

Enter New Year A New You

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Towards A Better And Happier You In 2017

It is not that only people await good times. Good times also await good people to come and hoist the potentials seeded in the soil of future. In the year 2017, you are sure; you do wish the New Year to bring better things for you. It is only natural. Every new day should make things better and improved for all of us. However, this wish comes with a certain realization simmering deep within your consciousness that this year has made it very clear that things in the world we live are going to be tough and as trends are, the New Year 2017 may well carry forward the gloom, troubles and uncertainties of the preceding year.

Let it be. Why should we worry! In the four million years of evolution of humanity till date, there never has been a year, which has not challenged humanity. This is rather good for the race and its evolution to greater intelligence and wellness, as we always evolve better, when things are tougher. Real men and women never grumble about challenges and problems; they rather design and devise a way out of it.

The world we live is what it is, neither good nor bad. It is neutral and objective. Somehow, it is an individual's position in a particular milieu that lands him or her in wellness or troubles. The individual has it, how it takes the world as. We all can evolve, design and devise our wellness and lead ourselves into a life positioning, from where, troubles seem very manageable and wellness seems an ambient milieu.

What we are talking about is a simple way, which can put us all, in a new and novel state of mind and consciousness in the New Year 2017. This shall make us a super person, endowed with required skills and personal resources to solve troubles and enhance personal excellence and wellness.

In the New Year, with renewed consciousness, it is the right time to answer five simple questions. This shall surely facilitate a better, happier and more stable new year for you. The five questions are:

1. How can I be a brilliant problem solver?
2. How can I make winning a habit?
3. How can I be successful in love and relationships?
4. How can I have a personalized spiritual wellness model?
5. How can I have a worldview that makes me stable and enhances my personal excellence?

The five questions actually cover almost all possible areas of life where we feel troubled and lose our wellness. If we have the ability and personal resources to solve our problems, be a winner in life situations, be great in love and our relationships, have spiritual wellness and a worldview that makes us cool and collected, we have no reason, why we should not be happier and better in the coming New Year 2017.

Let us not waste time and get down to the answers of the five questions. Before that, just talk to your inner self and reiterate that the coming year, you won't allow yourself to drift and shall stick to the resolve that 2017 is going to be my best year of life and I shall make it happen. Tell yourself that there is a super person within you and all you have to do is to raise your bar and be into it to awaken the sleeping and procrastinated potential in you.

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The Nine Hindrances

Before we take up the crucial five questions, it is equally important that we list and remind ourselves of nine impediments, which often keep us away from success in any venture of life. It is human nature and once we admit that we all are human and have this natural inclination to drift away from our goals, we are better off. Knowledge of a possible reason of failure surely enhances the probabilities of success. These nine hindrances to success, as listed in ancient Yogic philosophy and reiterated by all wisdom, are:

1. **Illness:** A healthy and physically-mentally fit person alone can have the energy and will power to pursue his or her goals of life. It is ancient wisdom that every person should live his full and fit life to experience and experiment with life in its fullness. One also needs to be there as fit and fine to enjoy, when success finally comes calling! In the fast-paced life and complex urban living environments, it is only natural that we compromise a lot on our personal health and physical-mental wellness. This needs to be changed in the new year. Health is the primary and ultimate wealth, this we already know but seldom practice. The new year must end this dualism, we all live with. We have to take a vow that we shall devote more time to our personal wellness.
2. **Perseverance:** Success is a long drawn process. A tree bears fruit in long run. It is tough to keep the energy going in the long run as human nature is to see and enjoy utility and fruition only in short run. Believing in self's purpose keeps one focused and at it. We have to accept the fact that most initiatives fail in the middle course as it is the time-space, where we are uncertain about the utilities of an enterprise. Therefore, before you start an initiative of good intent, write down a summary of your start-to-end action-plan so that it could help you focus better, whenever you stand to lose it.
3. **Doubts:** Many people develop doubts over what they aim and pursue. It is a typical human nature. Doubts about any utility and endeavor clouds the energy of the enterprise

and many people leave it mid-way. Once you decide it, keep your mind away from doubts. The simple reason is; any effort has in-built utility, even if it does not lead to the desired success. Most people are benefitted by failures than by success. Believe it.

4. **Carelessness:** When you start an enterprise, you shall do it with full throttle but later, some energy withers away as elements of focus and care towards the goal shift away. This is the major cause of failure. People start and end up with an effort; still the end result is not success. A baby grows to be a man or a woman after years of careful and focused upbringing. Only a parent knows what it takes to grow things!
5. **Lethargy:** The body-mind mechanism of every human would want an easy and comfortable option. Your subconscious mind shall urge to take things easy and would also devise ways to bypass the long route and create short cuts. Those, who rise above the call of their subconscious mind and keep listening to their higher consciousness to remain alert and committed, win and enjoy success.
6. **Senses:** Our five senses are designed for instant gratification and as success of an enterprise needs to keep them tamed and restrained, they shall occasionally rebel and egg you to indulge them. They shall urge you to drift away from the long term goals of life's attainment and instead listen to instant self-gratification. Winning over them is toughest for all of us. In contemporary culture, where everywhere people are into indulgence, restraint is a virtue not lauded and preserved. Be warned!
7. **Misguidance:** Success is not the rule; it is rather an exception. There are only a handful, who succeed. It is therefore only natural that within the culture and society we live, there shall be elements, which shall prompt us to mislead and make us drift from our goals. It shall always be easy for us to get tempted, fall in the trap and fall apart.
8. **Indecisiveness:** Often, success may not come in full measure. Or, one can feel that he or she did not get the desired success. There can always be indecision towards the end result or it can come mid-way of an enterprise. Never allow it to hamper your vision. Things take time and may not always come the way we visualize. Let time pass and settle things.

9. **Rootedness:** They say, genius is in practice and perseverance. One has to keep rooted to his or her goals and beliefs. Being at it is only one task. Staying there with perseverance is the last wisdom. Often, lack of energy to stay put and keep being at it, unsettle the chances of success.

Let us be firm and focused on our goals and enter the five crucial questions. All best.

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How Can I Be A Brilliant Problem Solver?

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?

Solution of problems is not a big task. If you have a problem, you already know it that solution is somewhere 'inherent and embedded' in the problem itself. The milieu around us presents some factors in an 'arrangement', which stand in our disadvantage, at a particular stage of our life positioning and we call the outcome of such an arrangement as a 'problem'.

Often, solution presents itself as some 'alternative' arrangement or placement of the same factors in such a way that they turn advantageous for us, hence qualifying as a 'solution'.

In most cases, especially the modern day problems we face, the artistry of arriving at solutions is not in 'creating' or generating something externally but in 'rearranging' and 'repositioning' the already present factors and elements in some alternative ways.

That is why, we need little 'action' but loads of calm and objective 'reception' in analyzing the 'factors' that essentially constitute a problem. From our experience we know, the crucial part of health-management is diagnosis of the disease from symptoms and syndromes. Often, there are

common traits of different diseases. However, once the disease is diagnosed correctly, the line of treatment is just a matter of routine.

It is pertinent to reiterate here that understanding the mechanism always helps in understanding the problems and this in turn reaches us to bare solutions. The new wisdom has facilitated the objective and singular understanding of the mechanism. Let us spare our precious attention to the details of the ‘mechanism’ so that we have better understanding of the root of the problems.

We have layers of conscious, sub-conscious and unconscious elements of personality and all elements are within an individual and operate simultaneously. There is layer of instincts, tendencies and complexes, which one part of our brain handles. Then is a layer of our learnt and acquired knowledge and facts, which is largely the ‘cultural mind’. And, most importantly, there is a layer of our individual talent and potential, which is largely a result of our unlearning in adulthood, forming our ‘de-cultured’ and ‘de-mystified’ mind consciousness. This is termed as ‘higher consciousness’.

An individual is often split and conflicted between different layers of consciousnesses. Different layers present different demands simultaneously – sensual demands, emotional needs, impulse, imaginations, etc. The ideal person is one who develops a ‘poise’ between all the requirements of different dimensions of consciousnesses and this is possible only when this person has a holistic, integrative and assimilative perspective of all these demands of the ‘Self’. The higher consciousness needs to strike harmony and balance. This ‘poise’ is the worthy precursor to the naked solution.

An individual has sub-personalities within his broad personality and often there is either a conflict or imbalance of sorts. This is psychosis. The idea of sub-personalities is a way of conceptualizing how we shift from one identity or shade of consciousness to another as we move through life. In a single day, we may move through having different, often conflicting and competing identities.

In the morning, we have a good talk with our partner and we feel ‘loved’ and ‘happy’. In daytime, our partner does not reply to our sms and we feel ‘ignored’. In the evening we see him with another beautiful person and we feel ‘hurt’ and ‘zealous’. At night, our partner comes home

with a nice gift and we feel 'wanted' and 'relieved'. Within 12 hours, we can be 'victors' as well as 'victims'. We are unconsciously buoying up in a pool of emotions almost all the time.

A sub-personality functions mechanically and instinctively. It is like acting out a routine. It is our 'reactive-mode' consciousness. While a sub-personality is just a portion of the personality, we can and often become totally identified with it, placing its needs and perspectives above all else. This is 'psychosis', as against the 'poise' between all sub-personalities. The sub-personalities often act out unconscious motivations to the detriment of the personality as a whole. An individual needs a harmony of the different, often conflicting and competing roles (sub-personalities).

This poise and balance between sub-personalities is far more challenging in modern world as we are living in a very complex socio-economic environment and our life has been unduly pressured by cultural benchmarks of success. Also, we live in a social space full of extremities and conflicting notions. In contemporary world, psychosis is fast becoming 'normal' and in the popular culture, poise is being labeled a benchmark of failure. Be warned.

The sub-personality concept is particularly useful for taking charge of an automatic reaction pattern or for resolving inner conflicts. We all must identify our sub-personalities, register their conflicts and then, consciously de-identifying from them engaging in a dialogue with your higher conscious self.

The higher consciousness is not something aloof from an individual. The higher self is not a rejection of individual's baser selves. This is a mind positioning within, which accepts conflicts of the different personality aspects and functions. It is a super state of mind awareness, which recognizes all aspects; be it in any state of unconscious and attempts to bring them to the layer of consciousness for harmonizing them into a fruitful whole.

This mechanism of the higher consciousness is very crucial for effective understanding of root problems and their naked solutions. In my ebook, *'Naked Solutions Of Dressed Up Life Woes'*, I have attempted to deal in detail the issue of problem solving skills.

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How Can I Make Winning A Habit?

In all of us, there is this definite ‘winner’. However, this champion is a ‘Random Warrior’, wins but not always. We all have the determination, patience, discipline and the mastery to be a sure and sustained ‘all-weather-all-season-Hero’. As we miss the knowledge of this ‘mechanism of winning’, this ‘random winner’ is unable to sustain the artistry of winning, to qualify as a ‘Habitual Hero’.

There is a definite Hero in all of us. We all have an in-built and natural ability, a born facility, which makes us ‘eligible’ for understanding the ‘mechanism of winning’. The only trouble is; eligibility is not automatic ‘qualification’. All of us are born with a facility called ‘instinctive inquisitiveness’. This is our born eligibility. However, we need to orient and align our inquisitiveness towards ‘objective knowledge’ to ‘qualify’ as an intelligent person, who is the ‘master of mechanism’ and not only the ‘puppet of mechanism’.

It is the mind consciousness, which makes us a ‘random warrior’ and it is the same mind, which holds the potential of we being the ‘All-Weather And All-Season Hero’, the cherished pole-position, for which we all have born eligibility.

We have so many examples in our daily lives, where we see that if we have prepared ourselves well for multiple factors and have anticipated rightly the dynamic interplay of these factors, we are successful in having a smooth and safe go.

We are driving a car on the busy highway. Driving itself is a multi-tasking skill. Those, who have better coordination of their eyes, hands and legs, shall be driver with lesser chances of accidents. This is however only one part of successful driving. You also need to have intuitive anticipation towards possible mistakes of not only your own driving, but also of others, who shall be ahead and behind you on the highway. You have to anticipate correctly and in time, if a driver ahead you does something silly. Accident happens not only when you do a wrong, but also when others do wrong with you. You are in trouble both ways.

Moreover, on the highway, you need to know, where those accident-prone zones are and where drivers usually make errors of judgment. There may be a signboards warning you but you must

have this pre-knowledge, back in your subconscious. It means, you must be very aware of the entire stretch of the highway.

We can see, how a simple thing like driving a car is such a multi-dimensional skill, where we have to master the inter-play of so many factors. However, as we have become used to all this, we do not feel its burden as these skills have become part of our subconscious mind. The skill has become an auto-function of subconscious mind.

The fact remains that even when we all have been allowed licenses for driving, this does not mean we all are 'Heroes' of the highways. Many of us are only 'Random Warriors'. Many of us are just 'eligible' drivers. To be a qualified driver, one needs to have long experiences of the highway driving. The finer skills, like coordination, anticipation, judgment of error, preemptive moves and precautionary measures, et al come to us only through practice and experience.

There is a very good metaphor of this skill in psychology. It is called 'helicopter-view' consciousness.

For example, you are standing mid-way a five-kilometer road, between point A and point C. As a car starts on the road from point A for point C, the spheres are defined for you at point B, where you stand mid-way. The car at point A is your 'future' as it shall take ten minutes to reach you. As it reaches you at point B, it is your 'present'. The car shall take another ten minutes to move away to reach point C, which then shall become your 'past'.

You can deal with the safety and wellbeing of its passenger only when it comes to the domain of your 'present at point B, where you stand on the road. Before and after that, you have no control over the car and passengers' destiny.

However, if you are given a helicopter at point B and you lift up to a certain point from where you can see the start of the car at point A, its entire journey down to point C, there shall be no future, no past. The entire stretch shall fall in the domain of your 'present' as you can see the car all along the road. As everything is in 'present', you have full control over the safety of both car and its passenger. You can see everything and therefore can put up a warning, before anything untoward is to happen.

Life and its problems are also like the journey from point A to point C. Usually, we are grounded in our consciousness and perspectives towards life and it is like restricting our views at one small point, between the two ends. If we can rise up our consciousness to this ‘helicopter-view’ perspective, we can have a view of our entire life-span as one clear long landscape. Everything shall be in the domain of ‘present’ and within our possible control.

Usually, the conscious-mind in we all is restrictively concerned and knowledgeable only about a ‘part’ of the entire complex mechanism of life and living. This consciousness is a restrictive positioning of a ‘Random Warrior’.

The all-weather and all-season true ‘Hero’ shall definitively be aware and responsible towards the ‘whole’. The holistic, assimilative and integrative perspective towards the ‘mechanism, its entirety is the hallmark of a true Hero.

This facility of conscious mind, to extend the domain of our ‘present’ to past and even future is not something new to humanity. Somehow, this facility or faculty, which some people had in the past, was based entirely on intuitiveness of the mind consciousness. Modern humans can learn the art by simply understanding the mechanism of mind.

It was believed that some people were born with the quality of an ‘intuitive’ mind. There was a belief among masses that they could predict events from past and future. There was also a cult of ‘Tantricism’, an occult tradition as well as mainstream tradition of meditative powers to develop intuition, which was used to predict past and future.

The core idea behind all these was to have a mind consciousness, which could have the receptive brilliance of a ‘helicopter-view’ perspective. In my research, talking with many of them with intuitive power, I found that the ability to predict right about past and future, which masses called magic, the artistry was essentially that of a mind consciousness, which had special abilities of rising above the plane and be able to see things, as the person could see from a helicopter.

The aggrieved people would come to these ‘magicians’ and Tantric and tell them their problems. For example, a woman came and asked the Tantric to trace his son, who had gone missing for last one year. The Tantric listened to the woman and then closed his eyes. Minutes after, he said,

he had the divine vision that her son is still alive and he left home on his own accord. Tantric asked the woman to search for the son in a place 500 kilometers east from the place he lived.

The woman found her son after a year in a city around the same vicinity the Tantric had said. I sat with a Tantric and talked about all this. My friendliness to him made him say things, which he would not reveal to others.

He said, “When a person is in trouble, especially for long period, his or her natural abilities for rational thinking is eclipsed. People who generally come to us have little education or unsound reasoning faculties. They tell us everything. We then ask for some specific information about their trouble and about the environment, where the trouble started. We then close our eyes, sit in a meditative consciousness of complete reception. All these information we leave with this meditative unconscious mind for churning. We have evolved this facility to switch off our conscious mind. The intuitive unconscious mind has a strange facility of doing its own strange mathematics. It does its own interpolation and even extrapolation. It may take some minutes or few hours but the unconscious mind finally puts all these information into a template of sorts, where we can see pictures of past and future arranged in a particular order. We then use the faculty of the conscious mind to create a pattern or sequence of events. On this basis, we predict and it usually comes true.”

There were great similarities between what the Tantric did and what doctors used to do 50 years back. Then, there were little specialist diagnostic tests of modern times available to the doctors. For diagnosis, they had to depend largely on the symptoms the patients described of his troubles or any external symptoms visible. The most popular doctor was one, who could diagnose the disease correctly.

Many of the doctors of old school used the power of ‘intuitive mind’ to diagnose the diseases correctly. Many of them practiced the art of meditation, worships and even playing musical instruments to attune and align the mind towards a state of high reception. They depended heavily on details and then used the intuitive minds to work out a pattern, which would then help them in predicting the right diagnosis.

Somehow, we all do it in one form or the other. Just visit a casino to see how the master gambler is the one who is sharp and prompt enough to predict a pattern in all games and make the right choices.

It is our mind, which is constantly doing the calculations of the permutations and combinations, scattered all around us. The interpolative and extrapolative mind consciousness is a random facility of mind, which we all can master to be the 'Hero' of winning habits. For more on the issue, kindly read my ebook, '*Habitual Hero: The Art Of Winning*'.

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How Can I Be Successful In Love And Relationships?

Love is ideally acceptable with its three elements of Mystery, Magic and Marvel. Most of us feel, if love is made to be understood with objective technicalities of science, the three 'M's' of love withers away. The three 'M's' land most of us in inexplicable troubles and pains of love, still, we do not wish to understand the mechanism in its objective and scientific terms, which can put us in good stead, vis-à-vis all the love troubles.

This mysticism of love is what most lovers get attracted to initially. This suits the consciousness of love. This marvel of love gives the young men and women huge kicks of life. Young minds get huge thrills in journeying amidst the mist of mysticism of love as precariousness of the enterprise always has its own joy. Similar is the human desire, when it comes to religion and spiritualism. Mysticism is preferred state here too. However, this mysticism further confuses those in love and faith and this confusion in turn leads to calamitous patterns of behaviors and actions in love. The resultant pain and chaos is cyclic.

Sciences may not be in a position right now to tell us in perfect details as why and how, what happens in love. However, there are huge research-backed substantiations explaining lot many aspects of the purely physical and bio-chemical mechanisms and processes of love, as human mind handles them. This surely takes away lots of mysticism, magic and marvel out of the age-

old notion of love and archetypal imagery of love in society. However, it is hugely helpful in clearing the mist of confusion and chaos around the very core idea of love.

It is a humble suggestion that objective knowledge about something never ever takes away the subjective joys. It rather enhances them. We all know it very well that an actor on the movie screen is just portraying and professing a role or character still, we cry with them and get emotionally one with the fictitious character. The knowledge, that the actor is actually not dead and it is only the character he portrayed is dead in the movie, does not anyway reduce our emotional joy and satisfaction of movie viewing. The knowledge surely enhances our joys and nullifies the pain, as we know, at the end of day everything is back to real.

The dualism of love is actually the root cause of why such a beautifully powerful and beneficial facility called love becomes a cause of pain and trouble. When we do not understand the mechanism of something very clearly, mysticism is bound to creep in and it shall unleash the destructive energy of confusion. We need to understand the mechanism of love in scientifically explained terms to enhance the joy of love.

The mechanism of mind, explained in terms of detailed neurochemical and neuroelectrical processes in pure scientific traditions may not be suitable for all of us. Therefore, what we shall talk about here is just an outline and simplified description of the mechanism.

What we are attempting to bring out from our discussion is the 'dualism' inherent in the mechanism and processes of love, as human mind handles it. We also need to accept that it is not something which science is telling us now. Thousands of years back, great minds of spiritualism and philosophy have told similar facts about consciousness, the cardinal position of love in it and the dualism, which consciousness faces about the emotional positioning of love.

Human mind is where all mysticisms emanate and end. The multilayered mechanisms of mind is one huge mystery, humanity has been attempting to unravel since thousands of years. The spiritualism and philosophy have given its own interpretation. Science has taken over and presented great facts about mind mechanism, its structure and functions and this has led humanity to understand lot many things about consciousness.

Human brain is the central mechanism for ensuring the survival and excellence of human body and it has to be accepted that the conscious and subconscious mind accepts and expresses almost everything in terms of its primary and pivotal role of ensuring a mechanism for survival and excellence. This interpretation of human mind looks so demeaning as we all are inclined to accept ourselves as something big and a lofty and special creation of God. Accepting ourselves as an entity, with base idea of survival is revolting.

That is why, science says, “the idea of a self, in objecting terms is often pitted against the ‘self’ itself, which we have been used to accepting subjectively since thousands of years.”

Just for knowing the mechanism, we need to accept that human mind ensures this survival and excellence through a continuous and complicated maintenance of a process called homeostasis – better understandable as ‘poise’. All wisdoms, old or new, since thousands of years, have talked about the importance of this idea called ‘poise’, explained in terms of philosophy and spiritualism. Science unravels its physiological, bio-chemical and psychosomatic aspects.

In lower organisms, the homeostasis or poise is only physiological and biological but as human mechanism is very complex, human mind has to perform a complex and multidimensional homeostasis. In humans, the poise also has to be bio-sociological, psychological, emotional, spiritual as well as volitional. We are talking about this all because, love has to do specifically with this homeostasis thing and the trouble it creates also emanates from this.

There are sufficient scientific researches to establish that when people are in true love and absolute intimacy, their overall homeostasis is in great shape and this reflects in their healthy state of mind and body as well as behavior-action. The reverse has also been established as researches show, when people are in instable and unsettled love elements, their body gets affected and they land in serious body-mind dysfunction and even death.

Science has also established that most of the behavior-action of humans is instinctive and intuitive. Even the learned behavior, the nurture part, in time becomes part of instinctive behavior and nature. The simple idea is, almost everything, which our conscious and subconscious mind accepts and expresses, has to be in consonance and conformity with the larger homeostasis, which is essential for survival and excellence.

The conscious as well as the subconscious minds operates in a way, which is mystical for most of us as most operations and processes are intangible and we are mostly oblivious of it. That is also why, love, which is a very potent, cardinal and critical element of behavioral and emotional expression of our consciousness, remains in the mist of mysticism, magic and marvel.

However, we all can now understand the mechanism of this mysticism of love consciousness and come out of the veil of mysticism, standing tall on the ground of practical and tangible realism. This we can do by understanding how essentially our larger consciousness is an intangible expression of homeostasis process and how love is the strongest and most authoritative voice of this consciousness; seeking perpetuity of 'poise' – the larger homeostasis.

The process of making of consciousness, which stays with us lifelong, starts even when we are in mother's womb. The sense of 'self' or to say, the question as 'who I am', starts to take shape when in womb, a child gets the feel of sounds and vibrations around. The unconscious mind of child starts accepting these elements of his immediate milieu as part of its homeostasis requirements. Science admits; a newborn child is designed to be born as a genius. It readies itself for the environment outside the womb by imbibing the signals it receives inside the womb. That is why; modern couples start the education of their kids well in the womb itself.

From the day first, the human child is instinctively loaded with one facility, which helps him or her evolve his or her 'self' – the subjective consciousness. This facility is instinctive inquisitiveness – the insatiable inclination to know. This desire also seems to be a beautiful expression of the homeostasis mechanism of body-mind consciousness. The mind can maintain poise only when it incessantly updates information about the surrounding environment and makes prompt decisions about the utility of these information for maintaining homeostasis.

It is here the trouble seems to start for humanity. The need to know exposes the mind to loads of multiplicity of information in the larger environment. As subconscious mind of the child starts to accept and adopt most of them as 'essential' for his homeostasis, he or she becomes unconsciously predisposed to these information and they become part of his or her larger consciousness, which science refers to as love/belief system.

Even before a child grows up to become an adult, he or she already accepts thousands of beliefs. However, most of these beliefs are based on his or her personal and subjective interpretations of

experiences, inferences, assumptions, probabilities, deductions, inductions, and loads of oversimplifications, which the subconscious mind is expert at making. Most of these beliefs are very much part of the subconscious mind and continue to present themselves as potent referrals for conscious mind even years after. We all have heard people saying, an adult's love is very much a reflection of what he or she got in childhood. We all know, a love-deficit childhood engenders an adult with troubled love life.

All these beliefs, which a child acquires, form part of the 'self', the subjective consciousness, about which we always keep asking question as 'who I am'. Our subconscious mind starts building an image of 'self' and this process expresses itself in mystically intangible ways. We unconsciously start extending the limits of our 'self-image' in things and beliefs around us. It starts with we identifying with our body first, then with our mind, our family, friends, neighbors, teachers, partners, the special someone and later with our career, assets, ethnicity, nationality, gender etc. As we grow in life, we identify more with ideas and issues. All these are expression of our 'self', the consciousness.

We adopt them in our minds and guard them very ferociously as if they were part of our 'self'. We fight over our people and beliefs like we fight for our dear life and well-being. It is because, they are part of our self and anything against them threatens our homeostasis, making us react fiercely. This is mystical. We may think, we are fighting for the cause of our dear ones or dear beliefs but essentially, we are fighting for our own survival, which is expressed in terms of homeostasis.

We all know, how people feel so strongly about their family, loved ones, ethnicity and nationality. People go to the extent of sacrificing their lives for the dear cause of family and even nation. It is very simple to understand why people do not think twice, giving up their lives for lovers and even something as vague as loss of their favorite football club. People commit suicide even when their favorite pop star falls from stairs and hurts him or her seriously. This is no joke. These incidents somehow are very intense and as some people accept it as something seriously threatening their 'self' – their very homeostasis wellness, they feel, their very survival is threatened. The reaction can be very disproportionate and precarious. They often are in love!

We all need to understand and accept it with a non-judgmental and objective mind that usually, when we are in love; we are in the 'mystical middle' of a very intense and powerful dualism. True love is one beautiful and everlasting 'poise' of person and personality. However, in our pop culture, we all can see how love is one huge 'psychosis'. The trouble is, both poise and psychosis can be simultaneously present and active in one single person, at any given time.

A person seeks to be in love to internalize this 'poise' to the core of his or her personality. However, the same person is battling against the psychosis on the periphery of his or her personality as the culture and society we live in, exposes him or her to loads of conflicts and competitiveness. This dualism often expresses itself in chaotic love emotions.

When we love someone, he or she becomes an essential and ingrained part of our 'self-image' and systemic wellness homeostasis. We start taking him or her for granted as part of 'me' and 'mine'. That is why; when there is trouble in love, or a situation, where it seems the love-situation is unsettled, we feel hugely threatened. We unconsciously feel that our very survival and core wellness is threatened. In this unsettled situation, the very person, who was the 'receiver' of all our love- largesse, poses as the one, who is a threat to our wellness.

We all have experienced and witnessed this situation all around us when a lover kills his or her beloved and also kills himself or herself. Why? This dualism plays the villain. The dualism of the subconscious mind makes us do all unimaginable things. The simple reason is – when your love is threatened, your unconscious mind quickly attempts to identify the 'enemy', who threatened your survival instincts. As your beloved himself or herself is someone, who jolted your love-wellness, the unconscious mind identifies him or her as enemy. The war is then declared against this 'enemy'.

The dualism is playing its mystical marvels to us. The special someone, the beloved, whom we love so much that we cannot think of living a moment without him or her, becomes our enemy number one. Depending on how we all have been culturally trained to treat our enemies, we start executing our battle-tactics against him or her. Those, who are well groomed, trained by parents and family to be accommodative and compassionate with even the enemies, shall never opt for violent and overtly physical battle-plans. However, they can be sadistic about them. Those, who have a culture of violence, can go to any limit as it is said, "Everything is fair in love and war".

Global data shows that intimate partner violence is hugely on rise. Failed love and intimacy has become the chief pain-inflictor in our pop culture. The easiest expression of the desire to inflict pain on intimate partners is 'promiscuity' and 'character assassination'. Sadism, aggression and behavioral hostility are sure signs of a troubled and unsettled wellness homeostasis of the person. This person shall be hugely intense and passionate in love. However, be sure, when things are on the low, such a person can be calamitous and extreme with expressions of his or her desire to secure his or her wellness.

As we said earlier, researches have confirmed that when a person's dear ideas or people are in trouble, his or her bio-sociological, psychological, emotional and volitional homeostasis is disturbed and this leads him or her to dysfunctional health and even death. The perception of threat to their homeostasis is very subjective, varying hugely.

That is why, we all need to understand and accept; love needs huge preparedness. We all are given enough time for the preparations. When I am perfectly settled and in absolute 'poise' of my overall wellness homeostasis, then only I am 'ready' for assimilation and integration of love. Moreover, the special someone, I love, has to be in this 'poise' too. Then only the magic works!

A young father has his little daughter growing fast in a very big city of United States of America, where pop culture has taken the teenagers in perfect grip. The mother is very concerned and even tense. She worries for her teenage daughter and asks her husband, what to do to avoid any 'accidents'. Nothing new! However, what the father of this teenage girl said to his wife is interesting. He said, "I am trying to figure out, what my daughter can do, which I cannot forgive. I love her and I think, the sky of my affection and compassion for her shall always remain much larger than her arms can stretch for possible wrongs."

True love has to be like that. Love, in all its manifestations and expressions has to be like that. Love liberates, never suffocates. The 'compassion' of forgiveness shall always remain larger than the 'accidents' of 'passion', when you are in true love and absolute intimacy.

The father, in the above story, is in perfect 'poise' of his wellness homeostasis. His wellness is not threatened by his subjective 'self-image' of right and wrong. It is his poise, which is so beautifully and magnanimously reflected in his behavior and action. It is only natural that this father is a sure hero for the girl and this girl shall grow to be one 'poised' person.

From the day we are born, we are muffled by love, in one form or other. Our preparedness starts from that day. Initially, it is the responsibility of parents and family but later, we ourselves have to learn and unlearn our ways towards this 'poise' of our larger wellness homeostasis. If we have this poise, love shall be one huge theatre of song and dance within. And, when we choose to extend this wellness poise to someone special, we need to be sure, he or she is in the same 'poise'.

Love, as an idea, deeply associated with the entity of homeostasis, is hugely beautiful and highly useful. Love is a mystical expression of the 'sense of larger wellness', which is a cardinal and potent condition for homeostasis.

What mind receives and expresses are through neurochemical and neuroelectrical processes. However, these processes are intangible and our conscious mind never is able to see or perceive them. It is when, these processes are translated in behavior and action then we understand and accept it. That is simply why; there is a sense of mysticism, in all our behavior-actions, which are expressed in subconscious state of mind.

The affectors of human emotions, which in turn impact the human mind's decision-making choices of behavior-action are mostly intangible. That is why; there is a sense of mysticism and marvel around it.

Love also being an expression of intangible nature and essentially a neurochemical and neuroelectrical expression of the larger need of body's homeostasis wellness, lands in the domain of mysticism, magic and marvel.

Love is an intangible and very subjective expression of emotions in terms of behavior-action to extend the domain of self's homeostasis wellness in the ambient environment. When the self accepts and adopts something and someone as right and good for its homeostasis wellness, there is a neurochemical and neuroelectrical impulse to merge in as part of its larger 'self'. This Process Is Body-Mind Consciousness Expressing In Terms Of The Emotion Of Love.

Love is essentially an extension of one's 'self' and subjective consciousness to accept and accommodate a thing, idea or person in its fold. Therefore, love basically is a very selfish and self-indulged emotion, an expression of the self's ever-present need to maintain its homeostasis.

It is our higher consciousness, which assigns and aligns this 'selfishness' to lofty and noble values of life and living in societal space.

Love is a mind-mechanism and process in the side of 'self', for enhancement and aggrandizement of the broader need of survival and wellness. When we explain love in these terms, we shall see that there is nothing that remains in the veil of mysticism, magic and marvel. Everything, even weirdest of action-behavior in love can be explained and understood in scientifically calculable ways.

A person's homeostasis often accepts contradictory ideas. It is possible that a person is a devout faithful, still that person relishing an abusive tongue. It is all in the subconscious. It became ingrained in that person's subconscious mind probably early in his childhood and now forms part of his or her larger wellness homeostasis. Therefore, this person would love another person, who has similar faith system, however, would not desist from using bad mouth to him or her as the subconscious mind is used to accepting the abusive tongue as 'good' and acceptable. You may see a dualism and contradiction in it. You may think, if a person loves you, he or she should use nice language with you and should not be a boozier or a gambler. However, for that person, love is only an expression of his or her 'self' and his or her 'self' already accepts abuse and boozing as acceptable things for his or her wellness homeostasis.

If you attempt to reason it out with him or her that if he or she loves you, he or she should stop abuse and booze, he or she shall first of all look confused. He or she would not even understand why you are saying this. Because, he or she (his or her subconscious mind), does not see any contradiction and conflict in it. Most likely, he or she shall take your words of reasoning as a threat to his or her wellness homeostasis and would likely to go away. Nobody can compromise with his or her long preserved homeostasis.

Actually, this person loved you because you fitted in his or her larger scheme of homeostasis wellness. Now when you have put up ideas, which disturb his or her homeostasis, his or her sense of wellness is threatened and compromised. He or she is likely to stop loving you, or shall be unsettled and erratic in his or her action-behavior.

The subconscious mind is almost too obsessed with the idea of survival and homeostasis. That is why, when it is faced with some situation, which is unpredictable and for which it has no ready

solutions, it shall start creating such ideas for ensuring his or her win and success, which shall be weird and even illusory. Not only that, it would also prompt the conscious mind to go ahead with those weird ideas in terms of action and behavior.

For example, when you ask someone you love deeply to do away with some nasty or not so good habit or idea with him or her. He or she would first resist it saying, ‘why do you want to change me?’ You may tell lot many things to convince him or her but with little success. Consider, what this person’s subconscious mind can come up with. It can device a series of questions, which shall essentially be his or defense against the change you want. His or her subconscious mind shall create all possible patterns of action-behavior to ensure he or she wins against your suggestion for change. Homeostasis needs to always win for survival.

The person would ask:

1. Why is there a need for me to change, I am doing perfectly fine!
2. Why should you ask me to change, can’t you accept me as I am?
3. Why should I change and even if I have, why should I listen to you?
4. Oh! Do you think you are God! Even God cannot ask me that!
5. Why should I change if I am not convinced there is something wrong about it?
6. If I have to change, only I shall decide, no one has the right to judge me.
7. I am open to change but only for someone who first accepts me as I am.
8. I would change only for someone who loves me blindly.
9. I accept changes but it would be tough as I was made this way.
10. Give me time, I am a not good at it! Etc.

The general refrain of most people in love is, “why cannot you accept me as I am. The God accepts me and loves me the way I am, good or bad. Why can’t you? Are you greater than God? Love never puts conditions!” Etc.

Remember, the more intelligent a person is, more artistic and ingenious shall be his or her advocacy against change. More unsettled, ephemeral and indecisive one’s overall homeostasis is, more intense and vocally demonstrative he or she shall be in love. However, this person shall be tougher for you to change him or her and shall be equally demonstrative in denying changes.

This dualism needs to be understood. The unsettled homeostasis makes one to seek love more intensely, desperately and sincerely. Such love is usually highly demonstrative and aggressively centrifugal. Love is the emotion of search for larger wellness homeostasis and people, who have larger need for wellness poise, shall be very intense, highly possessive and overwhelming in love. This initially suits love needs of both the partners.

Everyone loves to be smothered and submerged in love's intensity and its mystically disproportionate multidimensionality. However, this is the seed of big trouble-tree of love. If we wish to be swept away by the storm of love, we need also to be ready of the calamitous fallouts of this storm.

Love in its pure and pious form is never passionate but always compassionate. Love is a 'well-poised' consciousness positioning, an innate state of settled internal wellness, seldom in need of passionate and demonstrative expressions. Love's expression is like systemic serenity of 'song and dance' staged within a person's consciousness. You shall come to relish and feel at peace with his or her innate song-dance positioning, without that person saying anything to you.

The higher consciousness, in compassionate possession of the settled wellness of love shall be calm and composed like a deep ocean and blue sky. Such a person shall be widely accommodative, assimilative and integrative towards everything, like an ocean and sky. Compassion only assimilates; passion can often drift in the storm of disproportionate demonstrations of love.

We shall talk about this dualism and many other aspects of love's conflicts and contradictions here. We shall definitely talk about how we all can rise above this dualism to be successful in love and intimacy. We are surely not only our mechanism. We are more than our mechanism and this 'more' in us can take better control and utility of this 'mechanism' when we understand and accept this mechanism and its operative processes in an objective way, through a holistic, assimilative and integrative perspective.

There is no need to reject our age-old ideas about love and intimacy. Because we have already talked that all wisdoms, old or new have beautiful commonality and mutuality in all ideas of humanity. Only their approach is different. That is why, we shall talk about them in a holistic,

assimilative and integrative way, accepting all wisdoms and rejecting nothing. In my eBook, *'Why We Flop In Love'*, I have detailed the insight on the issue of wellness in love.

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How Can I Have A Personalized Spiritual Wellness Model?

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.

Wellness is a function of wider poise of person and personality, which includes factors not only material but also emotional. A person is in complete wellness when there is an overall poise between the cognitive factors such as income, wealth, comfort, leisure and health as well as emotional factors such as trust, security, integration with family-friends-colleagues, connectivity, communication, stability, sense of desirability and spiritual purpose, etc. We live in a modern complex world, where cognitive elements of good life are improving considerably; however, as emotional elements of life and living are largely unsettled and conflicted, most of us fail to hit the road of the perpetuity of poise for larger wellness.

Wellness involves a large spectrum of poise in multidimensional domains – the spiritual, physical, mental, social and emotional. Moreover, the emotional and spiritual aspect of wellness is far more complex than the cognitive ones, as they are the intangibles of life. Wellness is a dynamic idea. It is a goal of life, for which we all need to strive every day. Wellness is not a static state. It is not like wealth, which we acquire once and keep it for long. It requires ongoing attention and timely intervention to the details of evolving social, spiritual and physical life.

Wellness as a holistic notion of physical, emotional as well as ideational prosperity does not mean only lack of impediments to good life, but also having loads of ingredients of good life.

For wellness, positivity is far more crucial than simple lack of negativity. Wellness is well within the reach of all of us, yet we all need to constantly redefine ourselves as well our notion of wellness, as our minds and bodies evolve to optimize capacities and excellence.

Wellness is essentially a consciousness positioning. It is not an external or tangible entity, which one can create like wealth. Wellness is a 'poise' of consciousness, which is engendered when we have all elements of our life – physical, emotional, ideational and material, in perfect harmony and symmetry with each other. We are ourselves a very complex mechanism. The world we live in has also become hugely complicated and conflicted. The cosmic realism is awesomely complex. Wellness poise needs to connect with all these and then strike a lasting poise. This poise is not static but dynamic, constantly evolving and changing. Only that person can attain perfect wellness and remain in perpetuity of it, who understands all the mechanisms in details and then, uses the wisdom to create a wellness model for himself or herself.

There are questions of life and living. Everyone has them. They have been there since thousands of years. Since the time, these questions came into existence, the answers also started to take shape. The old wisdom attempted answers to these questions and many of us have good faith that the answers provided by old wisdoms of religion, philosophy and spiritualism are right and probably the only answers. However, for many, they are not satisfactory answers and the questions remain valid and in search of 'right' answers.

The core questions are:

Why humanity everywhere is suffering and in conflict and confusion?

Why is there so much fear and despair?

What is the singular road to internal and external peace and harmony?

What happens after death; is rebirth true?

What is the meaning and purpose of life?

Did God create us and for what?

What is the mechanism of God?

What is the idealism of life?

What is true wisdom and why it eludes humanity?

The new spiritual you has a tough task in hand. You want new answers and in fact, it is only natural, as we all are living in a new world, where realisms have a different perspective, in sync with modern scientific logic. The old wisdom, somehow, does not seem to be galvanized to update their answers in the light of the new awareness and knowledge of humanity.

However, the new spiritualist in us has to do more than just seeking answers. We all have to revisit and reassess the questions first. The new spiritualist works on the premise of objective and measurable logic, a common sense, which has to be in perfect symmetry with modern knowledge of humanity. That is why; even the age-old questions need to be revisited, reframed and even reassigned and realigned in a secular and temporal perspective.

First thing first – the new spiritualist has to be sure as what he or she accepts as the definition, nature and scope of spiritualism in modern contemporary worldview. Once we assign and align the modernist and contemporary structures and functions of the modern spiritualism, which the pop mystic shall accept as core creed of spiritualism, we have better and rationally objective understanding of the genesis of questions and the DNA of the answers.

Spiritualism in modern contemporary context needs to be understood by some contemporary example and for that let us use the metaphor of a computer. We all operate the computer; even kids do it smartly, some even better than adults! However, only a miniscule percentage of us know exactly how the computer is made and what scientific mechanisms and processes make it work. Most of us are operative geniuses of computer, successfully doing all functions that a computer is designed for. However, when someone asks us about how the computer does this function or than one, we are in trouble answering.

Suppose, a kid asks his mother as how to save a file on the computer; the happy mom shall tell the kid, “oh so simple, press the Control and S keys of the keyboard and it is done!” The kid is not satisfied, inquisitive best as the they are; the kid asks further, “tell me why pressing these keys saves this file” and we are in trouble. Happy we all are to see images on the screen of the computer. However, if we are asked how these pictures from a camera got into the screen of the computer, we have trouble.

The reason is, we do not know the scientific or technological details of the working mechanisms and processes of the computer. We actually do not have the need as we all have mastered the

operative functions and it is enough to make full potential use of the computer. Kids run the android operative system on hand devices and nobody has to bother about the technological details of the jelly beans and ginger breads!

The trouble starts when questions are generated for answers, which pertain to finer details of the working system of a realism, the operative masters of which we happily are. So, when a kid shall ask, how the pictures sneak into the screens of your computer, we shall device 'smart answers' but they shall never be 'true answers', as we do not know the system functioning.

Someone shall answer, "there are internal wires and pictures sneak through them". Someone shall answer, "the computer has a hidden eye, which can see things and then reproduce". Still, another shall say, "ask your mother, she has this irritating habit of sneaking things into places all over." Someone may say, "you shall know, when you grow up, not now".

Spiritualism is not only the operative knowledge of the system called life and living; it is much beyond that. We have a mechanism, the life around us has a mechanism and the cosmic order has a mechanism and process. Usually, we do not have the express need to be in complete knowledge of the entire mechanism of the 'computer of life and living'. Most of us do quite well without it. However, it has to be accepted with humility and innocence that questions shall always emanate, wherever there is an intricate and multidimensional mechanism and process. Questions are embedded in the mechanism. We may do without it and still do reasonably well is another thing. Still, questions cannot be wished away.

The humble assertion is; we all are designed to have excellence, not just bare survival. Excellence is systemic in the mechanism and process of all designs. This excellence is a must for 'optimizing operative efficiency'. Spiritualism is an intangible, innate, instinctive, embedded and essential consciousness of overall excellence of life and living. Spiritualism is your mind-positioning for this avowed excellence of life and living.

We all can operate a computer but those with overall knowledge of the technological mechanism and process of the digital computing and artificial intelligence shall have the overall excellence in using the computer to its best possible potential. Naturally, as the computer is designed for enhancing and catalyzing the excellence of the operator, those in complete knowledge of the design and its mechanism-process shall be better positioned to land at the potential excellence.

Moreover, one does not have to be a computer engineer to understand the mechanism-process of the design of a computer. We just have to expand the limits of our natural inquisitiveness to get to the core principle of digital computing and artificial intelligence. All sciences and technology, in fact all wisdoms and knowledge have a 'simple model' to get to its core system. Religion provided its own model, using simple 'metaphors' from nature around us. Science does it by using analogies with other simpler models. The same complex scientific theory is taught in class six, which scientists learn for a lifetime, in their labs. We all have the mind-mechanism to understand everything in simpler and less complex models. Spiritualism is also about assimilating a simpler and easily amenable model of the complex cosmic system and life and living mechanisms. Our own body-mind homeostasis is one simple model to understand the colossal and complex mechanism of cosmic poise.

It also needs to be talked here that spiritualism has no answers of its own. A computer engineer shall never give you an answer of his or her own. Being an engineer, being a spiritualist, does not qualify us to 'create' answers. It only enables us to develop and assimilate a simpler and understandable model of an answer already embedded in a system. How a computer works has a singular and objectively replicable answer. The answers cannot change for you or me even when you and me become a computer engineer. It just extends us an endowment, an ability to understand the already present answers. You can read a whole lot about the issue in my eBook, '*Wisdom Of Wellness: Perpetuity Of Poise Of Purpose*'.

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How Can I Have A Worldview That Enhances My Personal Excellence?

Since ages, we all have had a worldview based on ideas that were not scientifically tenable. We now have the privilege to understand the bare basics of the 3Cs – Consciousness, Cognition & Causality, which holds the potential to change our worldview for better and ensure our true wellness. Of the three, the primary is the idea of consciousness. We all need to understand and accept the new and scientifically tenable notions on our consciousness. When we understand the

core question of 'Who I Am', we shall have a worldview that leads us to larger wellness and our own personal excellence.

Seeing consciousness from the perspective of brain mechanism and then relating our own subjective feelings with these objective facts can best present a matrix for understanding the agency called consciousness.

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 milieu 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 understand 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.

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.

Other advanced organisms, like a dog or a lion also may have consciousness, which creates set of experiences for them. The difference seems to be the fact that they experience but do not have evolved and permanent sense or knowledge that they are experiencing. The definitive sense of their body into their experiences is either completely missing or is too feeble to admit. The same happens with a baby. It also experiences things and stores many of them as memories but as the brain has not yet developed and systematized the necessary physical pathways, the sense of they actually experiencing them is too feeble to recollect later. Their sense of a definitive body in their experiences is somehow missing in their experiencing. It is similar in higher animals with sensory system.

The subjective consciousness in us that we are, seems a function of the knowledge the consciousness builds up by storing different body experiences as memories, which the actionable body creates. The dualism of consciousness is created because of the cyclicity of experiences and knowledge. The body's sensory organs provide information from the milieu to the brain. The brain is physical part of information processing. It is like the hardware part of computation. The mind however is the functional part, the software part. This functional part, the mind controls the brain, the physical part. Mind is the knowledge, which is memories of experiences of body's actions, stored in consciousness. The feeling of 'self', the sense of 'me' is a virtual realism as this 'self', the subjective consciousness is an intangible connect, a bridge between the physical and functional – the brain, and mind.

The brain is the physical pathway that makes the body act in a particular way. However, the physical pathway, the brain does not itself decide all actions. This is crucial distinction and needs

to be understood. There is a key difference in deliberating and deciding an action and actually executing the action. The brain makes physical action possible by physically moving concerned parts of the body. However, whether the action should be taken or not or if taken then in what measure and intent, is what the mind works at. This is functional part of information processing.

We all have empirical experience of this typical dualism of hardware-software cyclicity. In a computer, a software deliberates a particular function but the software is not designed to execute the function as it is the role of the hardware. The software shows the priorities and choices and the hard disk actually engenders the physical pathway to get the function done. Similar is the situation with our consciousness. The intangible domain of knowledge (the software part) deliberates an action and behavior priority and choice. The knowledge is a functional facility, a software faculty and therefore, it cannot itself execute the physical action and behavior. The brain shall execute the action and it shall be done because of the physical pathways, the brain has created for it. If the brains have not created the necessary and synchronous pathways (the hardware facility), there shall not be an action or the action shall be different than what the knowledge (software) had prioritized or chosen. Often, we see that our computer does some task on its own will or different from the command we selected. This is typical software-hardware dualism. Consciousness also sometimes does the same as it also has the same built-in dualism, like a computer. Therefore, we need to change the way we look at and accept ourselves as. Our consciousness must be accepted in its entire mechanism and its mechanism entails that software choices must have commensurate and synchronous hardware pathways. Otherwise, the dualism of consciousness shall create its own scary choices, often constricting our wellness and excellence. We have to be in perpetuity of our higher consciousness, which ensures the symmetry and harmony of software-hardware (body-mind) dualism. We are humans, having a definitive edge and therefore, we cannot act and behave the way other organisms do.

The consciousness of other organisms, like dog or lion primarily has physical part of information processing – the hardware. The brain does take most decisions based on instincts, which are codes already written in the genetic navigation system. They too have minds, which takes into account some of the past experiences (software) but as they do not have evolved and complex memory mechanism, they have very fleeting sense of self-awareness. Even the memories become part of rote function, very much part of instinctive decision-making. The same happens

in small kids. However, even in grownups, this instinctive action-reaction dominates decision-making. This leads to larger troubles and needs to be changed.

Usually, in humans the mind, the functional part of consciousness dominates the decision-making. That is why; the consciousness in us has dualism far more accentuated than other organisms. This dualism also splits the subject, the subjective feeling of we as the action doer. There is a physical processing of information and brain handles them, we being little aware of them. This part is instinctive response to stimulus provided by sensory organs and such actions are generic actions. This subject, which does these actions, is referred as 'generic subject'. Science says, 90 percent of brain's structures are dedicated to handling those action-reaction functions, which we are not aware of. They happen in unconscious or subconscious minds, where our body is the action-doer but the definitive sense of we doing them, as our bodies, is missing. Only 2 percent part is conscious action of brain, where decisions of action are taken in total consciousness, with perfect sense of we as our bodies involved in them. This itself presents a huge causality for dualism about our consciousness. In babies and higher animals, this conscious action is very negligible, not even this 2 percent.

We have evolved and complex mind mechanism, the functional part of consciousness. It dominates the processing of information, filtering it through personalized and subjective memories of experiences of past actions and those experiences gathered from popular experiences of the milieus, called contemporary culture. The actions, deliberated after such filtering are 'specific' and creates a 'specific subject'.

The dualism of consciousness creates loads of troubles for average people. It is because of the mechanism we have and the way our brain and mind consciousness has evolved. However, knowing and understanding this dualism in detail makes us clearly understand that what we predominantly are; is a function of our perspectives and attitudes and in turn, our attitudes and perspectives are what we are.

Here is the idea of change in all of us. We are humans and we live in complex societies, which are so laterally and vertically interlinked that every individual's action-behavior has catalytic impact on the wellness and excellence of millions of us. That is why in modern contemporary societies, relationship troubles in familial, societal and workplace domains are number one

troubles of humanity. We all have a responsibility towards not only us as an individual but also towards all of us in the society we live. We, as aware and responsible citizens of a nation and societies, need to own every action and behavior. We already see the world we live in utter chaos, conflict and violence. Nations and societies need to be collective domains of wellness and excellence. They are not in contemporary world as this happens only when each of us consciously own and be responsible towards each of our actions and behaviors; not only two percent of them.

When we understand and accept that in our usual consciousness, we are seldom aware of our actions. Most of our actions are very generic actions as we are usually in control of our generic subject. This has to change. We need to be aware of our bodies, and always be in the higher consciousness state, where the specific subject takes control and owns every action and behavior. The contemporary culture also makes us behave and act in a generic way. The pop culture pampers the generic subject. This needs to change. We are humans, we have the faculty of higher consciousness, which separates us from a baby or an animal. We need to stretch our consciousness by being consciously aware of all our decisions of actions and behavior. We are humans with faculty of a super consciousness, which makes us, a definitive sense of we as a body, to hold back our instincts and emotions, assess their utility in a larger sense of collective wellness and excellence. A decision, when processed in a non-reactive and receptive mode, in a holistic-assimilative-integrative perspective by our super consciousness, the specific subject within us, shall be far more amenable to our own wellness and excellence and that of the society and nation. We are in our perspectives and our perspectives are in we. Therefore, if we all understand and accept the singularity of the utility of the above-mentioned perspective in prioritizing all our actions and behavior, we shall ensure larger wellness and excellence of not only we, as an individual, but also the collectivities of society and the nation. We continue to talk about this desirability of change in all of us in the coming passages.

Now, the same ideas we need to understand also from the perspective of the ancient wisdom, the traditional Oriental wisdom, explained in terms of *kaaya* (Body), *maaya* (external world/milieus), *karma* (Actionable duties) and *karta* (Subject). There is huge commonality, even as the symbols and means used in explaining these terms vary. The ancient wisdom also explains the dualism of consciousness and minute details, elaborates how there is a mystical causality

between the *kaaya*, *maaya*, *karta* and *karma*, which decides cognition of the consciousness. In some way, scientific explanation may not be very conducive for average person's understanding as we are still not used to many ideas of the modern science. Average person's age-old faith mechanism also makes science a bit less acceptable in the subconscious mind. Let us delve into the old wisdom's perspective on 3Cs – Consciousness, Causality and Cognition –

The consciousness is a stupid engineering. Its mechanism is so intricate and mystically multidimensional that it keeps people in constant state of flux; engendering layers of realisms, not amenable for linear understanding of individuals. The elements of milieus outside body-mind mechanisms keep interacting with disposition of consciousness within. This action-reaction cyclicity engenders information, which mind stores as intangible experiences and memories in the subconscious.

The totality and wholeness of it is a person's culture, which sets the boundaries of his thought-action-behavior domain. As the milieus change in the course of life's randomized journeys, the patterns of its interactions with disposition alters synchronically. This energizes the incessant cyclicity of learning and unlearning, which keeps an individual's overall culture of consciousness in continuous flux. This flux has the energy of creation and destruction, making and unmaking going in an intertwined way. This cyclicity of changes in personal milieus, which makes a person's subjective perspectives and personality change and in turn the later altering his or her inner milieus, creates a dualism, which is tough to understand if the person is not aware of the mechanism of cyclicity. It is only the higher consciousness, which understands this dualism and deliberates on a desirable poise for larger wellness. We are talking about it right here from the perspective of ancient wisdom, as we have already dealt with scientific perspective.

The ancient wisdom talked of the desirability of a higher consciousness in every person as chief aim of life and living. This was considered essential as only this state of higher consciousness or the 'super consciousness, could be a vehicle of larger wellness of the person and his or her personal excellence. The ancient Oriental wisdom said: There is a super consciousness within, evolved through discipline of body and mind, which enables the self (an individual) to decide the matrix of all decision-making of action-behavior, independent of the innate instincts and subconscious mind. Usually, for an untrained and unattained mind – an average person with no

mind-training, it is either his or her instincts or the prevailing popular culture, which decides the benchmarks of right and wrong of any action/behavior and this happens almost unconsciously. However, one has to attain this facility of being the 'conscious decider' of what should ideally present oneself with his or her decision-matrix at any point of time in life.

For example, suppose, a man and a woman are madly in love with each other. The man in an emotional state, picks up a pebble from the riverbed and gifts it to his beloved saying, he is also like a pebble, non-egoistic yet unworthy. The woman in extreme gesture of love says, she values it more than a diamond as it is given by the man she loves more than any possession of life.

The very emotion and idea which made the woman accept a pebble as diamond; inspired a worth and utility of value of a diamond in a useless pebble. The woman truly and deeply felt huge joy about its possession. This way, the woman's 'super conscious' prevailed over her instinctive and cultured self, which would have otherwise thrown away the pebble in disgust. This state of consciousness engendered a novel matrix of a decision-making, independent of and beyond her intelligence, disposition and instinctive nature, which otherwise would never ever accept the utility of a pebble at par with a diamond.

Within our consciousness, there is a culture as well as an innate judgment mechanism, which usually assigns values and decides the utility of an entity. They would usually have decided that a pebble is worthless and a diamond is precious. However, the super consciousness of the woman in love overruled all fixed parameters of her conscious and subconscious minds and came forward as the 'conscious decider' of what should ideally present her with her decision-matrix at this point of time in life. Her super consciousness aligned with continuous and immortal intangible entity – intimacy and compassion in this case, renouncing the mortal value and utility of the tangible matter.

This is something available to humans only. This facility is your super conscious mind. This facility is essentially a function of imagination, which is duly supported by memories of experiences we have. Early humans succeeded in evolving fast and better by using their power of imagination to win over all obstacles. We have the facility to imagine ourselves out of the body and even out of the milieu to intangibly position ourselves in a situation, which is virtual and then weave possibilities to turn this virtual realism into a largely realistic one. In Indian spiritual

philosophy, the ancestors prescribed a mechanism to be in exalted state of this super consciousness.

Science also explains the same mechanisms but uses different terms and frameworks. The Indian spiritual philosophy maintains that there is a continuous and complex interaction always going on between nature (external milieu) and human mind (internal milieu). It defines nature as *drishya*, something, which is seen and observed. It constitutes of two parts – the first being the tangible factors in external environment, which includes the contemporary culture, in which a human being lives. The second part is the intangible factors of body's intrinsic nature or disposition. This intrinsic disposition has three attributes – *sato gun* (receptive mode), *rajo gun* (action mode) and *tamo gun* (inertia mode).

These three attributes are simultaneously present in all humans, even while different people may have different mix of the three attributes. Even science says, people can be identified as of a particular shade of consciousness, depending on amount and intensity the three attributes of *reception*, *action* and *inertia* in a person. One single person can be in different shades of consciousness, at different stages of life, as there are changes taking in the quotient of the three attributes. The society or larger physical milieu, we live in, also has these three attributes of reception, action and inertia.

It is self-evident that in a small and simple society, where material pursuits are very limited and small population naturally has larger proximity and intimacy between them, the predominant attribute of the milieu shall be reception. This shall make the society and its people in larger internal wellness but external discomfort.

However, in the unmanageably large and complex societies, we live today, where there is a deluge of material pursuits to attain, the predominant attribute of milieu shall be action and such societies, there shall be physical comforts for people but there shall be larger conflict and competitiveness among people in the society, economy and politics. In many societies, where physical comfort and personal attainments have become high, or in such societies where knowledge and development are miniscule, the predominant attribute shall be inertia. It is only natural and self-evident that such later societies shall have more conflicts, larger

competitiveness, greater violence and less tolerance and stability but better external comforts. This is so self-evident for all of us.

Every attribute comes with an associated package of societal culture and individual behavior-action. A person living in a society where reception is predominant attribute shall behave differently than a person living in the society where predominant attribute is action or inertia. It is empirically observable to all that the *drishya* (nature or milieu) is a realism, which is in continuous change as the attributes and elements constituting it are mutually contradictory in nature. Modern psychology too accepts this. A person, who has a dominant consciousness of action, may eventually realize its futility and shall accept the utility of reception mode in later stage of life. A spendthrift may eventually start practicing the virtues of misery after indulging sometime in former mode. The vice-versa is also possible. The same is true with societies. It is our mechanism.

In contemporary American society, the predominant attribute is action, even while large part of it has inertia, because of larger availability of comforts. It is only natural that many there are fed up with existing milieu and look for a life in reception mode. Indian society has largely been in the dominant attribute of reception. However, as material well-being is rising, it is going the old American way and now attributes of action and inertia are taking over. This change is cyclic with newer elements being introduced in every new cycle. This is why we all behave in a way, which a dominant culture prescribes to us. Societal personality becomes an overriding consciousness for most of us. The popular benchmarks become a rule for us. This is why ancient as well as contemporary wisdom tell us to rise above the populism and be your own conscious decision-maker.

Ancient Indian wisdom called the consciousness as *drishta*, a virtual agency, which sees and observes the intelligence of a person, which his or her current consciousness lands him or her in. The consciousness has been referred to as the observer of human intelligence, which decides the matrix for any decision of life, in the larger realism of *drishya* (nature and culture). The Indian spiritual philosophy observes that the *drishya* and *drishta* (nature and consciousness) are continuously interacting with each other in a cyclic causality, in which, each affects other and in turn gets affected. The randomly multidimensional juxtaposition of *drishya* and *drishta* (nature and consciousness) engenders different cyclical expressions of disposition. These cyclical

expressions are infinite and all of them lead an individual to pains and troubles. This is because, these expressions link the ‘self’, the consciousness with discontinuous and immortal elements of *drishya* and *drishta* (nature and consciousness). The interaction of *drishya* and *drishta* (nature and consciousness) elements leads an individual to both gratification as well as renunciation. The Indian spiritual philosophy maintains that this cycle of gratification and renunciation is such a naturally intense and powerful realism that most people on earth remain attracted to it and become a part of the cyclic drift.

To come out of this cyclic causality of gratification and renunciation, which takes one away and aloof from this powerful drift is the role and function of this super consciousness. This is the difficult part of the entire idea of consciousness. This is probably an idea, which is tough for the consciousness to imagine. The practice of it is far more difficult. The yoga philosophy says, there is a state of super consciousness, which is called ‘*kaivalya*’. This Sanskrit word has almost no parallel word in modern languages. We can say, it literally means a state of singleness, a conscious position of onliness.

For most of us, it is difficult to understand its true meaning as since long; we have been accustomed to collective and mutual existence and awareness of self. There is so much of contemporary culture within our conscious and subconscious minds. We are so used to our consciousness in complete collaboration and concomitance with our external as well as internal milieus that for us, an idea in the domain of total and perfect singleness and onliness is beyond even imagination. The idea, as elaborated by Indian spiritual philosophy enshrines that super consciousness is a state of being, where there is complete and perfect lack of any connection, causality and coexistence between the *drishta* and *drishya*. The subject, the consciousness, which observes the nature and the decision-making matrices of life, becomes completely free and detached from the causality and utility of external as well as internal milieus and nature. This super consciousness is a state of singleness and onliness – the *kaivalya* state of consciousness.

The idea is – in both the consciousnesses of gratification as well as renunciation, if there is causality and utility of the subject with object, the consciousness acquires the element of ego and sense of self, as distinct and different from others. This ego has to go in the state of super consciousness, as this element of sense of self is actually a mortal and discontinuous element. *Kaivalya* is a state of consciousness, which is devoid of ego and sense of self as this state is the

true element of immortality and continuity. The singleness and onliness has only a singular element of continuity and immortality. This sense of self needs to go away then only one can truly attain the state of *kaivalya*, the state of singleness and onliness.

This is very tough. There have been people on earth, who attained greatness and even understood the utility of it all. They became saints and helped the masses. Still, they could not devoid themselves of the *sense of self*, and this made them create rifts between different persons. The evil, which all cultures portray in human beings is this sense of self, which remains attached to egoistic attitudes. *Kaivalya* is possible only when this sense of self withers completely. Even greats are affected by the attributes of inertia and they stop practicing when they attain greatness. This dooms them and humanity. *Kaivalya* needs to be practiced lifelong.

This is the state, in yogic philosophy, where *jeevatma* (human soul/consciousness) unites with *parmatma* (cosmic soul/consciousness). This is what they called *yoga*, the union. The different *yogasanas* are different ways to discipline your body and consciousness to arrive at the state of *kaivalya*. This is also something, the spiritual philosophy of *Geeta*, the chief holy book of Hinduism says. Somehow, the modern concepts of psychosynthesis and psychoenergetics also work around the similar ideas.

There is a cardinal rule to the success of every enterprise of life. At the start, every enterprise looks huge and tough. Human mind, as we discussed, is not good at seeing far ahead. Therefore, it is always advised to take small steps towards achievement of part of the enterprise and set aim for smaller goals. Your innocence and honesty is your best preparations to attain your goals. The simple idea is; it is your imagination, which makes you a winner, when you have to make any important decision in life. This imagination puts you above and aloof from the immediate milieu, culture and body-mind instincts, which often either blur your judgment or keep you in a flux. Worse, it makes you drift with it, beyond your conscious control.

You have to use your power of conscious imagination to accept your being and self as someone, not only your body, not only your mind, not only your milieu and not even the interaction between them. You have to accept it as some super consciousness, which observes each of your thought-action-behavior matrices from a position above and aloof from all the dimensions of

your consciousness and being. This enables you to hold every emotion, instinct and ideas back for a while, sit over them with an objective and independent super consciousness.

As this super consciousness is a receptive mode facility, you shall be endowed with a power to observe and control all your instinctive and culturally induced thought-action-behavior of action-reaction mode. As you keep practicing to remain in this super consciousness self, you shall finally attain the *kaivalya* realism. Then, this super consciousness shall become your single and only consciousness.

This is the stage where, you become the conscious decider of what should ideally present yourself with your decision-matrix at any point of time in your life. This is a sure facility for personalizing your own wellness and making them independent of milieus, culture and instincts. Anything you wish to attain in life, in societal milieu, which cultural benchmarks label as worthy, you shall decisively find yourself in competition and conflict with so many others, who want the same attainment and that too exclusively. The success of the enterprise shall only partly depend on your efforts and merits as there shall always be many factors in milieu and people, which shall be equally decisive.

That is why successes in our societies are exception, not a rule. However, when you wish to attain something, which is possible only just by your simple and innocent resolve, you shall be always successful. Like your resolve to find utility and worth in intangibles like love, compassion or attach value to being in nature with trees and birds is only your own personal attainment. This enterprise is successful any number of times you do it. For example, the worth the woman in love in our story above created in a pebble, installing more value to it than a diamond, shall always remain with her as this is an intangible utility, nobody can take away from her, unlike a real diamond. The ancient philosophies tell us to align ourselves only with these intangibles as utility because; our own consciousness has worth only as intangible. Our consciousness is intangible and continuous and that is why, it shall find lasting and continuous wellness only in intangible elements. That is why, the philosophy prescribes, *true and lasting relationship can happen only between similar and generic elements*. Our consciousness is intangible and values the intangibles in our lives more than anything. If we align our consciousness with value, worth and utility in tangibles, there is bound to be pain, conflict and

confusion as these elements are not similar and generic to the true character of our consciousness. This is the change we all need to instill in our conscious mind.

This power of imagination, our super consciousness has, is our most precious endowment but this treasure has to be protected against misuse. This is best ensured when you have innocence and honesty of character. You need to be cautious that you keep yourself in milieus, both internal and external, which are conducive to protecting and prolonging your innocence and honesty. If not, then this power of imagination shall always be involved with your ego and sense of self, which shall then lead you away from objectivity and innocence of imagination. You shall then begin to be intelligent, instead of innocence and subjective in assigning value and worth to possessions. That is why I said at the very start of this book that “the questions you possess is half your destiny, the answers you accept remains the other half but, both halves of destinies are poorly linked by a narrow strip of pathway or a bridge called ‘innocence of consciousness’ across an ocean of dualism.”

The *kaivalya* state shall be unavailable, as this sense of self shall put you in the groove of subjectivity, making you trapped in the cyclic causality of action-reaction. It is equally important that the body-mind entity remains ensconced in a conducive internal and external environment. This is crucial initially. Once you have attained the *kaivalya* state, you can live in any milieu, as you would then rise above all to be affected by them. Initially, you have to keep away from contemporary milieus and culture of gratification and action-reaction mode. For more on the issue, kindly read my eBook, ‘*Why Do You Want To Change Me?*’.

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Accept My Gratitude

Writing something is a daunting task as there is always a lurking apprehension of it not being in 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!

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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.

Loneliness is fast emerging as one of the most debilitating reality of modern life and living. Most accept, there is something fundamentally wrong with what's happening around us and with us. However, there seems no outright solution of the 'trouble' and it is spreading like wildfire. This is because, the popular perception about loneliness, as detrimental and dysfunctional realism is a misconception and an erroneous acceptance. When the question is wrong, the answer can never be right. First time, this book is out to challenge the very premise that loneliness is a bad and sad thing. This book definitively establishes that loneliness is a very facilitative mechanism of body-mind for larger wellness and personal excellence. It seeks to dispel this wrong cognition about the causality of loneliness as a problem. It logically explains as why the question, 'How To

Come Out Of Loneliness’ is a non-starter as the right question is – how to make the best out of this very empowering and beneficial realism called loneliness.

The book draws emphatic and self-evident facts and reasoning from the domains of not only modern science but also from ancient wisdom of spiritual philosophies to prove that loneliness is a hugely empowering facility and faculty of human body-mind mechanism to align people to their best of wellness, potentials and excellence. This book also dwells in details on the core question as ‘What Is Fundamentally Wrong’ with happenings around us and within us. The approach of writing in this book is holistic, integrative and assimilative, drawing valuable resources from both traditional as well as modern wisdom. This writing technique is in perfect sync with the new thinking of the new millennium, which is based on the scientifically appropriate novel perceptions about the core notions called 3Cs –*Consciousness, Cognition and Causality*, helping humanity in understanding all realism in a new holistic perspective.

After reading this book, it shall be accepted beyond any reasonable doubt that loneliness is a very positive realism as it is the innate call of instincts for self-actualization of potentials within, to attain the eternal bliss of *Nirvana* and be our best empowering consciousness to realize and attain life-living wellness and personal excellence.

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 consciousness 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

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OnlyNess



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

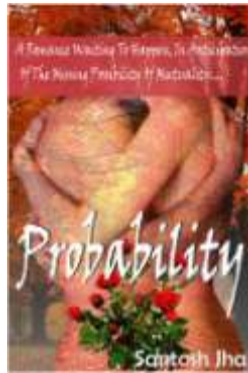
Short Description:

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.

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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?

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Nurturance



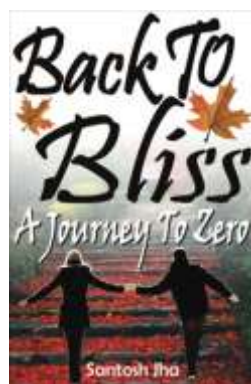
Fiction: A Novelette about a young woman's viewpoints on contemporary male world.

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.

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Back To Bliss: A Journey To Zero



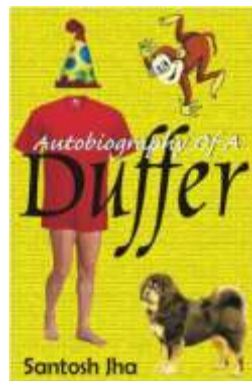
Literary Fiction: Novel: A Love Story in contemporary culture of conflicts: Word- 78,000 approx.

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?

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Autobiography Of A Duffer



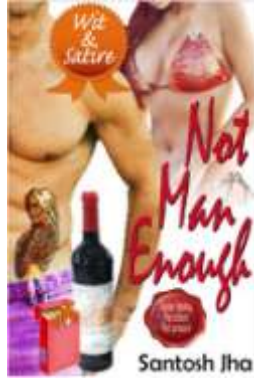
Fiction: Humour and Wit. Words: 16000 approx.

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!

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Not Man Enough



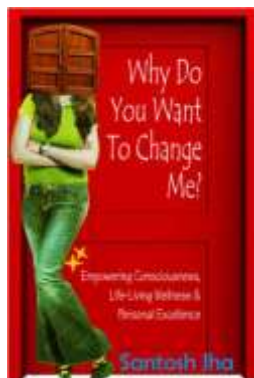
Fiction: Humour and Wit. Narrative on contemporary gender issues. Words: 7800 approx.

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.

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Naked Solutions Of Dressed Up Life Woes



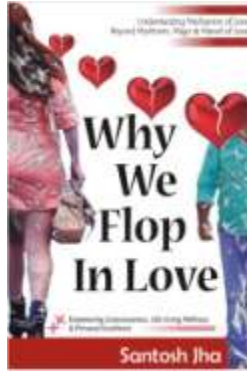
Non-Fiction: Empowering Consciousness, Life Wellness and Personal Excellence: word-23,000 approx.

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?

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Why We Flop In Love



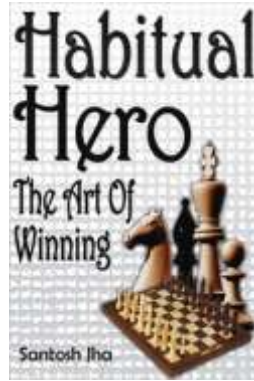
Non-Fiction: Science of Love and Intimacy, Relationship Issues and Attitudinal viewpoints.
Word- 20,000 approx.

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



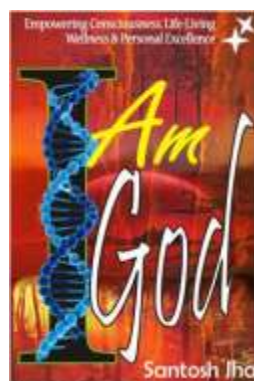
Non-Fiction: Science of Success, Life Wellness and Personal Excellence: word- 19,000 approx.

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



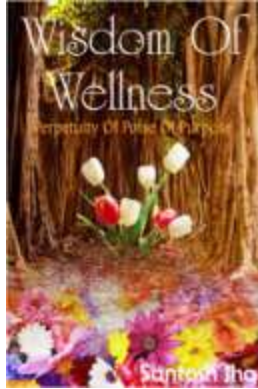
Non-Fiction: Youth Empowerment and Wellness, Inspirational issues.

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



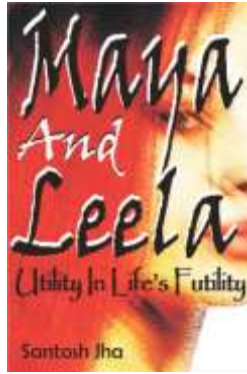
Non-Fiction: Personalizing Spiritualism, Life Wellness, Paradigm Building. Words- 20,000 approx.

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



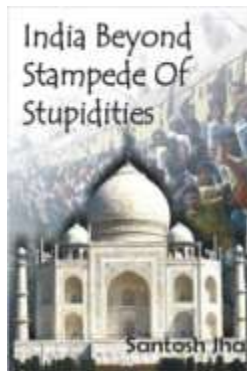
Non-Fiction: Science of Spiritualism, Life philosophy and Intellectual Connect: Word- 21,000 approx.

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



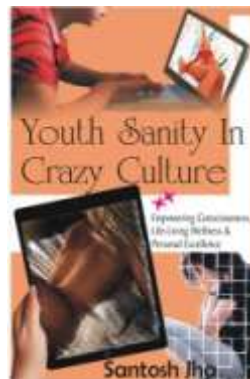
Non-Fiction: Indian Politics and Governance, Cultural Issues, Contemporary Troubles and solutions. Words: 13500 approx.

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



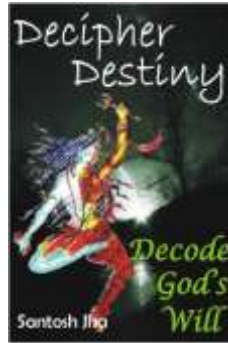
Non-fiction: Youth/teenage Issues of Sexual Behaviour and propriety, Life Choices and Personal Management. Words- 17,000 approx.

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



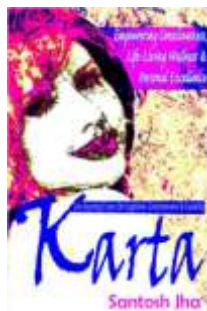
Non-Fiction: Essays on Empowering Consciousness, Life Wellness, Personal Excellence.

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 2016



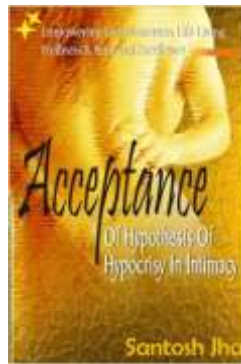
Short Description:

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 गुफतगू 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।

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