


Cyclical^{ity} Of Causality

 *Book Of Life-Utility Ideas*

By Santosh Jha

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A Big Thanks... You have already enjoyed 27 of my eBooks. They all, be it fiction or non-fiction, have been my humble endeavour to empower your consciousness for life-living wellness and personal excellence. This 28th eBook is also aimed at continuing to write on the core issues of *3Cs – Consciousness, Cognition and Causality*, as I stick to my humble belief that holistic, integrative and assimilative knowledge of the 3Cs alone can open the doors of wellness and excellence in a world of chaos, conflict and confusion, we live in. There is nothing better than living a self-aware life with poise of purpose...

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Preface:

There are larger questions in our lives. Why are we born? Why and for what we live? What is the ultimate aim and end of life – money, status, power and prestige...or for that matter attaining spiritualism and *moksha* (liberation)? Then there are many derivative questions...

Since thousands of years, the questions have remained with humanity and also the struggle to find the right answers. Still we cannot say we know the true answers. But, surely, we now have realized something that makes us comfortable with the questions and this is because of the new wisdom has made us understand the question as well as the questioner better.

Well and good if we humans find the ultimate end of life – the final destination of all of us and most important is that we should all agree to that. However, if we see the larger picture and accept facts objectively; with whatever knowledge humanity has evolved so far and

understood; we shall have to accept that all life on earth, including humans and its evolution is one huge random and *Multi-Dimensional Event-Cyclicity*. On the other hand, what we humans make out of it and charter our own ways for survival, purpose and excellence is another *Multi-Dimensional Cyclicity*.

Both forces, though inter-dependent only at the core and having some patterns, which can be replicable; they remain highly and intricately randomized. The element of unpredictability, inadvertence, accidentality and asymmetry in both largely sovereign forces of the cosmos only ensures that humanity can never ever remain in perpetuity of singular purpose, peace and order. Especially in contemporary situation, when humanity long before evolved and acquired the criticality of conscious intelligence, which is bound to lead it to ever-growing entropy (degrading randomization) and ultimate extinction in the long run.

Finding a purpose and purity of singular pattern or model of culture and virtuosity for global community is out of question. The mechanism of cosmic realism never ever allows it. It is more impossible now. The wise can only understand that and find its own *Subjective Peace*. Moreover, it is almost impossible for an individual to get to solve all his problems as cosmic randomization is too colossal to allow fruition of any individual or collective planned enterprise. Shaping one's peace and poise is however possible and it is the only enterprise possible and worthy for individual human enterprise.

This peace and poise however is conditional to the attitude we accept. Once we accept the utility and fruition of love and compassion, the doors of domain of peace and poise open up. When true love and absolute compassion completely absorbed our consciousness, reaching a destination is not important. Important is that we all – you, they, all our closed ones, travel the path with love and compassion and together, so far as possible.

If we all travel with love and compassion all throughout our journeys, wherever we will reach will be the desirable destination. Moreover, even if we do not reach anywhere, our path itself is so beautiful and satisfying that there is no need for a destination. This is so because poise and peace stays with us all throughout. Love does not look for ends of life. It believes in the simple fact that life is one endless drive and on the way look for no signposts to reach anywhere... the joy and satisfaction of journey is more important than the nobility and utility of destination. There is no need to reach.

Be on an endless journey and make it your destination where you tire. But always remember to travel with love and compassion in heart and why I say this? Because, when love and compassion are with you, the path and the journey becomes the theatre of infinite song and dance. When song and dance is with you, journeys are full of incessant joy and satisfaction. If you reach the stage; if ever there happens to be one, you will automatically lose the question of destination. The question of meaning of life and its purpose will be lost.

Love and compassion makes us understand the futility and redundancy of the intellectual concerns of life's larger purpose and the material desire of life's acquisitions. Love and compassion makes us understand that the true wisdom is not in reaching but in travelling well – with peace and poise.

The simple and innocent realism is – There is no destination and reaching. There is only journey. Intelligence cannot accept this realism, only innocence can. Love and compassion and its accompanying *Innocence Is The Greatest Intellectualism*, it is the best acquisition, if one defines life's purpose in terms of acquisition and possessions.

This book has words soaked with innocence, not intelligence. The core issues of life and living have been dealt with the above-mentioned perspective. It is a humble appeal to accept the utility and fruition of the words in this book with the same innocence of love and compassion. Thanks.

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At The Very Outset

Way back, someone augured for future of humanity saying – ‘All future conflicts shall emerge out of conflicts of cultures and religion’.

It was also predicted that such conflicts can shape up into major wars.

Add to it the scientists' warning – ‘Humanity has become too intelligent and all races become extinct when they become too intelligent’.

If we apply our lateral thinking and attempt to align the above hypotheses into a singular linearity, what emerges is –

“Humanity’s intelligence is best/worst expressed in its cultural/religious domains and naturally, as most intelligence are highly subjective, conflicts become critically calamitous.”

Let us understand the basic and core elements of this realism. If we could see and accept the genesis of humanity’s greatest conflicts, we shall probably find solution to our worst troubles. For that, we also have to understand the mechanism of ‘Intelligence’ –

Intelligence is an irreversible process towards complexities and designing ways to deal with the complexities and its fallouts.

Means, as humans have way back exceeded the optimum threshold of population pressure on Earth and as this overwhelmingly high over-population with desires for ‘better’ lives has created mega-complex life-living experiences, it is we who have engineered most of our troubles by applying our intelligence...!

Simply speaking – For any individual human being, just beginning to get hold of his life and his/her perceptions about life-living, the first thing that comes to his/her mind is alienation, expressed in many shades of uneasy emotions. He/she sees more than too many people – even his/her family, friends and relatives; killingly competing for the pettiest of things. His/her life-living milieus are highly complex, taking heavy toll on his skills for daily survival. The world seems to him/her decisively too complex and too huge to handle. In such a big bad world, he/she feels alienated, uprooted and disoriented. He/she needs roots, an anchor for the ship of his/her life. It is tough to relate and identify with people as competitiveness has emaciated the trust levels and time is scarce.

In such life situations, local culture, local milieu and localized religious identity extend him/her the identity anchor. He/she finds a collective identity to feel ‘belonging’ and ‘identified’ in the ocean of brutal humanity and killing complexities of milieus.

Therefore, all identities, especially cultural/religious identities are now very aggressive and very assertive, to the point of ‘desire’ to eliminate others for survival.

Nobody – neither the parents, nor the family, nor the society, nor the educational institutions is helping individuals with any solution and solace. Everywhere, people are trained for work

but not for life and living. It is an individual battle with subjective perception of taxing realism all around.

What every individual has to see and accept that all solutions are within you and no solution can ever be outside you. Intelligence never has the lasting solution as intelligence, like evolution only patches up a trouble in the short run. Therefore, an individual has to make his/her choice –

Align with your own individualistic Innocence, never the Intelligence. Rather, if possible, use all your intelligence to empower and enhance your own Innocence.

Human intelligence is a sure process towards complexities. Don't align your life energies with complexities. To align all your energies with peace-harmony and self-poise, we all have to align with our personal and internal Innocence. We all have to accept – Only that Intelligence is true and right, which empowers and aligns us to Innocence.

Once you accept innocence and humility, your cognition shall change and this same world shall look simple and easy to you. You shall forget about your 'Identity' concerns and alienation fears as Innocence aligns and identifies you brilliantly with your own 'self-worth' and 'self-poise'. Once you are with your poise and peace, love and compassion shall come to you easily and naturally.

Your changed cognition and consciousness shall be able to shed the bitterness of competitiveness with people and this shall mean – love and compassion shall be more amenable to you. This in turn shall enhance your peace and poise. This cyclicity shall keep you in a constant journey, which is what the wise since ages have accepted as the true life...

If humanity's intelligence is the killer, let us not be identified and aligned with killer attitudes and insinuations. Within us, there is a world, which is good enough and big enough for we all to be happy and live in poise. Our own identification and alignment should only be with our own internalized being – the Higher Consciousness of 'Self-Poise'. This gives us the golden self-worth, which discounts any need to align with anything external to our 'self'.

Let us all be intelligent enough to use its energy to be Innocent...

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Happiness

- *A Self-Supervised Cognitive Artistry And Not A Life-Living Situation*

What Is Happiness...?

Before answering the question, let us ask – ‘Who is asking...?’

Means, is the question generic or specific – objective or subjective...?

Means, at whose end the question stands – the asker or no-asker...?

Let us understand this – a section of philosophy says –

“A pig eating shit is as happy as a poet writing poetry”.

In general, we all see and accept that most intangible issues like happiness, loneliness, wellness, satisfaction, etc have as many shades of interpretation as there are people. Science says – ‘You are as happy or sad as you think you are’... To each, his or her own...!

So, can we say – *Happiness is a state of acceptance of utility and worth of something, which is at a particular stage of time and space, aligned and attuned to a particularly favourable shade of consciousness of a person....!*

Hmmm...! Sounds too complicated! Let us simplify it – the idea is, I can feel happy about something because I feel; this *something* is good for me. But, this same *something* later becomes a big drag for me and I wish to get rid of it... It happens, often.

I say it with whatever I have internalized in my life that –

Humility is a ‘success’, which accrues as deep consciousness to a person, who is vertically and laterally very self-confident about the utility and fruition of ‘self-worth’...

This means – Humility and Happiness two sides of the same coin, made of ‘self-worth’...

However, humility, happiness, success, victories, good, righteousness, (even the reverse) et al are all *intangible* utilities. This means, “They are what you accept them as”.

Science says – ‘You are in your perspectives and your perspectives are in you’. This sums as – *All utilities and worth are intangibles and can be defined only subjectively*. A billionaire can be the saddest person on earth and may think of himself as a big failure and vice-versa.

The great Leo Tolstoy, who won global acclaim and Nobel prize for his books, disowned them when on death bed and talked of ‘love and compassion’ as the sole worth and utility of mankind.

This long talk is just to arrive at the point that everything starts with ‘you’ and ends with ‘you’. All things come later, ‘YOU’ come first. Therefore, the best happy thing to do in life is to – *Know About Yourself*.

We can say with definitive assertion – *Happiness Is All About Knowing The Self and the internalized utilities this Self can accept and even create!*

This means – Those learning tools, which make you knowledgeable about the 3Cs (in scientific, singularly logical way)–

- Consciousness – Who am I and why am I what I am...
 - Cognition – How and why I see and accept what I see and accept...
 - Causality – Why, how and what ‘cause-effect’ cyclicity are built by the above two...
- are real and true utility and worth for you.

Therefore, why waste time asking questions about happiness, wellness and success, which have no answers outside, as all questions emanate out of you – your *Consciousness* and your *Cognition*. As the ancient Indian philosophy said – ‘*Nothing external to your consciousness/cognition has any meaning and utility for you*’. Modern science confirms the fruition and finality of the same life-hypothesis...

Let us all ask the singular core question – ‘*Who Am I and Why and How Am I What I Am...?*’
Let us focus our energies on core ideas about consciousness and cognitions, and the causalities that the two create for us, which we all consider as truth but they are only subjective realisms.

Modern science has a lot to offer in terms of singular objective knowledge about the 3Cs – Consciousness, Cognition & Causality. Let us all have scientific state of mind, unlearning the

vestiges of all our age-old cultured learning. Only the core question about the 3Cs can help us formulate the right questions, leading us to the door and journey of true happiness...

There surely cannot be a singular definition of happiness. Happiness is not an objective, tangible, measurable entity. We cannot have an index system for that. However, after so much knowledge about our body-mind mechanism, we now a lot about what factors are associated with this very wide range of emotions called happiness. We surely know so much about consciousness, homeostasis and brain mechanism. This knowledge makes us stand in good stead in designing our happiness package.

The artistry of happiness is in acceptance – acceptance of hardcore and objective realism and truth about life and living – about objective body-mind mechanism and its subjective playfulness.

We all wish to be happy. We all are designed to be happy. But, happiness is not a static entity. There is a systematic cyclicity of consciousness, cognition and causality, which never allows happiness (even grief) to remain static and fixed.

Our body-mind mechanism is designed in such a way and the external milieus too work in a way that happiness for us stands as a synthetic realism – this means, it is always evolving and changing in *thesis-antithesis-synthesis* cyclicity. That means, happiness is a dynamic, evolving entity and we have to be much endowed and prepared to be in control of most of the factors and elements, which synthesize happiness in time and space dimensions.

This itself presupposes that we must be in acceptance mode, in happy reception of the truths, objective realism and ephemeral nature of most realism about life and ourselves.

Evolution needs to be accepted as it facilitates a very crucial learning for our wellness. Evolution science accepts that DNA is the foundation of all lives, including humans. This DNA mutates naturally in its course of replication, which is essential for survival and continuation of life. The mutations are option-less as changes in external milieus need suitable changes in DNA and therefore, mutations are a function of adjustment to outer or external milieus.

This realism is the most beautiful and most primary metaphor of how life and its overall wellness are all about adjustments. We have talked above about happiness and wellness being

a synthetic realism. This means, life and its wellness is not static but dynamic and necessitates masterly *adjustments* (allostatis) for lasting wellness and happiness.

Moreover, evolution also offers a great metaphor of how self-control is the critical attainment in life. Science accepts that mutations are not only natural and option-less but also randomized. The mutations are not aimed at excellence but bare survival. This extends to us a metaphor of self-control.

We surely cannot afford to be as random as evolution's mechanism of DNA mutations. We need great self-control to ensure that *mutations* in our lives may be an adjustment to changes in external milieus but these changes we accept in our lives has to be optimally controlled, if not perfectly controlled; and never loosely randomized. Our life-living choices cannot be controlled exclusively by external elements in milieus.

As scientists say, we are past the stage of stupid engineering of evolution. We are now very endowed and empowered. All future mutations, in human lives or in the world we live shall be controlled well by us. Self-control defines the modern humanity, not randomized and erratic causality. We shall do all the best possible masterly adjustments with empowered self-control.

Let us ask ourselves – What is the thrill and ultimate joy of life-living experiences? Different people may describe it differently. Most however may not, as there is little conscious awareness in most things we all do in our action-reaction auto-mode behaviour. Still, many may admit that the biggest thrill and ecstasy in life is this very intangible emotion of being in perfect control of things; primarily the *Self*.

A best-paid soccer star once said about one of his favourite goals. He said he enjoyed it more than sex with his girlfriend. How can we explain that? Can kicking a stupid ball in a wide net be a joy more intense and satisfying than sex, that too with your beloved?

It definitely looks so. Most of us have seen how the goal-makers in intense soccer matches throw themselves into wild exhilaration and boisterous celebrations after a goal! Surely, not many get such a huge kick in sex to behave uprooted like that!

The simple fact is, soccer is a tough game and things are always so uncontrollably on the move and drift. Like life, a soccer game has so many randomized potentials, which may land either way, in quick turn of time and space. Landing a goal is very tough as it needs so many

elements in combination getting right. Still, the ultimate and most crucial punch is the very critically timed and most controlled execution of the push or slide by the goal-maker.

The goal-maker knows it deep within his subconscious mind that a goal is usually the outcome of a very self-controlled execution in last seconds of a long build-up. The mad celebration is of the ecstasy and thrill of the self-control – the self-control of not only the individual goal-maker but also the entire team members, who build up a possibility with skilled conscious self control, constantly being aware of the external elements in the milieu.

Life is also very tough like a highly intense game of soccer. The chances of success in life are as tough and rare as a goal in soccer. The potentials are also quite randomized. The real happiness, thrill and celebration in life is also about successes. Success, like landing a goal, is very tough as it needs so many elements in combination getting right, at one point of time and space. We also know it very well that like a goal, success is usually the outcome of a very self-controlled, high precision execution of some very personalized elements, after of a long and tiring build-up. In celebrating successes, we all actually celebrate the intangible element of meticulous control and precision of personal or group actions and behaviours.

Therefore, the simple fact is – when we derive so much thrill and ecstasy in being in control of so many external factors, how happy we shall feel, when we are in perfect control of our own inner self and consciousness. If control over external factors and elements of milieus can be called success, isn't it that the same control over internal and intangible elements should be considered larger and better success! This sure is the true happiness...

Therefore, happiness is a mechanism of knowing the consciousness, cognition and then how the causalities emerging out of the interaction of the two create life-living situations for us, which present themselves to us for acceptance as good or bad, happy or sad. Happiness as a second step is then in being in such self-control, to craft in such adjustments in our own consciousness, which could make 'self' the *conscious decider* of what causality we can accept as good and happy for celebration and what we can accept as bad and sad for improved learning in future.

Happiness is an artistry of 'self', never a situation for self, where it finds itself in. Happiness is a self-supervised cognitive artistry and not a life-living situation, where the self is in but not in any control. Let us all be this happy...

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Solutions

- *It Is About Knowing The Mystical Marvel Of Our Magical Brain*

There is this beautiful commonality in ancient wisdom as well as modern science. Both emphasize on understanding of *self*, the looking within, in the layers of consciousness, to understand everything else outside.

Albert Einstein said –

‘No problem can be solved from the same level of consciousness that created it’.

What Einstein talks about consciousness and what ancient wisdom also did; are the same. Modern scientists have made such a body of discoveries about facts, which have enabled us to understand the *Consciousness* – the self that we are, in a way very empowering way.

This leads us to one mechanism of our bodies, which is the central warehouse of the 3Cs. This is some trillionaire we not only have to understand but also have to be in perfect control of for life-living wellness as well as personal excellence. Ancient wisdom looked for understanding this trillionaire but they only had a partial and confused understanding as they could not know the facts about the working of this mystical genius. Only modern scientists could be successful in unravelling the myth about this *Tumultuous Trillionaire*.

Yes, we are talking about the mystical marvels of our magical brains. This we know as the Tumultuous Trillionaire. First time in the history of humanity, we are in a position to see things from a *Level of Consciousness*, which was unavailable since thousands of years of our journeys, battling with so many crucial questions of life. As Einstein said, we have had so many questions about ourselves and the world we lived but answers were either not coming or they were just a manipulation of human ingenuity to fill in gaps with something smart.

Lewis Thomas said, ‘Only two centuries ago, we could explain everything about everything, out of pure reason, and now most of that elaborate and harmonious structure has come apart before our eyes. We are dumb..... We have discovered how to ask important questions, and

now we really do need, as an urgent matter, some answers. We now know that we cannot do this any longer by searching our minds, for there is not enough there to search, nor can we find the truth by guessing at it or by making up stories for ourselves. We cannot stop where we are, stuck with today's level of understanding, nor can we go back. I do not see that we have any real choice in this, for I can see only the one way ahead. We need science, more and better science, not for its technology, not for leisure, not even for health and longevity, but for the hope of wisdom which our kind of culture must acquire for its survival.'

Now that modern science has made us know so much about how our brains work, humanity has landed on such a Level of Consciousness, which is surely much higher and qualitatively different from what we had in the past. This new consciousness level, which we have managed because of our scientific understanding of our brains, has almost all answers and they are the true ones. As we understand the brain mechanism and its functional mystery, we are looking at answers of age-old problems with new knowledge of the 3Cs – Consciousness, Cognition and Causality. The knowledge of brain has engendered the new wisdom of consciousness, cognition and causality, which has many true answers and right perspectives of possible true answers.

Why we call this brain a tumultuous trillionaire?

Knowing in detail about our brains makes this nomenclature justified. The brain is the most complex organ in the human body. It produces our every thought, action, memory, feeling and experience of the world. This jelly-like mass of tissue, weighing in at around 1.4 kilograms, contains a staggering one hundred billion nerve cells, or neurons. Add to it the huge numbers of connections each neuron makes and this brain stands out as the mystically marvellous Trillionaire.

The complexity of the connectivity between the nerve cells is mind-boggling. Each neuron can make contact with thousands or even tens of thousands of others, via tiny structures called synapses. Our brains form a million new connections for every second of our lives. It is in these changing connections that memories are stored, habits learned and personalities shaped, by reinforcing certain patterns of brain activity, and losing others.

Usually, when we talk about brain, we speak of the grey matter. The brain however also contains white matter. The grey matter is the cell bodies of the neurons, while the white

matter is the branching network of thread-like tendrils - called dendrites and axons - that spread out from the cell bodies to connect to other neurons.

Interestingly, men have seven times more grey matter compared to women whereas; women have nine times more white matter compared to men. This suggests, women make more meaningful connects with their milieus and have their wellness dependent more on how their white matter works. We always believed women are mysteries but as we know about the brain and how its structures and functions create the different dimensions of the 3Cs – consciousness, cognition and causality; nothing remains mysterious. We know them and now we have not the smart answers but the right answers.

Brain structure is shaped partly by genes, but largely by experience. That means, for most of us, our ambient milieus, from where we learn most of things, which we imbibe as culture, make us what we are. That is why we say, consciousness is localized. Much of our cognitions too depend on our experiences, which our localized consciousness engenders.

Now, it is also important to know, why we call this trillionaire a tumultuous one. Do we know from our experiences that most billionaires of our times are tumultuous! Anyway, we cannot say about others but we for sure know this is true about our trillionaire.

Though we have discovered an enormous amount about the brain, huge and crucial mysteries remain. One of the most important is how does the brain produces our conscious experiences? However, things are on the right path. The vast majority of the brain's activity is subconscious. But our conscious thoughts, sensations and perceptions - what define us as humans - cannot yet be explained in terms of brain activity.

The first thing to realize about the brain is that, unlike an organ such as the heart or liver, it is not a single organ with a single function. It is instead an organ of many thousands of interlocking functions. These micro-functions developed during the millions years of evolution along the same game plan as the body itself. If features were not successful, they were discarded. As features were found to enhance survival, they became permanent residents. The human body is a giant cooperative consisting of billions of cooperating cells. The human nervous system, likewise, is constructed of many thousands of cooperating functions.

The human brain, then, is a cooperative composed of perhaps thousands of individual reactive decision mechanisms, each with its own memory, interconnection with all others,

and judgment. The voting of these mechanisms is so fast and so in harmony that we perceive the entire system as being the thought of one mechanism, which, in effect, the overall system becomes.

As we use our minds, it is obvious to us that we are one. There is no hint that we are actually many, in fact a great many, and that our consciousness is the summation of these entities in the closest possible cooperation. Our self, our consciousness is composed of two thinking mechanisms, so totally interconnected that it appears to us to be one. Indeed, it functions as one.

This notion of our brains as a Tumultuous Trillionaire, is a very powerful metaphor for we all to accept. The two words are indicative of how our brain is one hugely complex mechanism and that is a major reason as why things can never be easy for us on this earth as we live our lives. This brain is the source of all our joys as well as another 3Cs – Chaos, conflicts and confusion. However, when we understand the mechanism of our brain and how it affects our consciousness, cognition and causalities, we surely are well off understanding our troubles and finding right solutions.

The tumult associated with brain emanates out of its long evolution. Brain not being a singular organ, its complex electrochemical functioning and so many of its weird ways, which evolution's stupid engineering created, makes it factory of manufactured troubles. When we see so many attitude crises, personality troubles, relationship issues, mind-body control crises, we all know, there are things related with our brains. However, knowing them stands us in good stead.

As Einstein said, not knowing about certain realism creates a layer of consciousness, which manufactures troubles and problems for most of us. Knowing the same realism and its multidimensional mechanism empowers us and lands us on a higher platform of consciousness, which can then design and devise solutions.

Understanding about this tumultuous trillionaire is the consciousness level, which Einstein talked of, where solutions are engendered. It has to be embraced with learned and practiced humility of compassionate acceptance that in most moments of our life, we are mostly a function of our subconscious selves – a state or layer of consciousness, where most actions and behaviours are auto-mode processing. It is an action-reaction mechanism our brain is designed for. However, the same brain has also evolved to accept higher values and

conscious choices, often overriding the auto-mode instinctive life-living choices. This conscious layer is our solution providing genius. The subconscious mind is just responding and therefore leaving loads of fragmented thoughts. This splits us and lands us in chaos and conflicts. The higher consciousness is a mind positioning, which rises above drift and flux choices and streamlines all thoughts in a fruitful linearity.

This symmetrical thought processing is a layer of consciousness Einstein speaks of as solution provider. We all have to attain it. This is true success for us. And this success comes when we *tame* The Tumultuous Trillionaire.

That is why it has been my humble insistence that humanity in 21st century must discard all other partial and lopsided perspectives and ideas about we, our lives and connect we had with the outside world. We must unlearn the old and obsolete notions of consciousness, cognition and causality and accept the new, holistic and singularly objective wisdom, which modern scientific knowledge makes available for us.

Everything starts and ends with our brains, our mind consciousness. This Tumultuous Trillionaire, we have within all of us, is one huge facilitator of wisdom and lasting joys and peace. However, by design and evolution, it is oriented for tumult and chaos. From ancient people, 3000 years back to modern scientists, all wise people have been warning us to know this Tumultuous Trillionaire well and then use the energy of our higher consciousness to have perfect control of this mystically marvellous Tumultuous Trillionaire.

Scientists have been warning us that all intelligent races finally become extinct and we as a race have attained this critical intelligence. This suggests, we have evolved a brain, which has engendered such a consciousness, which is too smart, too ingenious and too arbitrary to let us live settled and smooth lives. See the collective troubles of humanity and anyone can see how our collective intelligence has pushed us to the brink of self-destruction and complete annihilation. This Tumultuous Trillionaire is out and at its capriciously randomized worst, auguring disaster for humanity. Personal lives too are being made a poor slave of this Tumultuous Trillionaire.

Understanding mind, a notional conscious and rational entity of brain reveals how we live in a world contrary to our age-old beliefs and ideas. We buoy up and down in the vast ocean of sub-consciousness, only occasionally surfacing above onto the atmosphere of consciousness. Most of our personal troubles are created in our subconscious self. We know little about

them, are very poorly aware about them and have little control over them. This is the level of consciousness; Einstein talked about as the problem creator domain. As we understand our mind consciousness, its mechanism and functioning, we empower our consciousness to be in better control of our hugely vast subconscious domain. This empowered consciousness is the level of solutions.

This is time we tame this Tumultuous Trillionaire. This is time we know the stupid and make it shed its randomized and chaotic ways. It is time, we take a firm grip on our destinies by knowing about brain mechanism and how it engenders for us the critical realism of the 3Cs – Consciousness, Cognition and Causality.

As we get to know them, we are in full and conscious control of our mind consciousness, which brain creates for us. As we tame this Tumultuous Trillionaire, we shape our destinies, the way we wish.

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Intelligence

- *Time To Redesign Obsolete Human Drives Of Sex And Social Needs*

Scientists say, most human drives are without conscience. They do not care about long-range effects. They seek only immediate gratification. Modern knowledge of brain realism also accepts that consciousness is very localized. It instinctively being a reactive mode facility, cares only for short term utility and worth.

If conscience exists, it exists in the intellect of the human. To be human is to allow the intellect to preside over the utility and worth of every important action-behaviour over the dimensions of time, space, people and processes. It is this necessary intellectual control of the instincts which makes a culture successful. We see contemporary cultures in drift and flux because majority of people are behaving true to their instincts, without much intellectual

control and conscience. And, this intellectual control is a learned function and is called self-discipline, to over-ride less desirable instinctive behaviour.

That is why in most advanced contemporary cultures, where liberalism has unleashed uncontrolled instinctive drives of humanity, sans any intellectual self-control, the governments of the day have to spend huge moneys on police, jails and other emergency measures. Most modern cultures are failed cultures as the level of self-control in people in personal and societal spheres are very little and diminishing fast.

One such powerful instinctive drive of humanity, which has shattered most modern liberal cultures, because of ever reducing intellectual self-control is sex. This over-encompassing sex drive has lost its evolutionary role way back and it surely looks like an obstructive vestige of the obsolete evolution. Still, it dominates the human thinking and worldview in biggest possible way, overriding even survival sanity.

Evolution, at one point of time, many millions years back, switched from non-sexual reproductive procedures to sexual one as it had definitive benefits for species survival and genetic excellence. Evolution embedded sexual drive in neural wirings to ensure that human excelled over other species. This evolution then created gender roles and suitable physiological as well as neural differences were created in males and females. This scheme of things required that men always looked for sex and women used sex as selection tool for best mating option.

Things have changed in modern cultures. Evolution's game plan is no more valid and no more required as traditional gender roles have changed and in liberal cultural scenario, sex has lost its old and tested evolutionary purpose. Moreover, in modern living, humanity does not have the old challenges of survival and species proliferation, as we are many times more in numbers on this planet and have managed to live quite long. We do not need to go into details as everyone knows, how modern cultures have placed sex in a rather demeaning and diminutive imagery as fun thing, thrill-tool and time-pass activity, rather than a reproductive tool.

In modern civilization, where success of cultures depends on how intellectual self-control is exercised over instinctive drives, just the inverse is happening. Sex was once an instinctive drive, designed for species needs millions of years back. Now that modern human life-living situation and overall cultural advancement has made those needs obsolete, what we need is

intellectual self-control over this powerful sex drive, which has lost its primitive usage. We need to accept sex in a totally different light and perspective.

Though, it is a long and complicated scientific explanation as how our brains have been designed in long years of evolution; we just have to know and accept that unlike other human organs, human brain is not a single organ. It is rather a cooperative of many parts, evolved during different times of evolution, with each part being an addition to the old one, not a replacement. Therefore, what we need to accept is that our brain is not doing this favour of intellectual discretion to us. It still has the primitive brain, over which the new parts have piled up. That is why our brain still has the primitive instincts and drives. It also has modern logical parts but brain is not doing any automatic pruning for us. We have to exercise learnt and nurtured intellectual control over our instincts. Both instincts and intellect are part of our brain mechanism but this self-control thing works well only when we have evolved a higher consciousness. Instinctive behaviours are auto-mode, intellectual initiatives are not. Therefore, the intellectual self-control needs to be inculcated and persevered through conscious practice. This presupposes quality lonely time with self.

No doubt, human inventiveness and human intellectual prowess are potent mechanism, which can engender so much novelty out of even a waste. Sex however is such a beautiful human experience. With applied human intellect, modern humanity and cultures surely can turn this obsolete sex drive into a highly beautiful, artistic and worthy entity.

There is this very subtle difference in cognition regarding so many life-living realisms, which produce two extreme causalities – extremely beneficial or extremely calamitous. This difference in cognition is about how we hit a poise of higher purpose between tangible as well as intangible elements of some realism. This needs to be applied in the domain of sex. The tangibles of sex and physical intimacies have a very limited purpose, which are now evolutionary vestiges. We surely do not need sex in its primeval tangible form. However, the intangibles of sex are unlimited and they offer us so many sunny shades.

The intangible elements of nurturance, mutuality, intimacy, cooperation, compassion, commitment, trust, etc are all very beneficial requirements for overall wellness of we all and all these elements must be made to ride on the tangibility of sex. Evolution has given us a vehicle, a medium, but what we carry on this vehicle is now the role of our intellect and higher consciousness.

Moreover, utility of intelligence must be accepted in its holism. Everything tangible has something intangible, which defines and architects the domain of its utility and purpose. Similarly, all intangibles have a natural tendency to get associated with something tangible, to find expression and utility. This cyclicity or call it causality of sorts is a very crucial learning for life-living wellness. Let us understand it...

It is said, a sharp weapon, like a sword is never kept bare; it has to be covered by some hard material mould. It is like; intelligence should never be allowed to remain bare and uncovered. And the ideal cover is a hardened resolve of compassion. If not, then both swords and intelligence are calamitous for both wielder as well as others...!

The other aspect of the idea is – the tangibility of sword is value-neutral and its worth becomes dangerous, if value-neutral sword is left uncovered and bare. A sword's tangibility itself presupposes cutting and bruising. This tangibility automatically draws an intangibility of a subconscious mind, which likes to 'cut-through'. That is why this intangibility has to be covered by another intangibility of compassion, to neutralize the auto-intangibility of the tangibility of a sword.

Similarly, intelligence also has this subconscious intangibility to 'cut-through'. The other-way round is also equally calamitous. The intangibility of subconscious ego and innate instinct of 'one-up-manship' often rides on the tangibility of intelligence. That is why there is this need for conscious covering of intelligence with the intangibility of compassion.

There is no doubt that the world is becoming a better place to live as people are becoming better endowed, largely because of their better and greater intelligence. As life-living becomes tougher and more complex, intelligence surely bails us out. It is rather good news that overall, people across the globe are becoming smarter. However, intelligence itself lands people in larger trouble. Intelligence has this innate tendency to align with tangibility of more conflict and confusion. That is why, for modern life-living wellness, this intelligence needs to be covered up with this golden intangible of compassion.

Scientists duly warn that humanity as a race has become critically intelligent and this is the seed of possible extinction of race. The reason is – intelligence breeds more and larger conflicts within a race and that 'cuts-through' sanity and poise. That is why this sanity-call that swords and intelligence should never be left uncovered and bare.

Intelligence, no doubt is this effective tool to ‘cut-through’... to cut through troubles of life but as this tangibility of cutting-through exercise is egoistic and competitive, we all need to ensure that this intelligence is rarely left open, bare and exposed. This must be covered up with love and compassion, and especially with objectivity of resolve.

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Love

- *‘Who I Am’ Is Both Culprit Or Hero Of Unsettled Love Or Life*

Though it is somehow ridiculously mystical to believe, reality is that whatever we accept and choose to keep with ourselves are expressions of this subconscious belief system of ‘Who I Am’. This belief system comes to play the lead role when we fall in love and often creates loads of troubles too. Unaware of this realism, for most, love often opens the floodgate of 3Cs – Confusion, Conflict and Chaos.

Science says, our brain, which is the central mechanism of our mind consciousness – this sense of ‘Who I Am’, is 85 percent environment and only 15 percent genetic. From childhood, our subconscious mind starts to imbibe loads of information from our ambient milieus and they subconsciously become part of our larger consciousness – this sense of ‘Who I Am’, which science refers to as Love/Belief System.

Therefore, in our adult lives, what we do and accept is often an expression of the intangibles, which are referred as Love/Belief system. So, when someone falls in love, the simple mechanism is that he or she has accepted this person of his or her love interest as part of his or her Love/belief system. Therefore, what is important in love is not the person, not anything tangible but the intangibles...

Suppose, you love someone; then you must ask yourself why do you love him or her. The answer comes – I love him or her because of this qualities and traits in him or her. Or simply, some may say, I love him or her as he or she makes me feel good. So, the entire idea is

intangible, nothing strongly physical, even as physics of body is there. Still, what you like in his or her body or other physicality is often what you already accepted as part of your love/belief system.

Then, may be, later, you start feeling unsettled about the same love. You feel, the same person has either changed or you do not feel the same for him or her. What changes then...? The tangibles remain there as they were but the intangibles change. May be, your love/belief system changes and you no more feel at ease with the existing choices, you happily made sometimes back. You start to feel unsettled about the same qualities, which you liked earlier.

Or, the qualities, you loved in that person changes and you feel uncomfortable to accept him or her with his or her changed and newly acquired qualities. This suggests, the person in love, the tangibles remain the same but the intangibles change and that is why love becomes unsettled.

In contemporary youth consciousness, this question of unsettled emotions in love is very dominant and most young ones feel uncertain about it. Many feel sad and bad that their love interest has changed and is not the same. Many feel, they still love their partners but somehow also feel inclined to others. Many also feel that their partners do not cooperate in so many ways. This trouble of unsettled emotions in love can be better explained and understood with the help of the core idea of the sense of 'Who I Am'....

Once you accept that love is nothing but an intangible expression of your own sense of 'Who you are', you can understand everything else in love. You need to accept that you love somebody as you already have your own love/belief system and this is there in your subconscious mind. The person becomes your love interest because he or she 'fits into' your already concretized love/belief system.

Simply put – you love somebody as he or she falls in linearity with your already settled belief system about good and bad or right and wrong. Somebody fills in, as he or she fits in to the shape of things, already crystallized in your subconscious mind.

As the person itself is the embodiment, the tangible or physical icon of the qualities and traits you have accepted as good and right, you feel you love *The Person*. The reality is – you actually love yourself, your own subconscious self, your own sense of 'Who I Am' and the other person you accept you love is just the external expression of that – an extension of your settled self.

Therefore, when you tend to feel unsettled in love, there can be two different situations –

- Either, your own love/belief system has undergone changes and that makes your ‘Who I Am’ also change suitably. This makes your love interest look changed. The symmetry and alignment is disturbed.
- Or, the qualities and traits of your partner have undergone changes and that makes him or her out of the frame of your very dear love/belief system and ‘Who I Am’.

In both these situations, love tends to be unsettled. So, you have two ways out –

- First, accept that your own love/belief system and sense of ‘Who I Am’ is right and perfect and you shall happily let go anyone, who is not in sync with this settled frame of your subconscious self...
- Or, you can accept that love itself is the larger purpose and intimacy and mutuality surely has larger purpose, higher than this dogmatic sense of ‘Who I Am’. You can then accept compassion and accept that life and love is also about evolving and evolving this sense of ‘Who I Am’ and what better tool to do it than love...

Finally, the choice is always individual. But, in both cases, the fact remains that person, tangibles, physicality is only the medium. The real element in life and love is intangible, perceptual and ideational... This is the true settling realism of life-living wellness and personal excellence...

Modern science has done a lot of researches into types of people, based on their consciousnesses, body constitutions and brain types. Contemporary science classifies all people of the world into 16 brain types. These brain types are genetic groupings, which signify that each brain type has specific innate and born mental as well as physical skills. Each brain type has inherent body-mind proficiencies as well as deficiencies, which largely decide what a person can do well in life and what not.

These brain types are somehow a practical guide to know from early age as what a person can do best in his life and what pursuits can fetch him or her best set of wellness and happiness gains. Scientists say, the brain type decides almost everything one does; academics, economic activities, careers, relationships, parenting, expressions and communications, sports and leisure, spirituality, etc.

We live in an age, where we have growing pool of critical information about life, living as well as our own mechanism. Acceptance of these information is surely going to help us in designing and shaping our lives and living in such a way, which suits our subjective individual consciousness. The simple acceptance is – if we are true to our consciousness, we are close to our homeostatic equilibrium. This helps us attain poised cognition and causality. This in turn helps us remain in lasting wellness and happiness.

This realism needs to be internalized. The difference can only be realized, not known by just reading about it. Each one of us is different within, even while we all look almost the same from outside. The real and true endowments are all within – in our consciousnesses and we have to accept with holistic reception that consciousness has a structure and function, which are all within, in our brains. Our consciousness, which is an intangible entity, aligns naturally with intangibles in external as well as internal milieus.

That is why it is crucial to first accept as of what consciousness type we are. Then, as per his or her consciousness, he or she must design or re-design his or her life-living choices. All life choices and personality choices need to be aligned and generic to one's special shade or type of consciousness. This surely can be the right recipe of lasting wellness and happiness.

Often, we align with elements in our milieus and people, which are opposite and antagonistic to our consciousnesses. Often, we align (have relationships) with people, who are in different shades of consciousnesses, which may be opposite or badly competitive to our own consciousness. This is primary cause of chaos, conflicts and confusion in our lives. This is definitive design of disaster for most of us. We have to be self-aware of choices.

Everyone encounters love in life and though love is somehow an objective and instinctive realism for all of us, we all see and accept love subjectively. The subjective love means how I, as a person in love see and accept love. This apart, scientifically and very singularly logically, love is very much an instinctive behavior and its process and mechanism is common for all of us – body-mind mechanism-wise. Let us see the proof: -

To be considered instinctual a behavior or set of behaviors must:

- a) Be automatic
- b) Be irresistible
- c) Occur at some point in development
- d) Be triggered by some event in the environment

- e) Occur in every member of the species
- f) Be un-modifiable
- g) Happening for which the organism needs no training.

Now, put love in that perspective and we find, almost all elements of process and mechanism of love matches with the above seven tests. This suggests, even as we consider that love has happened to us, the stupid fact is – I or you happen to love, not the vice-versa... This instinctual realism was already there, before we happened...

However, the fact also remains that this instinctive and objectively singular love is actually expressed by 'I' and 'You', when we are in love. This means, the pains and joys of love are subjective. True, sure, however, what we all must see and accept is – Love itself is objective and it itself is not responsible for our subjective joys and pains. The joys and pains are there as 'I' or 'You' as subject of love see and accept things as per our perspectives and perceptions.

Often, young ones say, 'Perception is reality'. However, this is only a subjective perspective and this may vary from person to person. However, if we reverse the perspective and see it this way, another side of the coin is – 'I' or 'You' are not the subjects of love, rather love itself is the only subject as actually love does things for us. We are just the media of the love as love gets subjective and different perceptions as we, as media of love accept different perceptions as reality.

The gist of the talk is – what we see and accept as joy or pain in love is our subjective 'reality', based on our different perceptions. Science says – 'You are in your perspective and your perspectives are in you'. This means, if we are strong and objective enough to change our cognition, our subjective perspectives, when in love or otherwise, the same pain can become our true joy and the joys can become something deeper and more meaningful.

Remember, most successful people are those, who have this strength of conviction to see and accept their initial failures as first genuine step towards success. In love, we need to be objective with our perspective about all love-happenings. We need to accept all things in love with poise and equanimity of perspective. Why? Because, love is instinctual – love has to happen in our lives and we need no training for that nor do we have much control over its happening as it is in our core instinct. However, what is in our control is how we accept the

joys and pains that happen when love happens. And for this we surely need loads of mind training...

Remember the following lines, which a wise said –

“Human inventiveness and symmetrical artistry of playful-metaphorization of conflict, confusion and chaos into something meaningfully and intuitively enjoyable, in time-space situationality is sheer joy of life and living”.

When in love, we need to have this artistry of being playfully inventive to be objective with our perspective, so that we could transform pains also into joys... this is huge artistry.... Needs persevered mind training. We are often never ready when love happens to us, as it is instinctual. But ideally, we need to be... we need to be objective in love... however, being objective in love is tough ask...

In religion, objectivity has such a difficult positioning that it is even beyond perception of average humans, let alone it being achievable! *Geeta*, the most respected Hindu spiritual book, elaborates the desirability of *karma* in the following way: ‘Life is ephemeral but not unreal; one needs to be unattached but not detached; being *nisprih* looks like being recluse but it is not the same; doing without sense of doing is true action; the action and behavior, which is purged of instinctiveness are true action and behavior; all actions should be like offerings in a *yagna* (holy fire); only that action and behavior, which stands at the assimilative point of tangible and intangible is pure, etc.

It has been hinted in *Geeta*: ‘to be human is to stand at either end of the two extremes of this conflict (dualism). It is only God who stands in the middle of the two extremes and still, ubiquitous in both the extreme ends (non-dualism). This is some exclusive positioning, which is reserved only for God, unavailable and untenable for humans.

Science attempts to present an easy and understandable definition of this cosmic conundrum and conflict. It says, ‘objectivity is not possible for humanity as the very presence of body melts the objectivity. The objective realism and truth changes the very moment it is observed. It is only natural that there shall be difference in ‘observer-dependent’ and ‘observer-independent’ realisms. This is the stated position of quantum physics.

However, another lesson emanating out of love’s instinctiveness is how we all should be aware about real test of actual love. We need to know how we can test that someone, we wish

to be in love with is the right person for us. This objectivity is also artistry because as love is instinctive, we are in the ever-present threat of falling in love with a wrong person, who later becomes the primary cause of pains in our lives.

To know, who is the right person for us, involves so many aspects of personality and consciousness. However, we can zero down on four aspects, which we can call the four-pillars of righteousness, which must be present in a person, we wish to love.

They are –

1. He or she never discriminates against anyone. Virtue of equitability is seed of liberal outlook and thought-system of a person.
2. He or she is overall very tolerant towards and seldom allows aggression towards anyone. Relativity of perspective is one huge virtue for all, as truth is singular but its expressions are very subjective. This needs tolerance.
3. He or she keeps away from greed and self-gratification instincts.
4. He or she is open and enthusiastic about such endeavours that would keep him or her on the unending journey to mitigate ignorance. Acceptance is key virtue. Accepting new knowledge and being open to such learning, which make us ‘unlearn’ our unproductive perspectives is also sign of tolerance, non-aggression and unselfishness.

The crux of all these is – Love is one simple process and mechanism of our body-mind realism. We just need to be objective enough to accept and decipher it. Also, we simultaneously need to be artistic enough to allow our subjectivity such flight of fruitful fancy, which makes us accept even our pains as opportunity for joys, especially in love.

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Dreams

- *Our Sleep and Dreams Have Meaning And Purpose...*

Almost everyone is either amazed or perplexed by dreams...

As science has not yet categorically settled the true mechanism and meaning of dreams and other fields of wisdom offer no logical reason for it, it is only natural that dreams continue to mesmerize as well as mystify majority of people. Young ones are especially hugely confounded about dreams. They have a natural instinct to get to the logic of anything important in their lives and surely, dreams are always making them precarious.

Somehow, dreams have had a long history of influencing some very critical elements of popular culture. Often, subconsciously at least, dreams step into the domain of actual and real action and behaviours of people, even though they seem exclusively intangible and virtual. Human brain is actually wired to accept virtualism as a close copy of realism and that is why, ghosts, angels, aliens and gods come natural to most people. They have larger acceptance for most and dreams are also similar entity for most.

Interestingly, many wise and arrived people have in the past hinted at human life-living itself being a dream. Such close situation of dream with life is a pointer to the fact that most people believe, dreams are surely very meaningful and it definitely has some hidden meaning for us.

Then, most motivators ask people to dream and dream big. This way, people are asked to relate dreams with imagination and creation of a virtual model of attainments and success, which everyone should strive to turn into reality.

Though nothing is a definitive answer, still some personal inquisitiveness and experiences can help understanding dreams better. Somehow, dreams have their mechanism buried deep into the subconscious minds, which most of us have little control of. As majority part of our lives is subconscious, we seem to have a natural affinity with dreams as something real. First, let us understand dream mechanism first.

Dreams happen when we are in REM (Rapid Eye Movement) Sleep, or deep sleep. This stage of sleep has stages of deep sleep and then alternate semi-deep sleep. Science confirms that when we are in REM sleep, our brain is most active and what it does, when we are in deep sleep, is process all information, we received in day time and attempt to streamline them or put them in some perspective. Our brain is our singular resource of survival and excellence.

So, even when we are asleep, our brain is not only awake, but most active. It seems, when we are in sleep, our brain is dealing with information piled up in the huge field of subconscious... why?

Since 4 million years, when we lived in caves or under open sky, our active brain, during our sleep protected us from certain death. It actively sensed any danger and suitably sent us warning signals, may be through dreams, often awaking us through a set stage of 'dead end' in our dreams. Also, as brain is our survival tool, it always signals us to optimize our chances of living. Dreams somehow seem to link up info from subconscious mind to the conscious one and vice-versa.

Multitude of brain signals, correlating sensory inputs and our subconscious brain facts get so randomly mixed up. The brain is a survival mechanism, so it promptly and intelligently summarizes all facts and presents to us a possible 'cohesive story', which our brain thinks can be helpful to us in our discretion for better judgment...

Believe it, not only in dreams, even when we are awake, the same thing happens. Often, we do not have enough information about a situation we face and as our brain is a survival mechanism, it randomly correlates available info from subconscious mind and then attempts to present to the conscious mind a possible 'theory' of judgment. That is why, many times, we are stupidly illogical in our conclusions yet never accepting the same. Our brain does it all for us...

So, what it seems is, to deal with dreams, we have to make a very conscious and confidently decisive attempt to delve into our entire life and life incidents... think of all those possible elements, which we have not yet resolved in your mind. They are very much part of our subconscious mind domain.

Think and ask yourself, "Are there any fragments of life-living experiences and memories, or of present, which need my conscious attention for resolution and settlement." You are your best judge.

If you have been an apprehensive person or have been in some sort of anxiety or over-reactiveness with some issues of life and living, you should sit and think about them. Remember, your 'active' brain has no business doing things, which you have already resolved and stored as 'pleasant memories'. It is designed for survival signalling and it always reminds us, if we have some unsettled life-living experiences, which we have not

consciously marked as 'pleasant memories'... take a grip on your life and your dreams shall become source of joys and excellence....

The crucial acceptance is – compared to our conscious mind space, our subconscious mind space is like a football field, whereas conscious domain is only like the goalpost. So imagine the soccer field and accept that at most part of the game, most activities are in the middle of the field, seldom at the goalpost. A goal is rare. In our lives too, most activities take place in subconscious domain. That is why, for many, life too is like a dream.

We may not yet say definitely about dreams but one thing we can accept that in our lives, if we strive to evolve our personality and thinking in such a way that we enhance the domain of 'conscious self' in our lives, we shall then surely curb the domain of subconscious.

If you make a resolve to have most of your actions and behaviours only after consciously thinking about them, not in a reactionary way but in holistic and receptive way, your dreams shall become less confusing. Dreams shall come but the element of randomization and awkwardness shall fizzle out. You shall yourself see that higher awareness in your part about life-living actions and behaviours shall make your dreams happy and less confusing. Surely, life shall look less like a dream as dreams shall become more like life you are in control of....

There is another way we can look at our dreams. For that let us ask ourselves – 'How much real are movies we see?'

Sure, they are mostly fiction and unreal but have grains and elements of real life incidents, experiences and truth. Dreams also have grains and elements of real life things but they are largely as unreal as movies...

Then, there are movies, based on real life persons or stories. Similarly, some dreams also can be close to real like these movies.

The crucial point is – the process and mechanism of dreams are very real as they are the function of our brain. However, they are not related with actual and real things in our lives as the weaving of sequences and chain of scenes in the dreams are not coherent and orderly...

Why? The answer involves lengthy detailing about conscious and subconscious minds. In short, what makes our dreams incoherent and unreal is the fact that when we are in sleep, our brain sources the grains and elements of real experiences from the domains of both conscious as well as the subconscious. As the domain of subconscious is many times more than that of

conscious and what lies in subconscious, we are never aware of; the final ‘movie-making’ (dreams) by our ‘Producer-Director-Script Writer’ (brain) sounds incoherent and unreal to us.

Our brain handles 90% of tasks, we never feel and get aware of. Also, our brain processes many thousands bits of information every second, we have no idea about. They are all in our subconscious. Science believes, sleep and dreams are times when our stupid brain attempts to align and streamline hell loads of info in our subconscious, with our conscious mind...

Sadly, majority of our life-living uncertainties are creation of our subconscious mind and as we are never aware of such happenings, we all ascribe so many ‘un-interpretable’ incidents of our lives as *Destinies or God’s Will*. Dreams, gods, ghosts, destinies are all ‘mega-hit’ movies made by this brilliantly stupid ‘director’ called brain...

Interesting thing is – I always believe everyone should spare some time to know in detail about how our dreams are the bizarre workmanship of our stupid brains. Once we accept and understand this hypothesis, we come to the very strange realities which our brain creates for us. Once we understand the functioning of brain, we shall know that what we see, understand and accept as ‘real and actual’ in our daily lives and popular worldview, are actually only virtual.... they are not as real and actual as we think they are...

Unfortunately, or let us say happily, as science has not so far deciphered everything about brain functioning and how our brains create our consciousness and cognitions, we are also not having a singular and objectively logical answer about our dreams. Still, some very interesting probable theories are there about dreams, consciousness and cognition...

Most people are very much fascinated and bewildered by their dreams but only a handful wish to go into details of knowledge about brain functioning, which not only shall unravel loads very interesting about dreams but also huge wisdom about life and living experiences....

We should be friends with our brains first, then only we can know, what is real and what is unreal in our lives, as we see and feel them...

Here it is important to tell something about introspection, which has definitive connection with our dreams. Introspection, especially self-introspection is not an easy thing to do. In fact it does not even come up as an entry into long list of life-living priorities in contemporary complex life, with so much pressure of multi-tasking in fast-changing milieus on daily basis.

Somehow, actions so much dominate our daily lives that thinking somehow relegates to back seat and continuously procrastinated.

All wisdoms, from science to spiritualism and from philosophy to psychology, advise us to have a time-space window for 'exclusive self-dialogue' to ruminate over daily happenings. The simple reason is – Most of our daily actions are guided by the rote brain, where our subconscious mind, used to an auto-mode 'action-reaction', does things for us. The true self, the conscious self, this very defining sense of a definitive 'I' is hugely missing in most of our daily tasks. We all need a healthy 'open talk' with this 'I'...

Usually, it is our brains, which does this task of 'self-retrospection' for us, when we are in sleeps. Very few of us know why we sleep and why we dream. Science now knows a bit about them. We now accept that sleep is not required because we are tired. We sleep because our brain needs quality and undisturbed time to mend itself, realign the daily inputs of huge information and put them in some sort of Order and Perspective.

The dreams we have, is because of this process. Our sleep and dreams have meaning and purpose and it is – Introspection, Rumination and Realignment of subconscious with conscious and finding a pattern of purposefulness.

However, many people can't make out any sense from their sleep and dream patterns. These failures are somehow related with our lack of conscious self-retrospection and self-dialogue, when we are awake and not dreaming...! Those, who know and practice the artistry of highly conscious self-retrospection and self-dialogue, have better life-management and life-engineering. They are also able to sniff out meaningful signals from their dreams.

Of course, the primary requisite for this artistry is quality leisure and lonely time for all of us. In the maddening clutter culture around us, with so much complex life-living challenges and this ever-dominant zeal to maximize happiness and attainments, we sacrifice the most precious thing called leisure and loneliness. The great Greek thinker Plato said, 'The purpose of education and wisdom is to understand the importance of leisure in life'.

My eBook, '*Be Lonely, Be Your Best*' deals with all such life-living wellness issues. The purpose of this book is to make people aware about crucial ideas about life and living, which are essential for our wellness and excellence.

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Loneliness

- *Why Einstein Is Never Lonely, So Can We...!*

Einstein said, 'I want to know how God created this world. I am not interested in this or that phenomenon, in the spectrum of this or that element. I want to know His thoughts; the rest are details.'

Einstein also said, 'The most beautiful thing we can experience is the mysterious. It is the source of all true art and science.'

Now, let us relate Einstein's words with the realism of loneliness. What most people complain of when they say they feel bad about loneliness? It is connect they are speaking about. Scientists say that loneliness is all about a perceived 'lack of connect' with entities around in one's ambient milieu. So, if we have this missing connect, we are never with the debilitating feeling of loneliness!

Well then let us have this magical and transcendental connect. Let us be objectively logical to accept that only real knowledge and wisdom connects. Spiritualism means connecting the microcosm with macrocosm. Yogic philosophy of India talked about the transcendental connects of self with cosmic consciousness, around 3000 years back for lasting wellness.

When we have real knowledge, we are truly connected with cosmic causality. A person who has the power of knowledge has the true connect with all causalities around him or her. That ensures, he or she is never lonely. Researchers conclude that those who are more educated and knowledgeable have lesser incidence of loneliness. It is easy to accept how knowledge is the real connect.

What Einstein is talking about is his transcendental curiosity and will to connect with true knowledge and wisdom. He was not interested in God but he was immensely and perpetually interested in knowledge about the core concept, which surrounds the idea of divinity. He was

thrilled infinitely about all things that are mysterious, which humanity has not yet known. His curiosity and inquisitiveness is transcendental. He was always connected with every speck and detail around him. He was never lonely but *deeply connected* with rainbowish shades of his own consciously selected curiosities and inquisitiveness.

Most often, people with different ages feel the disconnect with people, their own milieus and larger purpose of life. Moreover, this disconnect or lack of connect brings about the very troublesome emotion of feeling alienated. Somehow, Einstein points out to this crucial fact that true and real connects is intangible – not physical but mental. Knowledge is the real and lasting connect with everything around us. Lasting wellness can come to us through lasting connect between generic elements and as our consciousness is intangible, its lasting connects can come only through intangibilities. Knowledge is the real intangible connect.

In contemporary cultures, the worst casualty is average person's disconnect with instinctive human curiosity and inquisitiveness. Especially, the fast-paced life-living choices of our young generations and the clutter culture they live in, make them accept that knowledge is optional, even a burden. There is an insistence on living life, at the cost of ignoring knowledge about life-living essentials.

Einstein's insistence is on perpetuity of the joy and thrill of knowing – connecting to everything in the cosmos, from people to ideas, through knowledge and wisdom. People of any age, whether they are kids, young or old; this inquisitiveness should always remain as primary energy of all actions and behaviours. There is nothing but knowledge that truly connects us with things other than us.

It is rare that a kid feels loneliness. He or she is always busy connecting physically as well as mentally to everything real or imaginary around him or her. Kids are wired for curiosity and inquisitiveness, even when societies usually smother their innate curiosities. However, as we grow, we stop to actually keep growing. We stop connecting. We stop the crucial linkages of knowledge. Modern cultures insist on education as means to acquire skills about jobs and careers but the crucial life-living knowledge is being sidelined. So, we may be skilled but not truly knowledgeable.

Therefore, Einstein is never lonely as he is always connecting and feeling joyous and thrilled, not in finding answers and solutions. He is thrilled as the very energy of inquisitiveness is

good enough for him. He is thrilled by feeling connected to the process of delving into the mystical world – being connected to the art and science of inquisitiveness.

We too have to learn this mastery of the artistry of being in perpetually connect with this art and science of inquisitiveness about the mystical universe – everything around us, till life allows us time.

Knowledge connects, it keeps us thrilled and in joy of being inseparable part of the colossal whole. Yes, everyone is truly lonely in his or her pursuits of knowledge as this process is intangible and operative at the intangible level of consciousness. A consciousness filled with connects of inquisitiveness of knowledge lands us at this facilitative time-space realism of happy loneliness. We are then lonely and at our happiest best.

It is good to understand and accept the hypothesis that loneliness is your first intelligence, beckoning your drifted and fluxed consciousness to come out of it and start the journey of self-exploration. Most greats used this precarious energy of loneliness this way.

Buddha was a king's son and was raised in all worldly endowments, with all the material glitter, glam and indulgence intentionally made splattered around him. He was young, had a beautiful wife and a lovely son. Still, he felt loneliness in his world of drift and flux. This lonely feeling paved way for him to attain Nirvana.

He left everything. As there was no poise of purpose within him, he felt unease and more loneliness. He later discovered that world had grief and troubles but leaving the world and turning a saint was no solution. He realized that it was the poised mind, which was the solution of all grief and troubles. He advocated self-actualization of this poised being, which in modern scientific lexicon is called higher consciousness. Buddha's life-living philosophy is a very contemporary need. In all eastern spiritual traditions, there is this emphasis on self-actualization. They insist that all realisms are within this poise mind or higher consciousness. Even God is within this mind consciousness.

We all have a Buddha within ourselves. Who is a Buddha? Buddha means the enlightened and empowered. Therefore, being Buddha means actualization of the potential of our conscious self, which is already there within us. This potential is dormant, or un-evolved, or untouched in most of us.

Also, in all of us, there always happens a time and space, where we feel disenchanted with the world we live in and with the people we are surrounded with. As the scientists say, the very people and the very material consumptions, which make us thrilled and happy once, are the primary source of our disenchantment, heartbreaks and ultimately the loneliness. The Yoga philosophy said the same 3000 years back!

One evolutionary utility, which modern humans must accept with cautious usages, is reactionary cognition. Judgment and perception are never amenable for reactionary priorities. Just hold things, accept holism, accept that we all are instinctively aligned to and wired for reactionary choices. But modern living requires us to rise above our instincts because, peaceful-coexistence is the call of the time and we all have to use the intelligent mind for a holistic cognition.

There is a long scale of realism and on two extreme ends of the scale stand good and bad. We all know, there are very few, say .1% of global population, who are on the extreme ends of the scale – either too good or too bad. Most people stand somewhere in between the two ends and they are a mix bag of both good as well as bad. It is situational or time-specific life events, which make the majority of us reactionary – making such choices, which are just short-term reactionary. We have to accept that such reactionary choices are never real and right. Therefore, we all need to rise above the short-term cognition.

Moreover, it is also important to accept that majority of those standing in between the two ends of good and bad are the most susceptible of ‘indoctrination’. Some of them are made ‘puppets’ at the hands of some ‘confused and conflicted’ elements of society, who are very few. These indoctrinated people are also neither good nor bad but simply ‘puppets’, who are made to ‘wear’ a ‘cognition’, which they have not ‘tailored’. We have to accept that mainstream society should never make judgments and perceptions on the basis of ‘tailored cognition’ of some people.

It is as simple as that – Just hold your cognition and allow it to settle, whenever there is a big upheaval in the social or cultural system. Check your reactionary cognition and never allow yourself to say things or do things on the basis of your reactionary cognition. Always remember; good and right judgments and perceptions are never reactionary but always holistic. We all live in very tough times with loads of social and cultural upheavals all around us. Let us not make judgments and perceptions of the basis of reactionary cognition...

Having quality leisure time for ourselves, introspective moments with self in positive solitude is something, we all need to value. The drift and clutter of contemporary cultures and milieus around makes us reactionary. Being settled is good. Loneliness leads us to the doors...

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Consciousness

- *Its Virtual And Emergent Nature Engenders Mystic & Marvel...*

Consciousness is termed as “an intangible emergent property of information processing.”

Consciousness is intricately a two-way processing agency. First, it works as a storehouse of information, which are gathered from sensory organs. These info it matches with the milieus around and creates an imagery of physical model, for the body to deliberate on a decision for appropriate action. This imagery is intangible. This is first part.

Simultaneously, when these models lead to tangible actions and behaviors by body, it also stores those experiences, emerging out of these set of actions of body and converts them into processed information for future decision-making. Therefore, consciousness works not only as warehouse but also as agent of gathering multi-dimensional information. As deliberating imagery of workable models out of the previously stored information is an intangible facility, whereas storing information from actual actions taken by body is a tangible work, the consciousness as a dual mechanism is intangible, emergent and virtual processing of information.

Its dual character makes consciousness a virtual agency. It is not body, not purely brain, not entirely the full spectrum of what we know as mind, but a part of mind. That is why consciousness has an emergent and virtual skin and flesh. At best, it is a bridge between the body and brain, very much part of mind and always evolving. This mechanism makes consciousness a virtual agency and that is why there is so much of mysticism and marvel associated with the idea of consciousness. It is because of the virtual nature of consciousness

– the sense of ‘I’, mysticism stands as instinctive first choice of acceptance of realism. That is why the old wisdom as well as science maintains that God, ghosts, angels, soul and after life et al are mystical realisms, which are all inside our conscious self and what we do with the above idea in physical world is a virtualism, emanating out of the very character and nature of our consciousness.

The dualism, which the idea of consciousness creates is – ‘You’ are in your perspective and your perspective is in ‘you’. This needs elaboration. Modern scientific insight into mechanism of consciousness says nothing new or against what old wisdom of ancient world had elaborated thousands of years back. Science however puts facts in objective way, elaborating the details of the mechanism, which creates the dualism of consciousness. The primary hypothesis is the fact that human evolution designed a brain, which is far more complex and multi-functional than other developed organisms. In addition, human brain is not a typical single part, like other organs, e.g. liver. It has evolved in a way, which makes it a layered organ, with every new layer evolving as a pile up on previous layer. Brain is a complex cooperative of multi-functional parts working in an auto-mode synchrony, which we are mostly unaware of.

Other organisms, especially developed animals with sensory system also have this subjective feeling of ‘self’. Science has definitive lead on the fact that all other species have consciousness – a feeling of ‘self’, but it has different shade. However, consciousness in humans is far more pronounced and permanent, as we have a brain mechanism, which makes it possible for us to store far more complex information in our brains; especially those info created out of actions of body and mind, which we call experiences. Apart from that, we have a brain mechanism, which engenders a strong and decisive feeling of ‘experiencing’ the experiences. This however, is an emergent agency and empowerment; we are not born with that faculty.

Science maintains that the conscious feeling that we all have is primarily because we have an evolved and matured process of storing experiences as memories, with a definitive sense of we as our bodies present in all such memories. These memories in which the subject is definitively our own body, creates a sense of self-awareness in our brains. This we refer to as knowledge.

This needs to be understood very carefully. Knowledge is not information, our sensory organs collect and pass on to our brains for processing. Knowledge is the ‘processed’ info as

physical imagery in brains, which goes through the filters of mind's memories of experiences, instinctive inclinations as well as those collective experiences, passed onto us from our ambient culture.

Science says – 'We have experiences as we have knowledge and we have knowledge because we can experience'. The cyclicity of knowledge-experience is key component of consciousness. Understanding this empowers us and enhances our wellness.

We have awareness that we are experiencing something. We also have memories of other experiences of our past. More importantly, we have a definitive and exclusive mental facility of collating all past imageries of experiences and imagining a novel imagery of possible model action and behavior for future.

This facility of intra-polation and extra-polation of imageries in our knowledge inventory has been a decisive tool with us, helping humans produce brilliant solutions of innumerable troubles and problems.

However, we need to accept the fact that this facility itself also doubles up as a major trouble for us. Imagining and extrapolating singular and objective real facts can lead to tested and replicable solutions but in situations, when the collated facts are virtual, subjective and mystical, solutions arrived at shall be subjective, untenable and non-replicable. We can design futuristic spacecrafts as we collate and juxtapose objective, tested and replicable facts of aerodynamics and navigation.

However, we fail to create futuristic solutions to our emotional and psychological troubles, like those in the realm of love, faith, culture etc, as we collate only subjective, virtual and non-replicable facts.

This we have to be wary of and change our attitudes and perspectives to use our consciousnesses for attaining the objectivity and singularity of decision-making matrices.

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Realism

- *Mysticism Of Mind Mediating Realism Between I & World Outside...*

It seems; realism, as the subjective self accepts is – brain's choice (mostly randomized) of elements from the ambient milieu. Therefore, both 'Fact & Fiction' are equally entitled to being Realism. There are both tangible and intangible elements in any milieu. Consciousness (subjective self) as the navigation mapping mechanism, facilitated by the brain, accepts both elements with equal ease.

Interestingly, all tangibles acquire form and content from the intangibles of life and all intangibles attain utility and suitability from tangibles. Therefore, it seems, realism is an eclectic mix of Fact & Fiction. However, it depends on early childhood milieu and initial experiences of a person, whether this mix has more fact or more fiction. It seems, in contemporary milieu of most popular cultures, both men and women are growingly having a subjective consciousness with more fiction and less fact inclinations.

I present below, a discourse, which I came through in public domain. The entire idea may seem hugely confusing but believe me, it is a huge benefit to challenge our subjective perceptions about realism. There is always a benefit in extending the limits of our consciousness self. The preface above is just an introduction to what always is probability at any stage of our living experience. We remain caught between our perceptions of fact and fiction. It seems, this conundrum is our mechanism. However, understanding this mechanism can surely help in deciphering some bare-basics of life-living experiences. It goes like –

“If there is anything about which we feel sure, it is that the world we experience is real. We can see, touch and hear it. We can lift heavy and solid objects; hurt ourselves, if we're not careful, against their unyielding immobility. It seems undeniable that out there, around us, independent and apart from us, stands a physical world, utterly real, solid and tangible. But all is not what it seems.

“First, the apparently solid table in front me is, it turns out, far from solid. And second, we assume that we are directly experiencing the world around; that the colors we see and the

sounds we hear are there, around us, just as we experience them. But even an elementary study of the processes of perception show that in this, too, we are much mistaken.

“All that I see, hear, taste, touch, smell and feel has been created from the data fed to me by my sensory organs. All I ever know of the world around are the images produced in the mind. I think I am seeing the tree "out there", in the world around me. But all that I am actually experiencing is the image created in the mind.

“This simple fact is very hard to grasp. It runs totally counter to all our experience. There seems nothing more certain than the fact that I am seeing the world as it is, around me. But however nonsensical it may sound, this is the conclusion we are forced to make.

“The world we experience around us is no more "out there" than are our dreams. However real it may seem, it is, in the final analysis, all in the mind. We never experience the physical world directly; all we ever know is the image of the world generated in our awareness. And that image is no more “out there” than are the images of our dreams. We may find it hard to come to terms with the fact that our normal waking experience of reality is a manifestation within the mind, but in many other instances we readily accept that we create our experiences.

“The entire concept of virtual reality is founded on the understanding that the brain is a reality generator as much as an information processor. In all these instances of illusory or artificial realities, we readily accept that the confusing or abnormal perception stems from the way the brain creates our experience of reality. Yet when it comes to our normal waking experience, the base state in which these so-called "illusions" occur, we adopt the opposite position. We feel that we are experiencing the world as it is, "out there" in front of us. But how could the illusory perception be an image in our mind, yet the world in which the illusion occurs be the physical world around us?

“Many other creations of the mind we dismiss as hallucinations. These are typical experiences, which occur under the influence of drugs, and during illness, extreme fatigue or stress. For one reason or another the electro-chemical processes are modified in some way, leading the brain to generate a different image of reality. One may perceive unusual colors or patterns, perceive time and space differently, or experience some other non-ordinary manifestation in consciousness.

“We call such images hallucinations because they do not concur with our normal experience of reality, or with the reality that other people experience. We say we are seeing things that are not really there. But, surprising as it may at first seem, this is what we are doing all the time. Even in normal, everyday perception, the kind we all agree upon, we are seeing things that are not really there. Color, sound, smell, and all the other qualities of experience are not qualities of the physical world; they exist only in the mind.

“The fact that we create our experience of reality does not imply that there is no underlying reality. When a tree falls in the forest, there is a specific event that is happening in the physical world. There is something that gives rise to my perception, and to your perception -- and to the perception of a bird sitting on one of its branches. But we know nothing of that event directly. All we know are the experiences created in our minds.

“As a contemporary analogy, we might liken the situation to the image created on a computer screen. Within the central processor of the computer are numerous bits of information, encoded as electronic states in the circuitry of the chips. Software in the computer processes this data, putting it into a form that when sent to the monitor causes it to light the screen in particular ways. The image that is created may be derived from the data in the central processor, but it is not the same as the data. The computer is not producing some faithful imitation of an image held in memory. All there is, is code; microscopic electronic switches that are either “on”; or “off”. There is no color or light in the computer code, and the spatial layout of the data on the chip bears very little resemblance to the layout of the final image.

“It is important to distinguish between two ways in which we use the word "reality". There is the reality we experience, our image of reality; and there is the underlying reality that we never know directly, but which is the source of our experience. In Indian philosophy these two realities are sometimes referred to as the Absolute and the Relative. The Absolute is the underlying reality. It does not change according to who is experiencing it. It is, as it is, an independent reality. The Relative is the reality we observe, the reality generated in our minds. There is just one Absolute; but there are numerous relative realities, each relative to a particular experiencer at a particular point in space and time.

“How we construct our image of the world is determined by our sensory organs and nervous system. Most human beings have very similar sensory organs -- my eye, for example, is virtually identical to yours -- and the neural processing of the sensory data follows very similar pathways. We receive the same data, analyze it in the same way, and so create very

similar pictures of reality -- unless, that is, a person is color-blind, near-sighted, or tone deaf, in which case we make allowances for our different perceptions

“The fact that we seldom disagree on our experience of reality reinforces our assumption that we are seeing reality as it is. But if we could communicate with other creatures we would find our naive assumption severely shaken. Dogs, for example, hear higher frequencies of sound than we do, and their noses detect a far wider range of molecules. If we could put ourselves in a dog's mind we would find a somewhat different perception of reality.”

Our tacit assumption that we perceive the world as it is, has become so deeply ingrained that it is very hard indeed to appreciate that our image of reality is a construction within our own mind. Even when we intellectually accept the fact, as eventually we must, it is still extremely difficult not to see the image we have created as "out there".

In fact, we will probably always see it this way. But that is not to say it is not possible to see it otherwise. It may be that spiritual adepts who have made a deep personal investigation into the nature of the mind, explored the workings of their own consciousness, and witnessed the arising of experience, have come to see it that way. Throughout the mystical and spiritual literature of the world are examples of individuals who have claimed that the whole world is within them rather than around them, as most of us experience. Thousands of years back, rational humans warned us all that what we all accept as real is ‘*maya*’... science is not new to us....

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[Neuroplasticity](#)

- *Life And Destinies We End Up With Are About Plasticity...*

Let me tell you a story. Twin boys were born to a couple. One of them was healthy and normal but another had congenital heart trouble. The doctors declared that the boy shall not survive long as his weak heart shall not allow him to see his third birthday.

The couple were strong and they decided to make everything count for the abnormal boy. They believed in their abilities and resolve. They took great care of this boy and made him live a life, which consciously consisted of all healthy efforts and practices. This abnormal boy had no choice as he did what his parents made him to. Destiny sure was changed as this boy lived for 80 long years, living within his limitations, but surely evolving everyday to attain in life what a normal person could.

However, his healthy brother, who was supposed to be normal and under no limitations, died at the age of 22. He was killed in a motorcycle accident, when trying to race it beyond reasonable limits. The couple believed this normal child was good enough to care for himself and therefore spared little attention for him. He was a *mainstream* person and lived a life even he didn't choose for himself!

This is a metaphor of what *plasticity* is all about and how it writes its own beautiful script of life, which the decisive destiny makes no provision of. Neuroplasticity is a term, which has similar connotation, which we all must understand and accept as potent tool to override our destinies, adding all those beautifully endowed shades of life and living experiences, which destinies make little provision of.

Neuroplasticity is a term given to a mechanism, which is about physiological changes actually happenings in the brain, brought about by mind consciousness. It refers to changes in neural pathways and synapses owing to changes in behaviour, environment, neural processes, thinking, and emotions, as well as to changes resulting from bodily injury.

This is very real yet seems so magical and mystical. This shows how brilliant yet so complex and mesmerizing our body-mind mechanism is. What this magic is all about? The magic and marvel is about how the *intangible* elements of our life-living experiences become so powerful that they actually bring about *tangible* changes in the brain. The intangibles are behaviour, emotions, thinking, attitude, orientation, resolve, etc. These intangibles are about our personal choices of *conscious* mind, which we put in place in our lives for certain desirable destiny. And, our brain responds to that. Sure, this stupid called brain is wayward and likes to be in the comfort of inertia, if we choose to be in the drift of our *subconscious* minds. However, the same brain becomes our great facilitator friend, the moment our conscious mind takes control and invests rightly in the intangibles. This as we now know, is a process called neuroplasticity, which signifies that destinies can be changed and this happens by actual and physiological changes in our brains.

In contemporary world, especially the developed societies, people are growingly accepting the realism that mind is the centre of all realism. The realism, we think as something external to us, in our pop belief, designing our destinies is a huge misnomer. The reality is – everything is engendered within us and we see only their images in the external world. What truly matters to us are not the tangibles but the intangibles.

Life is about plasticity, destinies we all have and end up with are about plasticity. That is probably why we have our brains, which also has plasticity. The neurons do it for us.

This leads us to the hypothesis we have been trying to work out in favour of loneliness. We cannot change things; we primarily cannot even know what needs to be changed. We cannot because, as science says, we buoy up and down in the vast *ocean of sub-consciousness* for most of our lives, only occasionally surfacing on the *environment of consciousness*. This happens to most of us and is surely aggrandized in those who live a life of drift and flux because of deep indulgence in the clutter culture, mad multitasking and instant self-gratification. We need to stop, keep away from this drift and think about self in a qualitative leisurely state of positive loneliness about what changes we need to bring in our lives for our wellness. We then have to consciously bring in those relevant intangibles in our mind consciousness, which can effect physiological changes in our brains. This shall institutionalize wellness and goodness in our lives.

Millions of people all over the world have been into this meditation. Meditation is nothing but a conscious choice of our minds, to physically keep away from those tangible elements in our external milieu, which are causing drift and flux in our lives. And then, with practice, meditative loneliness consciously brings about the intangibles into our mind consciousness. Gradually, as our brains build up new and facilitative neural pathways and synapses, we begin to feel the joys and satisfaction of the true wellness and happiness. The brain changes physiologically and gets aligned to the actual wellness and happiness.

The human mind, the functional mechanism of brain structures, has instinctive mechanism to universalize goodness as well as evil. What we feed in it is not its concern. This is the role of intellect. The intellect is the intangible faculty to be in control of the instinctive as well as the culturally learnt behaviours, to objectively assess all life-living choices with holistic logic.

The universe has not put us where we are today with any specific purpose of designed goodness. We have to design our purpose. As we repeat this objective mind training to our

brain, the objective goodness would spread all throughout its neural circuitry. The notion of neuroplasticity says that brain can actually create new pathways to institutionalize this objective goodness. And then, we won't have to think twice to perform goodness, as it would then become an instinct, and thus an involuntary mechanism, like a hand moving away involuntarily as it touches fire.

It has to be understood and accepted with all humility and compassion that a real good human is not one who needs to think and then behave and act good. Rather, it is one who does not have to think, as all his behaviours and actions are instinctively bound to be good. We don't consciously remember when we drive a car or cook a meal as it is instinctive, even when they were once learned behaviours. Objective goodness is also learned behaviour. But when we repeatedly practice it, it becomes instinctive.

Neuroplasticity is also about this objective intellect. It is about consciously aligning with desirable intangibles of life and then practice them with mindfulness of higher consciousness, helped by meditation. This then becomes structured in our brains. This means, goodness and wellness is no more our choice, but it has become an auto-mode virtue, an optionless absoluteness for us.

That is why we have been insisting that loneliness is a positive state of being as it creates a space for mindfulness and option-building towards the ultimate optionlessness of goodness and wellness.

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[Life-Living Choice](#)

- *Idealism Is Essentially The Most Pragmatic Realism – How And Why?*

Medical experts say, “The muscular tissue of the body responds to emotional as well as physical tension and trauma by tensing up in a protective reflex. Over time, these muscular

tissues become chronically stiff and hard, blocking sensation and energy flow in the affected area, causing diseases.

This points out to the sad fact that we live such a life where we are exposed to tough and highly competitive life, which throws to us stresses and traumas. This in turn makes our muscles contract, blocking life energy and sensations.

In ancient oriental life-living philosophy and spirituality, unrestricted flow of sensations and energies throughout the bodies was considered primary life duty. In Buddhist spirituality, they say, we should be so aware and in such higher consciousness that we could feel and even see (metaphorically) all tiny sensations of our body and mind. This gives us the golden control to accept all sensations – painful or joyful – with poise and equanimity...

What we need, especially in modern clutter culture and fast-paced conflicted and chaotic life-living, is soft-nurturing emotions of Tolerance, Affability, Humility, Innocence Of Attitude, Compassion, Mutuality, Love And Caring, Forgiveness et al to ease up and rejuvenate the tense and contracted muscles and consciousness...

It has to be accepted that goodness is not an idealism or utopian abstractions. All goodness are actually great pragmatism as they are must for our bare survival and excellence. Idealism is essentially the most pragmatic realism. We cannot live well blocking our life energies and vital sensations...

We all feel and accept that as these nurturing emotions have gone down in content – qualitatively as well as quantitatively; we are unable to feel the natural joys and good emotions of life wellness. This makes us sad, lonely, insensitive and ultimately aggressive and even enemy of almost everything soft and nurturing pragmatism...

We get caught in the vicious cycle of sadness and loneliness... we need to get back those soft-nurturing emotions in our lives....

There has also been this unfortunate realization that almost all softer and very nurturing emotions of life are becoming casualty in the wake of fast lives, workloads and too little leisure...

Somehow, it is not natural. We can say that over millions of years, humanity has successfully evolved and excelled because it had the repository of a huge range of very nurturing and protective range of softer emotions, in the family, society and culture.

The general complain too is that tolerance, affability, humility, innocence of attitude, compassion, mutuality, love and caring, forgiveness et al have been fast becoming scarce in societies and culture...

It does not take a genius to understand that these nurturing soft emotions are essential ingredients of our wellness. Let us all be pragmatic and live up this practicality of wellness and excellence.

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Poise

- *Emotions Make Fine-Line Between Optimum And Maximum Blurred*

It is important to understand and accept that most behaviour and actions of average people are aimed at attaining or restoring overall poise of wellness. However, the actual choices depend mostly on how an individual subjectively perceives his or her life situation and what emotions shape or guide his or her choices. For example, a man, even in poor health, may opt for working more hours in office, instead of taking proper rest, if he perceives that he needs more money for better education of his kids.

Science says, 'you are in your perspective and your perspective is in you'. This means, what and how an individual perceives his or her actual and real life situation can be very subjective. This is true with our perceptions about all things and life situations. It has to be understood that any cognitive factor of wellness is also subject to emotional interpretation. Like; income and wealth as a key cognitive factor for wellness is important but only up to a limit after which it rather has negative impact.

However, what actually is the optimum level of income and wealth is a subjective and emotional decision, given also the fact that we all live in a modern environment where income and wealth disparities are huge. Only 5 percent of global population owns 95 percent

of wealth. This contemporary clutter culture has loads of such chaos, conflict and confusion, which irrationally affect choices of behaviours.

In such an environment, decision-making is more tilted towards *emotional* rather than *logical*. Scientists confirm that this cognitive-conundrum is biological, part of our body-mind mechanism. Science says, confusion and chaos makes one emotional in thinking and decision-making, as limbic system is activated. So, emotions make the fine-line between optimum and maximum blurred. This prompts risky behavior, even though the behavior is instinctively towards restoring or attaining the equilibrium of wellness.

First objective hypothesis seems to be that – the contemporary clutter culture is a dysfunctional and debilitating realism as it makes most of us land in chaos, conflict and confusion. Even scientists like Stephen Hawking have raised alarm over this. This clutter culture and resultant conflicts in turn lands us in a charged up emotional state, affecting our logical and appropriate decision-making, as it blurs our perceptions about actualism of realism.

Contemporary times are defined more by ‘reactionary-priorities’ of people, in action and behaviour choices. Much of it can be ascribed to clutter culture. Emotionalism almost always leads to reactionary choices. This has cyclic calamity for society and cultures...

Yes, emotions are good when you are in love and wish to optimize the joy of drift in the ocean of intimacy. However, you need never be ‘emotional’, while deciding about who is the right love-partner for you. In decision-making on major life-living issues, emotions always land you in unreal situation.

When you have opted consciously for a non-action or inaction positioning for your action-behavior, it is good if you ask your emotions to lead your pleasures. This is good because, everything is in ‘internalized-mode’ and you are in a singular and non-competitive time and space. However, when you opt for actionable decision-making choices, you need to be objective and logical. This necessitates dropping your emotionalism and accepting elements presented for your decision-making in high objectivity and holism. Emotionalism is personal, subjective and very individualistically partial. Whereas, most of the crucial life-living decisions need be based on holism.

The clutter culture affects our consciousness negatively and this in turn affects our cognition. Naturally, affected consciousness and illogical cognitions throws us in the deep oceans of bad and calamitous causality.

Second core fact emanates out of the first. That is; when the crucial 3Cs – Consciousness, Cognition and Causality are hit by another 3Cs – Chaos, Conflict and Confusion, we begin to lose the *Sense of Appropriateness* of self-awareness, self-control and self-actualization. That is why we begin to perceive some good and right things as bad and wrong and the vice-versa. This confusion adds to the conflict.

We need to stop, opt for this golden freedom of choice to pull out of the clutter culture and start to take the road to this calming, endowed and beneficial space of a 'self, which has the liberty of positive solitude. This shall trigger off a very meaningfully empowering causality. Self-dialogue in a solitary space readies us to the attainment of our overall homeostasis, which in turn makes us have a very well-shaped and logical 3Cs of consciousness, cognition and causality. We shall then be having an empowered consciousness, life-living wellness and personal excellence.

Often, it seems, genius is all about being infallibly dogmatic about utility of one's ability for fallibility....! There is always a popularly defined benchmark of 'success' and 'utility'. Most people do not have the courage of conviction to do or accept anything beyond it as anything outside this populism is considered a fallibility. This emotionalism about success and utility comes with our partial life view and perspectives.

However, a true genius, almost like a 'stupid', seems in happy and unbending *acceptance* of his or her *fallibility* as he or she is not thinking about success or failure but just the intangible joy and thrill of the hypothesis, which he has accepted for his or her pursuits of purpose.

Acceptance of fallibility, as primary signpost of success, is like being your own God. The moment you rise above this humanly populist concerns of success and failure, which the contemporary populism benchmarks, you become happily independent of God. Why? Just because, divinity for average humanity is largely about the cultural business of right and wrong as well as success and failure. As this facilitative situation happens for you, your consciousness is free and road to genius is easy and smooth.

The happy position for a genius is that he or she has risen above the populist utility of action as human attainment. The genius is true and aligned only to his or her own Imaginative

Inactionability. This hypothesis is so mystically marvellous. Just try to free yourself of action-oriented mindset and perspectives, just try to accept this simple hypothesis that fallibility is all about not being aligned to your own inner intuitive imaginations and see the magic unravel. Failure is about doing something, which is aimed at attaining something outside you. Success is about undoing this attitudinal slavery of doing...!

... this however is only one part. The important other part is – no genius can and should never be insensitive to idealisms of peaceful-coexistence. The right to sway your hands ends where the nose of other starts...! Thankfully, genius of ‘Imaginative Inactionability’ has no ‘actionable’ hands; therefore little threat to others’ noses....!!!!

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Success And Self-Worth

- *Situational Success, Warped Worthiness and Ultimate Utility...*

This may sound preposterous but it sure has some element of worth in it for acceptance. This is – all things tangible has some intangible as it precondition for success and utility.

Secondly, we all live in such times of cluttered confusion in contemporary culture that we often miss these intangibles and that is why real and true successes, worth and utilities elude us. Let us understand it...

This we have to see and accept in terms of things we are doing, especially the young men and women. Often, we listen about how young men and women start as ‘good prospects’ for careers and other life-living attainments and how they finally end up as something very ‘mediocre’ or something, which they do not ‘enjoy and value’.

Often, when you research and dwell at the real cause of this sad turn of things, you find a very common cause, which we can term as – ‘Lack of linearity in thought-action of young

people and their own families'. As there is lack of few 'intangibles' in them and their families, many young ones fail in attaining the tangibles of life, which they deserve. Tragically, many young ones end up with suicides or worse, with a poor self-worth and self-respect.

We need to list things – the 'intangibles', which are responsible for this all –

1. Organization – The young people and their families need to have a well-organized thought-action plan, before they set out for their life-goals. Often, families are not on the same plane with young one's thought process. This split and conflict is calamitous. Often, families set out a very loosely generic idea for their young ones to follow. Like, most families ask their kids to be 'successful'. However, families do not have organized idea and practical framework about what they think as 'successful'. Once we have all our notions well organized, everything has better chances of falling in right place. Chances of success are better when a kid knows well in advance and in clear terms what he or she is expected to do. Often, a kid of a musician dad fares better than a doctor or lawyer. Musician's kid has this optionlessness ingrained early in his or her mind and is trained since early as a musician.

2. Communication – Often, families and young people do not adequately speak out well and in advance on crucial issues. It is important that before the young ones set out for their careers and life-roles, the family should sit and talk well and enough. If gaps remain in perceptions of young ones and their families, about success, worth and utilities of life and careers, disorganization creeps in and every hell breaks loose. In contemporary clutter cultures, the worst of inter-personal and relationship disasters are usually huge communication-collapse. We don't sit together enough; we don't hug enough and talk enough.

3. Acceptance – This is most crucial. Both young ones and their families must accept the ground realities and hard facts, about contemporary world they live in, before setting out for their careers. We are a highly over-populated world with very little opportunities at the top level and concentration of resources. Only 5% of people own 95% of world's resources. All nations, especially developing nations face huge unemployment levels. The hard and sad fact is – it is not necessary that even if you are good and even best, you would get to the very few 'best opportunities' available. We all need to accept, "we should hope and aspire for best but should be equally

ready for worst and at least, less than best.” Why? Because, life and its worth, success and utilities are so wide and holistic idea. Jobs in top companies and big bucks are important but in the long run, they do not matter everything for happiness and wellness of life. Someone may have 10,000 times more money than you but he or she may not be 10,000 times happier and well than you. Joy and wellness matters more than any tangible. There are so many intangibles, which are more important in life. Families need to accept failures as magnanimously as they accept successes.

There is a simple yet somehow scary realism – If families do not and cannot provide Organization, Communication and Acceptance to an aspiring young man or woman, it is the worst calamity for society, cultures and nation. Sadly, this calamity is beginning to strike many young ones. Let’s us all do our bits to stop that to happen.

Moreover, there is this need to accept that there is the core trouble with all enterprises of life....

There can never be singular, simple aspect of anything. Things always are multidimensional and it takes a convergence of all these dimensions at one point of time to create a utility. This convergence is also not static, rather always shifting... That convergence is ‘success’ and that is why, most successes are mostly situational and effervescent and ephemeral...

Everyone has a piece of land full of diamonds, however, only that person shall begin to dig for it, who has the knowledge that diamonds are precious. Otherwise, it is just a stone. If a farmer has this land who does not know the worth of diamonds and is obsessed with fertility of his soil for cultivation, shall throw them away along with other pebbles and weeds.

Other farmer may have the knowledge of the worth of diamonds but he may not have the knowledge that in nature, diamonds do not come as polished and shining. He shall dig and even find them but still throw them away taking them as any other useless stone.

Another farmer may be knowledgeable of all these; still, he may not have the patience to dig deep and discern between real diamond and loads of other stones that may come up during digging. He may stop digging mid-way.

In *digging wisdom*, we all face such troubles. It takes multidimensional elements of preparations and readiness, all being in one person at some point of time, for the treasure of diamonds to become available. Holism is priceless possession...

What is of utility and benefit to someone in his or her life, is independent of the real and true worth they have. It is you and me who create worth in anything. Then we pursue it and devote our lives in having them and that too in plenty. A diamond does not have any worth on its own. It has worth for humans. A monkey shall find it, taste it and then throw it away. For the monkey, an apple is million times more worthy and precious than this hard, tasteless stone.

This means, our lives, whatever we all do with our lives and what we chase life-long, have worth and value only to the extent, we assign them and believe in it? Not even that. Most people do not even assign their own value and worth to what they do and achieve in life. The contemporary culture, they are born in and brought up, usually decides the benchmarks of utility and worth for all pursuits of their lives.

The worth of diamond is a cultural benchmark of utility. In the culture of all other living species of Earth, other than human, it is almost worthless like any other stone. There is a worldview of all other species, other than humans, where value and utility of all pursuits by all members of the species are decided by their natural instincts, which ensures their survival.

In humans, the instincts are also there and they decide utility and value of human pursuits too. However, most of human pursuits are decided by popular cultural benchmarks of utility and worth, which humans themselves create and keep changing.

What is ever lasting, more singularly permanent is the conscious realization that anything can have utility and worth, if we very consciously assign them to it. It is always better that we assign value and worth to all those intangibles of life-living experiences, which are immortal and constant. Love, compassion, holism, innocence, assimilation et al are the intangibles, which add value and worth to anything we do and have.

So, these are our real diamonds, which we do not have to even dig, it is freely available to us and that is why, we squander them for such petty things like money, pride, possessions, power and position. Young ones must internalize this worldview in their perceptions about success and self-worth.

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Excellence

- *Generalizations, Pragmatism And Ultimate Paradigm Of Excellence!*

Generalizations are seldom fruitful pragmatism; still, they may have utility in arriving at some hypothesis, which in turn paves journeys towards righteous paradigms.

The generalization is –

- If you feel angry and asymmetrical with contemporary realism, ambient milieus and populist perceptions, you have most reasons to accept that you have become **Intelligent**... However, if you feel compassionate about all these, you need to accept that you are a **Good** person... Moreover, if you can innocently smile over the conflict and dualism, which your consciousness lands in while swinging between Intelligence and Goodness, you have finally **Arrived**...!

Beyond this generalization is a fruitful pragmatism. That is –

- Having the artistry of riding on shades of consciousness, to blissfully portray the rainbowish probabilities of both **Intelligence** as well as **Goodness**, tinged assuredly with the deep-seated assertiveness of the **Arrived**, is something, which maximizes the potential of life-living wellness and personal excellence...

... somehow, it is tough to accept but the fact remains –

“Being the *theatre*, the *script*, the *protagonist* as well as the *audience*, all unto **oneself** is some artistry of consciousness, we all need to have...

The **Consciousness**, which can change the **Cognition**, which in turn can change the **Causality** does this for us... Play with it... This is *maaya* and *leela*...!

As is the mystically randomized positioning of the eventualities of life, most good things happen in life, when we expect them the least. ‘Expecting’, does not seem fruitful option, especially in contemporary world of precarious and preposterous possibilities; though, no one can keep away from this instinctive urge.

Instead of landing oneself in the ‘reactive-positioning’ of ‘expecting’, it seems, a better situation is to be ‘receptively’ open to the beautifully metaphoric synchronicities of life, which are often sandwiched between the randomized eventualities of life.

Often, magic begins both ways – one, we plan for things to happen in a certain way and then enjoy its fruition, if it happens this way. Second, things happen, as they may and then we plan enjoyment and fruition into them.

Somehow, the art is in evolving to such a receptive consciousness, which is aligned to enjoyment and fruition in both ways – expecting and planning the randomizations for ‘specific’ joys as well as designing joys in ‘generic’ randomizations...

It seems strange and very paradoxical that we live in very liberal cultures, where openness and acceptance to every eventuality and all transgressions are considered a smart benchmark for all to accept. However, when life and living randomizations throw up things, which often are not to our suitability and utility, we show up the most obstinate rigidity and refuse to be playfully open to them...

Let us be all liberal with life’s randomization and welcome it with open arms and receptive consciousness... and then, enjoy...!

In contemporary socio-cultural milieus, where an individual sees a plexus of confused, chaotic and conflicted life-living-situation, the mantra of survival and excellence for the young generation is – Just Chill...!

And, the competitiveness, which hits its worst owing to mad-race for instant-self-gratification in a world lived by people many many times more than optimum, leaves no space but to accept that there is no better life-survival formula than the advisory to be a cool head and take a ‘chill-pill’ while always on the hot-wheel of ‘Individual-Formula 1’ race of life...

The two simple ingredients of this chill-pill are –

1. Stop being the reactive-genius and understand the stupidities of your aping-gene. Human design was not made for the contemporary physical as well as socio-cultural milieus as they are many times more complex than what we can handle. Brain is designed to be reactive but modern milieus require that we rein in the reactive mind consciousness. Our strength is in receptive and contemplative mind consciousness, which does not take its decisions in an action-reaction snap-choices....Moreover, aping most surely is good for building societies

and cultures but when cultures and societies itself become the chief culprits of most ills and troubles of humanity, the aping-act needs to be put away from action-reaction mode. We are humans now, no more the ape-thing. The aping genes must now be made subject to receptive-contemplative consciousness. It helps in unlearning the cultural mind we all inherit. A de-cultured mind consciousness, in the healthy habit of receptive-contemplative decision-making, shall to a good extent be poised and in harmony with itself.

2. Start accepting that 'self-worth' and definition of utility of all enterprises of life – be it career or intimacy, have to be in tune with overall wellness model of your personal life. Wellness is not only about money, comfort, joys, etc. Wellness is a holistic idea and any single attainment of life is worthy and has utility only if it only adds to the holistic wellness in your life. If you strive for big moneys and you get it then it is good only when you have not compromised with your health, relationships and overall with the poise and peace of your mind...

Chill pill is a perspective of mind, which simply has the twin ingredient of – holism and poise. Ideally, these two ingredients should become hallmark of your mind consciousness. Then, you do not have to 'take' a chill pill, as chill attitude shall become your way of life...

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[Meditation](#)

- *Train Brain To Drain Flux & Clutter For Life Excellence*

We cannot change things; we primarily cannot even know what needs to be changed.

We cannot because, as science says, we buoy up and down in the vast ocean of sub-consciousness for most of our lives, only occasionally surfacing on the environment of consciousness. This happens to most of us and is surely aggrandized in those who live a life of drift and flux because of deep indulgence in the clutter culture, mad multitasking and instant self-gratification.

We need to stop, keep away from this drift and think about self in a qualitative leisurely state of positive loneliness about what changes we need to bring in our lives for our wellness. We then have to consciously bring in those relevant intangibles in our mind consciousness, which can effect physiological changes in our brains. This shall institutionalize wellness and goodness in our lives.

Millions of people all over the world have been into this meditation. Meditation is nothing but a conscious choice of our minds, to physically keep away from those tangible elements in our external milieu, which are causing drift and flux in our lives. And then, with practice, meditative loneliness consciously brings about the intangibles into our mind consciousness. Gradually, as our brains build up new and facilitative neural pathways and synapses, we begin to feel the joys and satisfaction of the true wellness and happiness. The brain changes physiologically and gets aligned to the actual wellness and happiness.

The human mind, the functional mechanism of brain structures, has instinctive mechanism to universalize goodness as well as evil. What we feed in it is not its concern. This is the role of intellect. The intellect is the intangible faculty to be in control of the instinctive as well as the culturally learnt behaviours, to objectively assess all life-living choices with holistic logic.

The universe has not put us where we are today with any specific purpose of designed goodness. We have to design our purpose. As we repeat this objective mind training to our brain, the objective goodness would spread all throughout its neural circuitry.

The notion of neuroplasticity says that brain can actually create new pathways to institutionalize this objective goodness. And then, we won't have to think twice to perform goodness, as it would then become an instinct, and thus an involuntary mechanism, like a hand moving away involuntarily as it touches fire.

It has to be understood and accepted with all humility and compassion that a real good human is not one who needs to think and then behave and act good. Rather, it is one who does not have to think, as all his behaviours and actions are instinctively bound to be good. We don't consciously remember when we drive a car or cook a meal as it is instinctive, even when they were once learned behaviours.

Objective goodness is also learned behaviour. But when we repeatedly practice it, it becomes instinctive. Meditative state of mind consciousness is first step to check our instinctive body-

mind mechanism. We meditate to train our brain to gradually accept the utility of non-action – a state of conscious inaction.

In our daily routine lives, we seldom rely on the faculties of our discretionary mind. Things are on the fast lane and keep driving is the survival instinct. However, this adds loads of clutter and drift in our subconscious self. When we meditate, we train our brains to do away with its instinctive choice of action-reaction utility. We consciously tell our brains that we are not into action-reaction business but in a self-retrospection mode. We are into a choice and option-building mode. We are into unlearning mode to settle on some new learning, which have deeper and larger utilities in our lives.

As we attain this, we enter the domain of new cognitive feelings and realizations. Meditative brilliance is all about empowerment of self towards attainment of meta-cognitive revelations. Life-living wellness and excellence is all about expanding your consciousness and cognitions to higher plane of existence. From there, roads to bliss starts...

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Wisdom

- *Realism Is 'Totality Of Multiplicity' Of Subjectivism And Pluralism...!*

We can say, there is nothing called 'ignorance'! The word looks like, at best, an accusation by one for another. Somehow, tragically enough, people often use the word for one-upmanship against competing persons.

Nothingness is never a reality as it seems, there is always a 'somethingness' called 'knowledge', tiny bit or colossal but always relative and subjective. In this subjectivity and relativity is the genesis of the accusation, called 'ignorance'.

Often, 'ignorance' at one time presents itself as the ultimate 'wisdom' in a particular linearity of time and space for the same person. In addition, one's wisdom invariably seems

‘ignorance’ for other. The objectivity of the realism apart, the subjectivity and relativity of situation and position makes it happen.

Consciousness is very localized and almost always subjective. Truths and goodness for each individual has to be in line with this pluralistic subjectivism.

This subjectivism ensures relativist words and terms like ‘ignorance’, ‘false’ and ‘bad’ etc. As truth and false, good and bad are in essential nature of conflict and competition, there shall always be strife and battle for one-upmanship and supremacy of subjective truths and goodness.

The world we live in has therefore truly turned into a theatre of insurmountable conflicts and chaos. Be sure, there is no looking back for humanity... it shall always continue its journey ahead.

The simple and understandable to all realism for humanity is – we all live in a world that is a ‘totality of multiplicity’ of ‘subjectivism’ and ‘pluralism’. This presents to all, one singular, objective wisdom, that is – “Subjectivism is the core creed, therefore, every individual must be very respectful, compassionate and affectionate towards other’s subjectivism and never allow narcissism about one’s subjective truths to label other’s truths as ‘false’ and ‘bad’.”

Is it this simple! No. If it were, there would have been no ignorant on earth. We all can always know only a part of the truth or wisdom. So is every entity and individual’s position and situation in the cosmos.

Real intelligence is in accepting this relativity and subjectivity allowing the part truth to evolve through holism, integration and assimilation. Narcissism is definitive ignorance. The world has loads of it and this energy ensures, we have many losers, few winners.

The higher consciousness within us is one who understands and accepts this life positioning. This super consciousness has the holistic, assimilative and integrative perspective of realisms. He is bereft of the narcissism of subjective consciousness. His real intelligence is his innocence and objectivity; a sincere acceptance of the utility and fruition of every little idea and part truth, which subjective consciousnesses of seven billion people on earth engenders.

We all need to change our generic consciousness and evolve it to the stage of specific consciousness, where this innocence stands tall.

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Objectivity

- *Bio-Chemistry Of Physics Of Philosophy Of Peaceful-Coexistence...*

At the very outset, it can be said with deep inner conviction that almost everything in life – Good, Bad or Ugly, has loads to offer to all of us. It needs to be accepted with equanimity of consciousness that ‘learning’ as well as ‘unlearning’ opportunities seldom come with suitability to our personal conveniences. They come as randomly as are life’s situations – real or deemed. Still everything has utility...

Secondly, it also needs to be accepted with great humility and over-riding sense of deep satisfaction that every person, young or old, has the right to feel, understand and accept, these randomized life situations, in whatever way, a particular or different shades of consciousness make them possible for the mind.

As the wise have said – Nothing beyond one’s consciousness can be accepted as happening and this consciousness is never constant and stagnant. Therefore, the 3Cs – Confusion, conflict and chaos is embedded in the very mechanism of the 3Cs – Consciousness, Cognition and Causality. Therefore, hypocrisy is the primeval and innate realism for humanity. Individuals may overcome the hypocrisies in good measure but humanity in general shall always engage themselves in an unending battle against hypocrisy.

That is why, we all must understand and fully respect and appreciate someone’s judgment of a life-situation at a particular stage of life and as per a particular shade/s of his or her consciousness, he or she is in. In larger transition and ephemerality of life, consciousness and subjective positions accepted by individuals as well as collective are also an integral realism. Acceptance of this realism is empowerment as with this empowerment comes all other virtues – tolerance, non-violence and compassion.

After accepting the above generalization, it needs to be said that even when, we all accept and appreciate that perception and judgment of life situations may be very subjective and very specific to ambient milieus and contemporary set of realities (real or deemed), still, there are always an objective realism and a singularly 'right' judgment.

It has a reason. The consciousness, which almost always guides us to take judgment of right and wrong, is essentially very 'localized'. The subjective consciousness has general inability to look beyond immediate and local factors. For example, when your toe hurts, you cannot remember anything else and focus all your attention to the toe, even when your other organs seek equal attention. This is our mechanism and we are all designed like that.

Our consciousness, which is our judge, usually factors in only the ambient and localized elements of our ambient milieus. Science says – brain mechanism is essentially an inhibitory system. This means – our brain is best at processing one idea at one time. Multi-tasking is something our brain does not like much...!

But then, there always remains an objective and singular truth. The realism is – truths cannot be created, it can only be deciphered as truths have already been created, well before consciousnesses and perceptions came to matter on earth and the universe...

Also, it has to be accepted that subjective consciousnesses of different people can be different and therefore, the perception and judgment about life situations also can be diverse and probably competitively multiple. The objective and singular realism is, as we all are in different shades of consciousnesses and all of us have different sets of localized milieus, our perceptions and judgment cannot be singular.

Therefore, understanding, respecting and appreciating everyone's subjective consciousnesses and their judgments is the singular objective realism, we all need to accept. Subjective consciousnesses are different and therefore perceptions are different and though we do have rights to express our different perceptions in collective space, the core human innocence of accommodation and peaceful-coexistence must go along...

As it has been said – Nothing external to your inner consciousness has any meaning and impact on you. That is why in our world, we have so many different and often competing isms and principles. However, for the wise, there is only a singular truth and realism. That is – Every person sees and accepts truth and realism as per his or her subjective consciousnesses and that is why, differences are inevitable. That is why there must always be tolerance and

compassion in all mind consciousnesses towards all perceptions and perspectives. The expressions of all such competing ideas must have the same tolerance and compassion. This is the core and singular objective truth for we all...

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Life Management

- *Being A Great 'Life-Manager' and 'Life-Engineer'...*

There is a clichéd, which is like – ‘If you wish to be successful in life, you have to learn to say NO’. The reverse of this is also equally popular. The fact remains, everyone has to learn to say ‘YES’ and ‘NO’ but the artistry is not only in mouthing them but in applying this energy of ‘Affirmation’ and ‘Negation’ at appropriate Place, Time and Manner.

The very word ‘management’ is all about the ‘judiciousness of delivery’. A brilliant manager has this golden artistry of knowing appropriately, ‘When, Where, Why, Who and How’. Judgment of appropriateness of delivery is some artistry, nobody is born with; it is learnt and is perfected by practice...

Moreover, the parallel reality and truth stands alongside the above realism that there always is a greater artistry of ambivalence, especially in the short-run. That is, being in a situation, neither out-rightly ‘Yes’ nor decisively ‘No’! This somehow is bigger artistry and requires a huge personality trait in us – that is being ‘Receptive’ and not ‘Reactive’. We have to stop, wait, weigh, assess and then deliver. It takes some time for the brain to do that for us. That is why in the meantime, ambivalence holds high utility.

In ancient Oriental spiritualism it is said – ‘There always are two extreme potentials of a situation, which we may call our destiny. Humans always stand on either side of the two. Only God can be present with both probabilities and potentials (destiny) at the same time’.

However, with practice, a human with receptive mind consciousness and skill of ambivalence can do the same, which is available to God. How?

Often, when we say ‘yes’ to one probability or potential, the other possibility or destiny stands closed for us. For example, when I say, ‘I shall never be affected by what others say about me’, I say YES to ‘I’ and NO to ‘they’. This opens the probability of *Confidence* to ‘I’ but simultaneously closes the probability of *Learning* possible good things that may come my way from the side of ‘They’.

However, if I say, ‘I shall always listen to all, try to know their side of things and then assess the pros and cons of all aspects; finally, I shall decide what is ideal for me’. This ‘avoidance’ of decisive and presumptuous ‘Yes’ or ‘No’ gives me the golden latitude to get the best of both probabilities – *Confidence* plus *Learning*.

Good life-management is all about skills of ‘Judiciousness of Appropriateness of Delivery’ of life choices. This judiciousness is not something we are born with. It is cultivated after persevered practice. This happens when we stop being *reactionary* and lend enough and appropriate latitude of time-lapse to the *receptive* mind consciousness.

A very learned man said something very crucial about receptive mind consciousness, which qualifies as core principle about *life-engineering*. I am reproducing below. It needs to be internalized –

“Modern man discovered intelligent thought, a rigid methodology and a mostly painful process. Totally unsung, it came from the artisans (not the philosophers), while seeking repeatable methods to build dependable products. It required the learning and application of provable knowledge and a rejection of that which could not be proven in an unceremoniously emotion-neutral objectivity. The engineer was born, vilified by the intellectual from the beginning. The intelligent thought process is not entertaining, like art, music, sports, literature and philosophy, and it isn't easy or fun.

It requires: –

- A measurable and provable basis, *thereby utterly destroying a lot of beautiful and imaginative thought.*
- A careful single logical step at a time, *a seemingly terrible waste of a soaring and creative mind.*

- Physical verification at every logic step, *a terribly boring and rote procedure*.
- And it takes a *terrible amount of knowledge preparation*. But it produces real and measurable results.

And if something is really important, such as developing safe air flight, it is always used. Indeed it is demanded. The education of our children, long an intellectual toy, must someday join the list of 'important' things that deserve the same treatment. The uncontrolled application of imagination and conjecture to an intangible basis, such as now exists in our modern social studies, is the direct inverse of intelligence and can only breed mischief.”

The simple idea, which is there to be accepted is – if we wish to be good and right with our lives, we need to use ‘intelligence’ and this intelligence is in being an ‘engineer’ of life. Of course, entertainment has its rightful utility in life and living. However, when it comes to taking ‘crucial decisions’ about life-living wellness and excellence, we have to accept a mind consciousness of an ‘engineer’, which relies primarily on singular logical, objective, verifiable and replicable ‘methodology’.

This surely does not mean imagination is bad. In fact, the very basis of human intelligence is his or her mental capacity to imagine, which no other creature can do. Both science and art has common origin in intelligence of imagination.

However, all imaginations must pass the test of rigid methodology of objectivity and verifiability, if it relates to key life-living decisions. And why not even in entertainment and fun...! This is a healthy and fruitful marriage of science and art.

Let us all be this smart and successful ‘life-engineer’ with a resolve that we shall always use this ‘intelligence’ of humanity. Even while we have fun and entertainment, this ‘intelligence’ would never be allowed to be compromised with...

**

Deciphering Destiny

- *Drag Success Out Of 'Domain Of Destiny' To Your 'Shirt-Pocket'*

There is a 'mechanism' and a 'process of happening or positioning of any realism, we see, face and work with in our lives. Therefore, if there is a question or enquiry, which emerge out of any realism, the answers can be created in two ways –

1. Smart answers, which we or others can create or offer us, creating a short-cut or temporary reprieve from the trouble or problem. Often, such answers are smart because they play with our attitude or emotions, making our 'conflicted ego' feel good for a while. But such attitudinal/emotional solutions fizzle out soon and we remain where we were...
2. True answers, which we or others can never create but only decipher as they are already there in the very 'mechanism and process', which itself created the realism of a trouble or problem. Such answers last and stay with us life long as they make us accept that problems and solutions are two sides of the same entity and almost all problems inherently have solutions embedded in them...

For example, most questions themselves are answers but they stand as problems for us because we refuse to see them this way. Like, if I say, 'I cannot focus on my studies, how can I do that?' The answer is already there in the question. I cannot focus because I am not focusing right or enough. The answer involves knowing the 'mechanism and process' of attention-building-process and concentration-building-mechanism. Often, we also know what is making us continue with a trouble but we simply wish a 'short-cut', smart or quick-fix solution, so that we could *bunk* the long road to true answers....

Therefore, the root of all troubles and problems must be addressed. If we are avoiding this process of answers, we cannot be successful.

When we prepare for competitive exams, we all know what thing to do first? We look for all primary books, which could clear the basic concepts of all subjects, we have in the exams. If our basics or 'root knowledge' is right and well-prepared, we always have ease in solving all the questions, which the examiner may present by twisting the same problems.

Always remember, the examiner can never create a question, which is not there in the ‘mechanism and process’ of the existing realism of a subject – be it maths or physics. Therefore, if you clearly understand the ‘mechanism and process’, which is the basic and ‘root knowledge’, you shall always be successful problem solver. Similarly, life-living simply cannot throw on us a trouble or question, which does not have its origin and roots in life’s ‘process and mechanism’. Naturally, the same process and mechanism of life holds all answers and solutions for all of us...

Once we master the knowledge of root process and mechanism of core life-living realism, little remains in the realm of destiny. We actually are in a good position to decipher what is there in store for us.

That is why all wise of humanity have clearly stated – “Truth, holding all answers and solutions cannot be created, they are already there, embedded in the realism itself; they just need to be deciphered”. And this every one of us can decipher, if we happen to know and learn the process and mechanism of life and living.

Also remember, if you write only the right answer of a mathematical problem and not write the whole step-by-step process of arriving at the same answer, the examiner shall not give you any marks. That is why, wisdom of basics and roots is a must.

Let us all resolve to solve all our existing and future troubles and questions with preparedness and readiness of the following basic and root knowledge –

1. **Consciousness** – The core question of ‘Who I Am’ and ‘Why I Am What I am’. We all must read all modern scientific facts about how this subjective sense of ‘Self’ or ‘I’ is created and how it works for us. This is first wisdom as the world is a realism only when this ‘I’ is there. Almost 99% of our problems emanate out of consciousness – this subjective sense of ‘I’.
2. **Cognition** – The correlated question of the above is ‘How I see and accept realism’ and ‘Is the world the same as what I see and accept’ or ‘Why do different people see and accept the same world and realism very differently’. Once we learn the modern scientific facts about cognition, we shall have great ease in accepting as why this world and people living in it have so much conflicts and confusion. Once we diagnose the pathology of cognition of conflicts, we shall become well skilled in breaking free

of all conflicts and confusion. Success shall then come out of the 'domain of destiny' and start residing permanently on your 'shirt pocket'...!

**

Gender Divide

- *Fact And Fiction In Concoction Of Women Worldview*

Often, in contemporary times, there seems a good deal of conflict of ideas about modern young women in liberal and economically well off cultures. It seems, there are growing numbers of men, who have increasingly come to believe that 'women in such cultures have already got enough and they are still complaining pointlessly'.

Also, one comes across so many young men, who openly declare that 'young modern women are becoming neurotic and pointlessly see things, which are never there'.

Often, fact and fictions are so inter-mingled in a culture and minds of people that it is impossible to say, 'how much is fact and how much fiction in the concoction' about attitudes and mindsets of modern liberal, well off women!

A wider look into realism somehow suggests, men may be 'overly' apprehensive but still, they are not entirely wrong. Many young liberal women also admit of their 'over-reactionary' perspectives about many issues, concerning them. Most however do not understand why it is happening...!

The crucial point however is, for both men and women to accept that the world still remains a men-dominated world and most populist worldviews and prevailing benchmarks of utility and righteousness are decided by men – from society, culture, politics, economy to religion.

Therefore, do women feel 'unsettled' because they have been given just a 'pittance of actual freedom' as true liberty of 'equitable partnership' in wider decision-making is still elusive?

Moreover, even if women are 'neurotic', can men be acquitted of their share of blame as the women surely do not live in an isolated world? The men are all around and most certainly 'omnipresent' in all their thoughts and actions. Moreover, men are also very 'keen' on 'owning' all joys for their women... why can't they own their 'neurotic' situations...?

It is for the smart and receptive mind consciousness of a man to understand and accept that the gender differences in mind consciousness are there but they are actually good for the probability of the inevitability of mutuality. Evolution has designed these differences for larger and better survival and wellness of both men and women. A real man truly respects these segregations yet always eyes on working out the probability of enhanced symbiosis and symmetry between the two complementing mind consciousnesses.

It is truly beautiful to see, understand and accept that women have to be different from men and must have different something from men as it enhances survival and excellence of humanity as a whole. It needs innocence acceptance to realize that life has been created in pairs and two entities forming a pair should ideally never be similar but different. It enhances survival and wellness. However, different entities need be in synergy and symmetry.

Real caring men also have to accept that contemporary clutter culture and rising anxieties are eroding the innate mind consciousnesses of modern women. Therefore, if contemporary women show up more cultured behavior than their instinctive and natural selves, men have to be more considerate. Men are men... they must care...

Women have different sensitivities and she expresses them in her own distinct ways. Therefore, when she is saying, when she wants you to listen, cease to be a man with a man's instinct, rather become a man with a kid's sensitivities. Accept her uniqueness with innocence and love her sensitivities as it would land you in good stead too. Pamper her, prompt her, take her in, kiss her eyes and tresses, and navigate your soft assuring touch through her chiselled undulations to facilitate her golden and honey-dew expressions. This is some treasure; men really need to value more than outer material attainments.

Evolution may be a stupid engineering, yet it has created two very complementing entities of male and female. So, when a woman is expressing her sensitivities, her concerns or simply wishing to have her words, her man must treat her as an angel and be extra inventive and even artistic in loving her. She needs it and deserves it. And it is all there for her man's joys.

The core question is – never ever human cultures have been hit by as much ‘gender-divide’ as prevailing today. If we truly live in liberal and intelligent societies with enough resources for good living, then there must be huge lot of pluses for a beautifully beneficial man-woman symbiosis and symmetry...

Let’s us talk about it and initiate a process of inclusion of ideas....



[Accept My Gratitude](#)

Writing something is a daunting task as there is always a lurking apprehension of it not being of utility for some readers. I however feel at ease, because of my faith in magnanimity of readers. I am happily sure; you shall forgive if my efforts could not be up to your expectations. Thank you so much for being with me and allowing me to share with you. Wish you an empowered life; with the prosperity of the consciousness.

**

[About The Author](#)



People say, what conspire to make you what you finally become are always behind the veil of intangibility. Someone called it ‘Intangible-Affectors’. Inquisitiveness was the soil, I was born with and the seeds, these intangible-affectors planted in me made me somewhat analytical. My long stint in media, in different capacities as journalist, as brand professional and strategic planning, conspired too! However, I must say it with all innocence at my behest that the chief conspirators of my making have been the loads of beautiful and multi-dimensional people, who traversed along me, in my life journey so far. The mutuality and innocence of love and compassion always prevailed and magically worked as the catalyst in my learning and most importantly, unlearning from these people. Unconsciously, these amazing people also worked out to be the live theatres of my experiments with my life’s scripts. I, sharing with you as a writer, is essentially my very modest way to express my gratitude for all of them. In my stupidities is my innocence of love for all my beautifully worthy conspirators!

**

[Other Titles By Santosh Jha](#)

Be Lonely, Be Your Best



Short Description:

This book challenges the populist idea that loneliness is a bad and sad thing. Loneliness is rather very facilitative mechanism of body-mind for wellness and personal excellence. It is

innate call of instincts for self-actualization of potentials within, to attain excellence. It answers core question as ‘What’s Wrong’ with things around and within us, listing ways to use loneliness for happiness.

Tags: Consciousness, Loneliness, Meditation, Metacognition, Self Actualization, Neo-evolution, Homeostasis

**

You Didn't Care



Fiction > Romance > Contemporary Women

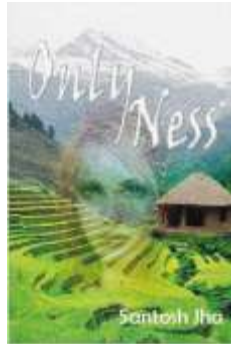
Short Description:

Most men want their women bare. However, when women decide to unclthe their consciousnesses off suffocating fabric of procrastination, men run away. A young woman, abandoned by her lover, bares it all for her ‘ex’ to see through. Because, she still loves him. Men need be in apt audience as a woman resonates her bosom baritone. A ‘neurotic’ woman’s monologue, men need to engage with.

Tags: Intimacy, Mutuality, Neurosis, Wellness, Gender-Conflict, Deep Consciousness, Contemporary Culture

**

OnlyNess



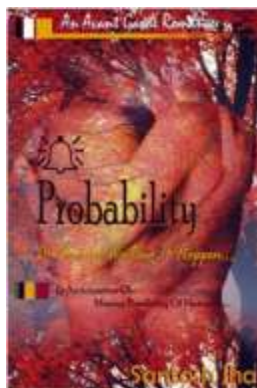
Literary Fiction: A novella about life-living choices from the perspective of a very successful contemporary woman: Word- 38,000 approx.

Short Description:

Dumped by her billionaire fiancé, a resplendently beautiful woman, the reigning royalty of Hollywood's dream factory, lands herself in all sorts of woes – hospitalization for slipping pill overdose, bad Press, peer group backstabbing and paparazzi. She escapes to anonymity at India's Yoga capital but the threat of paparazzi follows. A young yogi bails her out and detours her to an unusual world where he introduces her to the super consciousness of 'Onlyness' within her. The redeemed empress unconsciously discovers her true elements being in linearity with that of the yogi and believes, she may be second time lucky. However, more shocks await her.

**

Probability



Fiction: Inspirational Romantic Novella on Contemporary Milieu, with women's perspectives

Short Description:

He wants this to happen. She is reluctant. He wishes the probability of mutuality to get a last full-blown opportunity to attain fruition and ultimate utility. Her mind is unsure of the validity of the enterprise itself; even as she has nothing against him. Finally, the raw and core instincts of bodies are invited to preside over the missing probability of mutuality. Does it work?

**

Nurturance



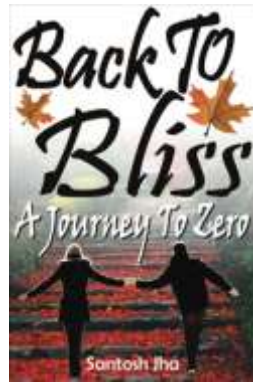
Fiction: A Novelette about a young woman's viewpoints on contemporary male world.

Short Description:

A young beautiful woman barely in her twenties awaits this one someone, like her mom's bedtime story of the prince riding a white horse, as he is her only hope of nurturance, she desperately needs. She seeks his assuring touches all over her body and soul, especially where the nasty world has lacerated her most. She wants to be taken in, feel happy to be naked in the shine of his golden intent.

**

Back To Bliss: A Journey To Zero



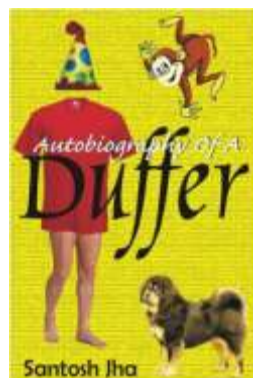
Literary Fiction: Novel: A Love Story in contemporary culture of conflicts: Word- 78,000 approx.

Short Description

Battling against hypocrisies, sadomasochism and perfunctory pursuits of pop benchmarks of successes, he refuses the passion-oriented male worldview of *karma* and life's purposes. Metamorphosed by compassion, that love's innocence fills him with, he opts for a journey that takes him far away from the stupidity of self-worth, calculated in terms of personal utility, individualistic possession and unfettered consumption. Does he arrive?

**

Autobiography Of A Duffer



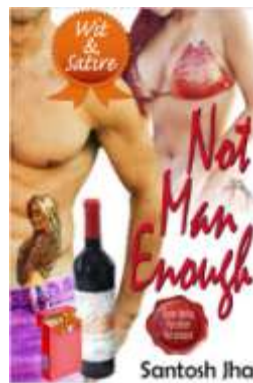
Fiction: Humour and Wit. Words: 16000 approx.

Short Description:

A witty but insightful narration of ‘normal’ and ‘orderly’ cultural realisms of contemporary world, from the perspective of a young duffer. This duffer believes; a normal person should know how this world looks to a stupid, whom the world loves to label ‘abnormal’ and ‘disordered’, to truly visualize realities of benchmarking. This duffer’s wife asked him to make it different; he truly does it!

**

Not Man Enough



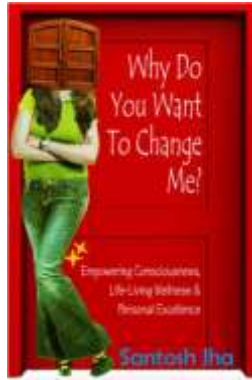
Fiction: Humour and Wit. Narrative on contemporary gender issues. Words: 7800 approx.

Short Description:

The protagonist’s advocacy against mass accusation on him being ‘not man enough’. He also contests the parallel label of ‘not woman enough’. The jury is already out as he puts up his witty advocacy against the pop cultural benchmarks over gender appropriates and massive peer pressure on men and women alike for being ‘something enough’. It is for readers to preside on the judgment. He surely needs your vote. Do bail him out!

**

Why Do You Want To Change Me?



Non-Fiction: Life-Living Wellness and Personal Empowerment. Words: 21800 approx.

Short description:

Accept the question of 'change' and let the magic and marvel unravel. The question of change is the key, which opens the doors of life-living wellness and personal excellence. The book is about unleashing your potential by simply unlocking the consciousness. Won't you open the doors, if someone knocks to deliver the Christmas Cake! Innocence of reception is beauty. Be beautiful and bountiful.

**

Naked Solutions Of Dressed Up Life Woes



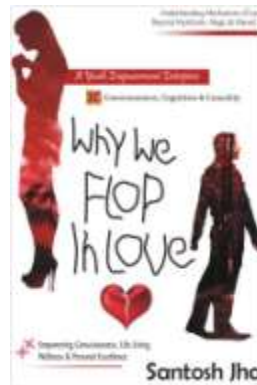
Non-Fiction: Empowering Consciousness, Life Wellness and Personal Excellence: word-23,000 approx.

Short Description:

The world we live in; is what it is, neither good nor bad. It is people, who are the ‘Theatre’ of all pains as well as joys. The human mind is the most capable and instinctively galvanized mechanism to solve big problems. Still, the same human consciousness is the most potent dilemma. The core trouble is, modern day problems are so ‘dressed up’; partly by our complex environment and partly by our consciousness that we fail to see the ‘naked’ reality of the nature of problems. We can see them clearly, if we ‘undress’ them. It is an art, we all can master. How?

**

Why We Flop In Love



Non-Fiction: Science of Love and Intimacy, Relationship Issues and Attitudinal viewpoints.
Word- 20,000 approx.

Short Description:

Love is ideally accepted with three elements of Mystery, Magic and Marvel. The three ‘M’s’ land most of us in inexplicable troubles and pains of love. The magnificent dualism is – love’s mystery makes it flamboyantly attractive and joyful. Still, the mysticism engenders loads of confusion, making many of us flop in love. Success of love is in non-dualistic positioning, which is simple and practical realism, most of us refuse to accept.

**

Habitual Hero: The Art Of Winning



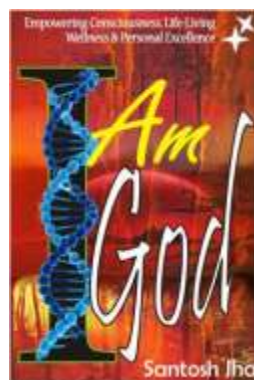
Non-Fiction: Science of Success, Life Wellness and Personal Excellence: word- 19,000 approx.

Short Description:

In all of us, there is this definite ‘winner’, the genius of this universe. However, this champion is what we can label as ‘Random Warrior’, as it wins but not always. We all have the determination, patience, courage, discipline and the mastery to be a sure and sustained ‘all-weather-all-season-Hero’. However, as many of us miss the knowledge and acceptance of this ‘mechanism of winning’, this warrior turns out to be only a ‘random’ winner, unable to sustain the artistry of winning, to qualify as a ‘Habitual Hero’.

**

I Am God



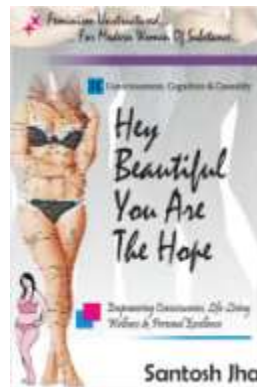
Non-Fiction: Holistic and Analytical Perspective Building on Divinity Issues.

Short Description:

Avant-Garde expressions on divinity. It internalizes the 3Ms: Mysticism-Marvel-Magic, with a novel & unique perspective of 3Cs: Consciousness-Cognition-Causality. It's about the Registry & Artistry of a Super-positioned Consciousness, which aligns the cardinal elements within Subjective Self, Milieus (within & outside) and Idea of Divinity in singular linearity. If God is in details, it's here.

**

Hey Beautiful, You Are The Hope



Non-Fiction: Women's Empowerment, Feminist Issues and Personal Empowerment.

Short Description:

An essay addressed to modern women of wisdom, aimed at empowering her consciousness to enhance her life-living wellness & personal excellence. As feminism enters its maturity-phase in new millennium, core ideas about true woman, her contemporary mind consciousness and fresh agenda need to be revisited. New-age women hold keys to sanity of humanity, as she is the 'dominant gender' in every sense.

**

Young, Restless And In Love



Non-Fiction: Youth Empowerment and Wellness, Inspirational issues.

Short Description:

Young-Restless-In Love is a life-living situation that lands you in randomly probabilistic eventualities beyond your control. The potential this combination unleashes, needs great amount of preparedness and ultimate readiness, as most life possessions are squandered for want of proper usage. This latent energy can destroy your life-living wellness, if not handled dexterously. Read the way out.

**

Wisdom Of Wellness: Perpetuity Of Poise Of Purpose



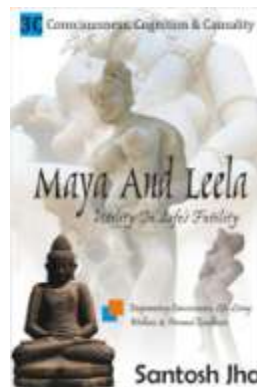
Non-Fiction: Personalizing Spiritualism, Life Wellness, Paradigm Building. Words- 20,000 approx.

Short Description:

One needs to be in lasting physical, emotional and ideational wellness. Tips, pills, and ‘shoulds’ abound; still, wellness is elusive. Wellness is largely a function of emotional ‘poise’ of consciousness. Wisdom of wellness is in being the ‘master of mechanism’, ‘internalizing’ the multifaceted life-living realisms and then, creating a personalized model of wellness. Nothing ‘external’ helps.

**

Maya And Leela: Utility In Life’s Futility



Non-Fiction: Science of Spiritualism, Life philosophy and Intellectual Connect: Word-21,000 approx.

Short Description:

Most of us, living in modern contemporary world of complexities, conflicts and confusion, have questions as what a good and righteous person should consider as ‘perpetual-utility’ in life, amidst the general feeling of ‘futility’ of everything around. What is this singular life and living positioning, which can make us live the life in a perpetually joyous state of consciousness, endowed with ‘true utilities’, shunning away all those ‘futilities’, which land us in pain and regret?

**

India Beyond Stampede Of Stupidities



Non-Fiction: Indian Politics and Governance, Cultural Issues, Contemporary Troubles and solutions. Words: 13500 approx.

Short Description:

An analytical commentary on how energies of ideas for socio-political changes, create a stampede of stupidities, when they are reactive and participants of change fail to observe assimilative perspectives, compromising the sanity of system, which could weed out loads of aggression, chaos and conflicts from the soil of struggle. A global reality, elaborated with India as a case study.

**

Youth Sanity In Crazy Culture



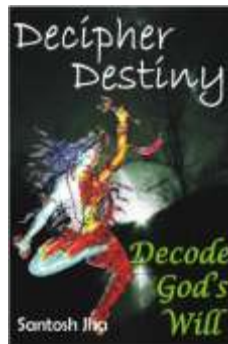
Non-fiction: Youth/teenage Issues of Sexual Behaviour and propriety, Life Choices and Personal Management. Words- 17,000 approx.

Short Description:

In contemporary culture of hypocrisy, conflict and confusion, where even adults are in a flux over benchmarks of real success and self-worth, the young being advised about sanity and sensibility, lands as big joke for them. The youth needs a worldview, enabling them to see through the hypocrisy and perplexity of pop culture, offering them a date with real intelligence and life realism.

**

Decipher Destiny: Decode God's Will



Non-fiction: Science of Eventualities, Insight into Patterns of Life and Living and Empowering Consciousness. Words- 20,000 approx.

Short Description:

There is a mechanism to all 'probabilities' in life, which we call God's will. This mechanism has its own energy and patterns of possibilities. Those, who succeed, decipher this mechanism and the patterns, which are there for anyone to see. We attain success and excellence, as we align our personal energy with this energy of the cosmic mechanism. God's will is then in linearity with our wish.

**

Redeem & Reinvent The Art Of Lost Wellness



Non-Fiction: Essays on Empowering Consciousness, Life Wellness, Personal Excellence.

Short Description:

The world we live is what it is, neither good nor bad. It is neutral and objective. Wellness is largely individual onus. As we acquire and practice those life skills, which make life wellness a beautiful journey for us, our mind is attuned to them. We then have an auto-mechanism for larger wellness. Time to test our Life Skill Quotient (LSQ)!

**

Karta: Life-Inspiring Essays On Cognition, Consciousness & Causality



Non-Fiction: Essays on Life-Living Wellness and Personal Empowerment.

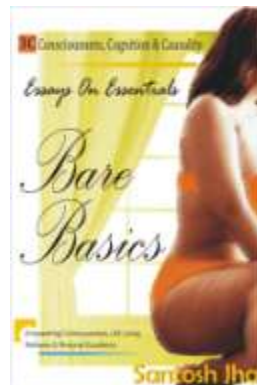
Short Description:

The essays in this book unravel the *Karta* (subjective consciousness) from the perspective of the new thinking of 3Cs – Cognition, Consciousness and Causality. The effort is to make you – the *Karta*, assimilate the core idea as how a holistic, assimilative and integrative

perspective of the 3Cs helps you in attaining and enhancing personal excellence and wellness.
Makes you meet a new empowered you.

**

Bare Basics



Non-Fiction: Essays on Life-Living Wellness and Personal Empowerment.

Short Description:

Essays in this book journey into essentials – the bare-basics of empowering consciousness, life-living wellness & personal excellence. It's Scientific Philosophization. Truth can't be created, it's there to be deciphered. However, consciousness is localized; needs to be challenged to inch closer to decode truths of life. Words have no magic; they however help unravel the wonders of wellness.

**

Enter New Year A New You



Non-Fiction: Utility Narrative on Attitudes and Perspectives on New Year eve.

Short Description:

Five simple steps, which can make us a super person, endowed with required skills and personal resources to: Solve our problems; Be a winner in life situations; Be great in love and relationships; Have a personal spiritual wellness model and Accept a worldview that makes us cool and collected, to have a happier and better New Year. The book has been revised and new contents added.

**

Wellness And Excellence Mantra For 2017



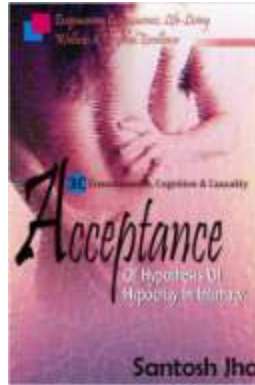
Short Description:

A New Year has nothing special. However, there is always something marvelously exceptional in your resolve and courage to infuse novelty and creativity in all your enterprises in the next 365-day-frame, to add meaningful dimensions to your wellness and excellence.

The countdown for the most productive and propitious year of your life begins. Hit the road. Let this book help you in your readiness.

**

Acceptance: Of Hypothesis Of Hypocrisy In Intimacy



Non-Fiction: Short and Nippy Narrative on Contemporary Cultural Realism of Relationship.

Short Description:

This word Acceptance is so magical, has a world of wellness embedded in it. Sadly, acceptance may not truly seem a contemporary intellectualism. Intellect is rather the brutal killer of innocence and simplicity of acceptance. Worst, this word is definitely always the first casualty in intimate relationships. Acceptance of a simple hypothesis of hypocrisy in intimacy however can be therapeutic.

**

भारत का सांस्कृतिक विकास: जरूरत आत्म-अन्वेषण की



एक बेहद मासूम सी गुफतगूं की आरजू, शब्दों की सतरंगी पोशाक पहनने की जिद ठाने बैठी थी। मैंने उसे डराया भी कि शब्दों से संवाद की बदगुमानी अच्छी नहीं। पर जिद के आगे झुकना पड़ा। आपसे गुजारिश और यह उम्मीद भी कि आपकी स्वीकृति उसी प्रेम व करुणा के भावों में मिलेगी, जिस भाव में अभिव्यक्ति की अल्हड़ सी कोशिश है। लफ्जों की इस नौरंगी-नार की पजीराई कीजिए। इस संवाद से दिलरुबाई कीजिए।

Do Write To Me.

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