to enjoy a wholly healthy and content life, a sort of heavenly life. Even today too, those people enjoy **wholly healthy life** who are in the parental profession. But it does not mean that the son of the farmer can’t have the seed of becoming a doctor, engineer etc., yes he can have, because who can **know** of the journey of the genes and if he has such the seed then he must be promoted to be so. The ? is of being that very what hath been destined to be. But today none cares for the seed within but all begin to impose, exactly opposite to the original worth, on the hapless child and the such groomed child can **never** grow to be an expert and lead wholly healthy and blissful and content life, yes he can be economically rich but too poor on physical, mental, social and spiritual fronts of life. Interestingly, the **greats** of their respective fields hath ever been those whose childhood hath been too raw, wild

and free and they hath been promoted as per their original worth by the parents and the worldly system. It means that man lives a '**given**' life, from the genes to the conditioning of mind by the whole worldly system. At first, the life-style and life-vision of the mother impact the child too subtly and deeply in the womb itself and then in the very first year of life after the birth. After that, the role of both the parents start and the child learns much from their behavior and conduct because the child learns by deep observation because it has the curiosity and its eyes are full of wonder and innocence right from the word go. Then begins the role of the **immediate** surroundings because the child begins to toddle and twitter and to learn by imitation by being in the company of others. Then comes the role of the teacher and the child is much impacted by the teacher after the parents. The behavior and conduct of the teacher impacts the child more than the **books** and most of the quality of life ahead is almost decided in the very first seven years of life hence childhood is the most important stage of life and the role of the parents, the immediate surroundings and the teacher is of paramount importance. But what is happening now? The Parents want their wards to become that very which they themselves could not become? They train the child to 'become' and not to 'BE'. Bliss can never dawn sans being 'BE'. None cares for the original worth of the child! The whole of the worldly system is **against** the child which trains it for 'the matter' only ignoring totally body, mind, social and soul aspects of life. Matter is a must but only up to a **certain** extent and becomes **cancerous** after that limit making life a veritable hell on the body, mind, social and soul fronts of life. What will happen to the next generations? In my view, the world shall become a **lunacy** which it is somewhat even today if you can see objectively. If humanity wants to save the situation then it must start just now onwards to train the child for the **whole growth** otherwise it shall be too late, I have almost nil hope for the same and the misery shall go on multiplying on and on and on leading to?. Only a very few people will be able to enjoy life who hath been saved from the worldly tutoring anyhow. Mostly, people brag of **great** things such as God, soul, spirituality, enlightenment, salvation, emancipation and many other **beautiful** ideologies but the real thing is 'TO BE AWAKE' in this very life and **do** live as per it. In fact, all the above beautiful ideologies are nothing but various forms of lust which wants to live even after death and the cunning minds make full use of this human weakness to mint money, power and prestige as well as to exploit the gullible populace **multiply**. God is not a physical entity as It is mostly projected but It is some Force (Energy) which runs The Whole Show of The Whole Universe as per the set of laws of Nature. Soul means intuition, the inner voice, the flame within, the seed; spirituality means to rise above the materialism; enlightenment means 'from darkness to light; salvation and emancipation means to get **liberated** from lust in **this** very life; the sum meaning of all these is awakening and consciousness. All other things other than awakening

are mere sugar-coated **words** whereas Awakening is a sour kind of deed. Unless and until one does wake up, one can't get out of the slumber. There hath ever been ideologies and ideologists but the awakened ones **pick** up the good ideas out of all of them and adept these into their lives and throw away the trash ones. I myself have tried my all the best to pick up the authentic ideas out of various ideologies and to assimilate all of them in my practical life which are too useful. May some of these be useful to those too who hath the eye! Thousands of people have been preaching and millions have been listening to 'the word' since ages but nothing is going to happen sans doing the deed. That's why man hath been accumulating misery on and on and the game is still on and will go on going as such worsening day by day. Only a very few daring people who hath the **chest** dare to be on the **wrong** side of the **blind** crowd which hath been being intoxicated with the sugar-coated 'word' by the cunning minds to grind their own axes. 'Never be idealist but ever be practical.' My whole stress is on the 'deed' and I **do know** that a very few people shall dare to **jump off** the queue of the crowd which hath been being conditioned by the **vested** interests since times immemorial but it is also law of Nature that there are no herds of lions, it's up to thee whether thou want to be a lion or the otherwise. 'Do awake or waste the whole of life in too deep a slumber.' Man remains unconscious during physical sleep for some time, that's why it's called a mini-death but he again becomes conscious on waking up. But he goes on wasting his whole life unconsciously due to the constant mental sleep. Human species is the only species which can enjoy life consciously but alas..! Whereas all other creatures enjoy life in their own respective ways but they do so unconsciously but man does not enjoy life even unconsciously like them what to say of consciously! 'Be awake or do rot.' 'To remain ever awake on the mental front is the true awakening.' The other man-made forms of awakening just as enlightenment, broadcasting from above, messenger, angel, salvation etc. are just the ploys to befool the gullible people, it had been happening, it is happening and it shall go on happening because no one is ready to remain awake hence the constant **crowds** of the **know-alls**. It is too easier to follow someone who claims to know all but it's too difficult to follow one's **own-self**. For this, one has to be the master of his mind which is too difficult to be but there is no other way. But I won't give you any robe, rosary, ideology, talisman, etc but I will snatch all the dogmas, blind beliefs, superfluous rituals, etc. 'Only those need the outer paraphernalia who hath some inner problem.' Worship Nature instead of books, idols, places, buildings, persons because She has blessed all the precious for all and that too at nil cost. The earlier man was right here too because he worshipped Nature to pay his gratitude to Her. I want to awake you and when you become awake then the grace of your body, mind, relations and matter will become just celestial. Awakening means to accept the Universal Truth as well as the worldly realities and enjoy life as per both of them. But mostly man goes on closing his

eyes to both of them throughout his whole journey of life hence all the miseries. Moreover, he is **made** to believe by ‘the cunning minds’ in this and that myth and goes on wasting his life thus. It has been so because it is easier to live in myths and too hard to accept the reality and the hardest to accept The Truth. Interestingly, he is made to believe that life itself is a myth and death is the only reality. But I say unto thee that both life and death are a reality and it hath ever been won’t of man to run away from the reality and reality shall remain reality whether you accept it or not and so is the case with the Truth. The difference between the reality and the Truth is that reality is worldly and ephemeral whereas the Truth is Universal and eternal. I shall take on both the worldly realities and the Universal Truth in this chapter because one has to be awake to both of them if one wants to enjoy both the worldly and universal Heavens here and just now. Mostly, man lives in a state of too deep a slumber for the whole of his life hence misses the Heavens here. Moreover, his slumber goes on being **made** the deepest by the ‘cunning minds’ throughout his whole journey of life. At first, I would like to take up the true meaning of the soul because man has been being misguided much on this front by the cunning minds since ages so as to grind their own axes. ‘Body is the temple and soul is the flame within.’ Let’s understand ‘the soul’ first, then ‘the awakening’ will be taken up. Soul does not mean what meaning it has been given by ‘**the cunning minds**’ since times immemorial to rule over the masses and exploiting them by all the means. They have been giving this meaning to keep man off the present and keeping him sandwiched between the past and the future so as to enslave him and run their **lucrative** business of minting money, power and fame and enjoy their life at the **expense** of the gullible people because they themselves live in the present. What a game! It has been imprinted on the human mind on and on that the soul goes on entering some other body after it leaves the body of some person on his death and so goes on the show of eternity. But the true and the **original** meaning of the soul hath been ‘the seed within’ i.e. the intuition which is blessed by Nature but that meaning of the wise seers has been linked to the game-plan of the ever lusty mind by the cunning ones to keep man enslave. ‘The diamond is made the coal again when it falls into the wrong hands.’ Mind is so lusty that it wants to **survive** for eternity even after the death and ‘**the cunning minds**’ used man’s this very **weakness** for their gain by feeding his mind with the **theory** of births after births on and on and on.....hence began the theory of past and future life and rebirth keeping man too away from the present but life always happens in the **present** and only those can enjoy it who live in the present, moment to moment, and life is the sum of moment to moment. Life goes on decreasing moment to moment—then why people celebrate birthdays when b-day happens only at the very moment one appears on this planet? Past is the cancelled cheque, Future the Promissory Note whereas Present is the ready cash and life can be enjoyed only with the cash at hand. ‘Don’t dwell in the past, don’t dream of the

future but do concentrate on the present.’ If you keenly **observe** ‘the whole show’ of Nature then everything is crystal clear but mind is mind because it interprets everything in such a way so as to survive on and on and on.....Nature knows no past, no future but remains ever in the present. All goes on as per laws of Nature based on ‘change is the **eternal** law of Nature but the nature of Its laws never changes.’ Nature can never use discretion because It is bound by Its own laws, that’s why The Whole Show has been running so smoothly and in a fail-proof manner. There is nothing else to run the whole show and all the talk of some super-power somewhere else as a physical entity to do so is again the handiwork of the cunning minds to rule over the masses and exploit them by all the means. Nature is the greatest science and all runs on the ‘cause and effect’ theory and It is ‘The Supreme Power’. Human body is the just replica of The Universe, just a mini-universe. Do you give any command to your body to work but it goes on working automatically and rhythmically, The Universe too works as such, the difference being that human body is mortal whereas The Universe is eternal. The other day, I read in The Tribune dated Sep.02,2010 that in his new book, the noted scientist of physics Stephen Hawking from England, has concluded from his long and deep research that The Universe **happened** due to the eternal laws of physics. In his path-breaking book ‘A History Of Time’ published in 1968, he had some reservations about the theory of the origin of The Universe but now he is very much clear about it. I too stand by him but want to add somewhat more to his research that all happens in Nature due to the law of change of Her and The Universe too happened due to the law of change of Nature in infinite length of time, one change leading to the other and the other to another and so goes on The Whole Show going on and on based on change to change and shall go on as such, what is next, none can know because how can you know about that which goes on changing moment to moment? The Universe is eternal because of law of change of Nature. Nature Itself is the physical manifestation of the god, the heaven, the utopia, etc; all the other is just theories created by the mind. The movement of the celestial bodies in their respective orbits and paths in the whole Universe is eternal and constant. In fact, the term ‘Time’ was coined by man himself for his convenience to run the show of life smoothly but mind divided it in to the non-existent past and future forgetting all about the very **real** present which is always present because if you learn to live from moment to moment then the demise of mind is very certain. Nothing is repeated in the whole show of Nature but all goes on from fresh to fresh and that’s why the whole show has been running so smoothly, harmoniously in a fail-proof manner since....?! The old go on leaving, leaving behind their offspring and so goes on the show of life on and on and on..... That’s how the whole show of life goes on going from freshness to freshness, nothing reappears again, Nature never repeats. The law of change of Nature itself is enough to make thee understand that change means from new to newer..... To repeat

means to be static and if Nature becomes so then imagine what shall happen, the whole of The Universe shall fall apart. A very fruitful tale---- Once a sage spent the night under a very big Banyan tree while on a long journey. In the morning he thanked it and asked it to ask for something. The tree asked for always having green leaves and the seer granted its wish. After two years, the same saint happened to return by the same path and spend the night again under that very tree. When he lay down to sleep, some tear-like drops began to drop on him from above as if the tree was weeping. He asked the tree what the matter was. The tree told that last time it had asked for something which was against the law of Nature which had stopped its growth. The green leaves turn to grey by and by and then fall and only then new leaves can **happen** leading to the growth of the tree and so goes on the whole show. The tree begged the sage to undo the last granted wish and restore the law of Nature. The seer granted it and the tree began to grow as per law of Her. That is how The Whole Show goes on going continuously based on birth, life and death. 'All appear out of Nature, are sustained by It and disappear into it for eternity.' There is The Trinity of three forces of creation, sustenance and destruction that run The Whole Show that lead to the three steps of birth, life and death of all the entities of The Universe, you may call these three combined by any **beautiful** name. But here too, the cunning minds put it as Brahma, Vishnu and Mahesh as the physical entities of the creator, the sustainer and the destroyer respectively but in fact these three are Forces of Nature but the mind is mind! All, the living as well as the non-living entities, go through these three stages of birth, life-span and death and the whole show runs so smoothly due to this very law of Nature but The Universe itself is eternal because It is not an independent entity but is the sum of the infinite entities which go on change to change, then how can it cease to exist. Some people say to me that how the non-living things can have birth, life-span and death, then I make them understand thus. The mountain is born due to some interaction between some positive and negative energy, then it goes on growing just as the living entities do and then it is finished one day, same is the case with all the creations of Her. We can't correlate because our life-span is too short and theirs' is too long. Birth can't happen sans some interaction between the positive and the negative energy and life-span too is sustained by some sort of food which too happens due to some interaction between some positive and negative energy about which we can't know because The Universe is too vast and infinite to be said anything about It, we can but **bow** to It and whatever is born is bound to exit some time. For example, the water circle due to which life happened only on this planet is going on going due to some sort of interaction between some positive and some negative energy. Science used to think that The Universe is made of matter but today it too admits that The Whole Show is run by Energy. I think a very few people can accept the Truth about the functioning of The Whole System because it is too daring

and difficult act but most of them are **made** to remain entangled in the myth of some physical super entity to do so because it is too easy to follow the mirages. 'To experience The Truth is the demise of the mind.' But Truth Is Truth and It is eternal, we accept It or not. It is Truth that life is a one-time **precious** opportunity blessed by Nature and that too at **nil** cost to enjoy the Her-blessed all the Heavens very much here and just now but man goes on wasting it by going on following the myths. This is the Truth about the soul as stated above and only those can be awakened who are ready to accept It otherwise go on **wasting** the one-time opportunity blessed by Nature, DO REMEMBER, thou are never to be again. Everyone is blessed with intuition, when we think to do something ill then an 'inner voice' implores upon us to desist from such deed but here too the mind overtakes that intuition and the game goes on going as such till the last and the **precious** opportunity is wasted thus. In fact, the intuition blessed by Nature is begun to be **killed** by the worldly tuition of the brains right from the word go. Awakening means to rediscover 'the intuition' which hath been buried too deep by the worldly **forces** which is too difficult a job but all the precious has ever been earned too hardly. You can't be blissful unless and until you begin to live as per thine intuition, the all around infinite **multiple** misery is the proof thereof. To be awake, one has to shake himself off the clutches of fiction and myth and begin to live as per the reality and Truth and the bliss **hath to** follow such a life-style, there's no other way. Everyone is born **unique** by Nature but the worldly system trains all in a **uniform** way? Then how can bliss visit when one's original self has been begun to be taken away right from the beginning. So, live as per thine own very original self and see. None can be blissful if he closes his eyes towards The Universal Truth and worldly realities. But the tragedy is that people worship **those** who run away from The Truth in the vain search of It very self. They torture their precious and beautiful body very inhumanely and mind and soul get equally tortured by doing so. What a strange world indeed! Those who live as per Truth Itself are considered somewhat **otherwise** by the world but they have the precious bliss and they don't need any worldly applause. The root cause of all the ills on body mind, matter, relations and soul fronts is that we are living one hundred percent **opposite** to the laws of Nature and these laws are The Ultimate Truth. Truth is eternal hence thou have to change yourself as per It if you want to enjoy the voyage of life. '**Nothing changeth until you do.**' Do change and experience the celestial bliss.

The universal truth is based on the laws of Nature whereas the worldly realities are based on the contemporary social, economic and political set-up, the reigning Trinity of the world. That's why Truth is eternal whereas the worldly realities go on changing as per the **quality** of the contemporary reigning trinity of the world. Before the onset of science; which gave birth to the

present blind **cyclic** race of materialism; the good, the honest, the men of integrity and character had the last say in all the matters of the reigning trinity then but now the totally **otherwise** people are having every say everywhere, the worldly realities hath changed so much since then. ‘Only those go on evolving who go on changing with the changes.’ ‘Ever remain contemporary to ever remain evergreen.’ ‘Ignore the present and the future shall ignore thee.’ You can’t be successful on the worldly scale if you don’t live as per the present worldly realities and bliss too dawns if you are wholly rich. Attend to your body, mind, matter, relations and soul as per them because life needs a **practical** approach, life is not a theory but it is a **practical**. None can deny the power of physical, mental, material, social and spiritual power. So, one must have all these combined in a well-balanced manner so as to be wholly powerful. Remember, the weak can’t even live fully what to say of enjoying life. To enjoy life is not a cup of tea of any ones’ but it is too daring an act. There shall be too many **worldly** obstacles on the path of enjoying life and only those shall face them who hath the chest. Now, over to the worldly realities related to the body, mind, matter, relations and soul turn by turn. Only your body is your own, all the other is related to the others, all relations whether blood ones or the others start afterwards. Relations too remain healthy if your body is healthy. See, when someone is afflicted with some too serious and long a disease, all begin to try all their best to remain too away from him. ‘All the relations are selfish and economic in nature.’ If you are hale and hearty and the earning one, then all shall try all their best to remain near and dear too to you. So, keep your body fit to keep the relations fit. To keep body fit is the most **religious** task. Same is the case with the mental health because what is true about the body, the same is true about the mind as well, the both being too deeply related, just to be a single entity. Whenever we talk about health, it’s about both the physical and the mental fitness and I call it ‘The whole health’. So, keep the both very healthy to enjoy life till the last moment. Now comes the turn of the matter. Here too, the importance of the healthy body-mind duo is too vital because the matter too can be earned as well as well utilized by the healthy one only, it being a liability for the sick and the ill. The matter is a must from moment to moment to run the show of life at first and then to enjoy it wholly. But it must not be made an obsession as obsession always leads to the hell. ‘Do understand both the utility and futility of money and live as per it.’ It has utility because each and every mundane thing can be bought but **only** by it but it is futile as it can’t buy the precious. It can buy the medicine but not the life, the lust but not the love, the house but not the home, the matter but not the bliss etc..... It can make life journey worth enjoying but can’t do anything after the journey is over. It can beautify the beauties of life and Nature if kept in constant circulation but can lead to untold miseries if accumulated blindly. Do understand its nature and enjoy the happy voyage. Never run after the mundane and the trivial at the cost of the precious and the eternal. Let

it matter where it matters but not there where it **can't** matter. Interestingly, almost all the rich and successful people consider themselves wise enough to come to this point of opulence but they don't understand that too many really wise are struggling too hard even to make both ends meet, all is the **game-play** of the laws of Nature and the world. 'The riches mostly happen either through deception or since conception.' But the real bliss lies in earning by the sweat of the brow, that's why you see that most of the rich are too miserable a creature. So, do earn wholly and do enjoy wholly. Earn more relations than the matter and even at the cost of it because they are the real asset. If a void is not felt by the society after your last departure then your whole life journey hath been a wasted opportunity blessed by Nature. Now somewhat about the realities related to the soul. At first, rediscover thine intuition and begin to live as per it, this is the only way to the path of blissfulness and the ultimate bliss does follow the blissfulness. For it, you have to completely change your life-style as well the life-vision and face the worldly obstacles at every step. The awakened ones are ever in minority hence considered somewhat **otherwise** by the world but they damn care. They enjoy life as it **is** and never complain and grudge but ever remain grateful to the whole existence. 'Only the awakened ones can enjoy life wholly because only they can live moment to moment.' One thing more, only the awakened ones can appreciate the universal Truth and understand the present worldly realities which is the prerequisite for enjoying life wholly, the others just waste their life following myths and non-realities. The man in deep slumber can but dream but can't enjoy in practice. 'Dreams ever seem to be beautiful but so are the flowers of the paper.' One has to do nothing to dream about but have to do everything to do the deed. That's why mostly people go on living in dreams and even in day-dreams but don't dare to realize them. Now, it's up to thee, to remain the eternal dreamer or to come out of the eternal sleep and be awake and try to wake up a very few odd people having some thirst for the nectar by leading by example. May Nature bless thee.....!

In sum, only the awakened ones can remain awakened towards the body, the mind, the matter, the relations and the soul and attend them attentively. They can remain awakened towards the Truth and the worldly realities and enjoy life as per them and **dance** their way to the grave, the otherwise just crawl to it. The choice is thine, to celebrate life or to waste it. Do remember, only the living ones can enjoy life not the dead ones, all is finished for you on thine death and you become an eternal part of the cosmos, of the whole existence and you are never to be again. Truth is this; all other is the ploy of the cunning minds to keep you away from It. None can enjoy life sans living as per the Truth, laws of Nature and the worldly realities. Begin to live as per them from this very moment and see...! If we observe the life-styles of the people of the whole world objectively, then the life-style of the farmer who is just literate (say 10+2 pass) and owns 30-40

acres of good land in the vicinity of about ten kilometers or so of some district HQ and resides in his own Farm seems to me the best one. 'The more the knowledge, the less the bliss.' Today every urban-like facility can be arranged in the Farm-house when you have the means. He is his own boss hence an emperor. He remains physically fit because farming needs a lot of physical activities, natural exercise pays more than the deliberated one. Moreover, the atmosphere all around is fresh and free from **all** pollutions. He can grow his own fruits and vegetables and other eatables for his own use by using manure which are too health-friendly hence dependent on none. He remains mentally healthy because today's farming has become high-tech, easy and time-saving hence no-tension. Farming is a very compact profession hence less worries. Moreover, he remains busy in this and that activity which makes life engrossing and juicy. He keeps away from all the **negativities** of village and urban life. Naturally, he remains easy on the economic front for the whole of the life because he has regular and permanent source of good income. Farming is such a business as you go on having annual almost increasing income as well as sound appreciation in land value. The one who has good economic health **can** have good relations with all because economic problems mostly spoil relations. Naturally, his relatives too are mostly rich hence an asset. His income is regular and sound hence too away from the blind race of blind materialism. He has a **stable** and rooted family and social life because he lives and dies very much in one place throughout whole of his life hence miles away from the **problems** of going on moving from place to place. 'The less you run, the more the fun.' One who has well physical, mental, economic and social health as stated above is bound to be rich on the spiritual front too because he lives in the lap of Nature and the way to Supreme Bliss lies through Nature. Moreover, he remains ever grateful to Nature as his whole profession is entirely dependent on Her. He has less knowledge but more common sense, knowledge is a burden but common sense is spontaneous and spontaneity is a must to enjoy life. In sum, he has all what is required for growing wholly rich. It does not mean that people of other professions can't grow wholly rich, they do can but they have to change their life-style wholly as stated in this book for growing wholly rich. It is too easy to do so for the above stated farmer but too difficult for others. Good things hath ever been difficult to be adopted in life but there is no other way. Do decay wholly or grow wholly, the choice is thine.....?! In the end, I give you a talisman-----If people feel a void after you leave this planet for good, then you lived a meaningful life, otherwise you were just a burden on this planet. Evaluate thine-self and see.....Adieu.