

Stupidity Of Be Yourself Viscerality

Unlearning Sexual-Unputdownability And Pop-Empowerment

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Smashwords Edition

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A Big Thanks... You have already enjoyed 29 of my eBooks. They all, be it fiction or non-fiction, have been my humble endeavor to empower your consciousness for life-living wellness and personal excellence. This 30th eBook is also aimed at continuing to write on the core issues of 3Cs – *Consciousness, Cognition and Causality*, as I stick to my belief that holistic, integrative and assimilative knowledge of the 3Cs alone can open the doors of wellness and excellence in a world of chaos, conflict and confusion, we live in. There is nothing better than living a self-aware life with poise of purpose...

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Recommended: A Life-Utility eBook, Dealing With
Consciousness, Meta-Cognition, Self Actualization,
Meditation, Neo-Spiritualism and Life-Living Wellness...

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Preface:

Most often, so many people, young or not so young, in contemporary societies feel the 'disconnect' with people, their ambient milieus and larger purpose of life. Somehow, if this situation lingers, this disconnect; or lack of fruitful connect, often brings about the very troublesome emotion of alienation – *Feeling Of Not Belonging!*

Then, often, this alienation may prompt many people to subconsciously imbibe some dysfunctional behaviors and action, with a view to install their diminutive sense of belonging. It is then very natural that such 'abnormality' shall seek 'inclusiveness' into mainstream culture by validating it in the name of some universal element of human make-up. Only a handful seeks 'inclusion' with the might of 'violence' but most shall settle for 'psychological' positioning for

elusive righteousness. This can lead to some sort of populist ‘redefinition’ or ‘repositioning’ of prevalent societal psychologies to validate new yet ‘aberrant’ attitudes.

Somehow, this crucial fact remains that true and real connects is intangible – not physical but mental. Therefore, knowledge always happens to be the real and lasting connect with everything around us. We know it well that lasting wellness can come to us only through entrenched connect with generic elements and as our consciousness is intangible, its lasting connects can come only through intangibilities. Knowledge is the real *intangible connect*.

This is the most calamitous war unleashed in societies all over the world as many groups of people, with all the might of their ‘perceptual-righteousness’ are trying to install their own subjective and competing versions of – *What Is Actual Knowledge...!*

So, the spiritualism, religion, science, psychology, politics, history, all compete for labelling and installing their domain of knowledge as the true one. This allows almost everyone to come up with perceptions of what he or she thinks is ‘true knowledge’. This advocacy of body being the ultimate wisdom-receptor in the name of populist psychology of ‘*Be Yourself*’ viscerality is the front-runner. The world is the battle-field of warring cultural perceptions and subjective ideologies.

In contemporary cultures, the worst casualty is average person’s disconnect with instinctive human curiosity and inquisitiveness. Especially, the young generations feel knowledge is optional, even a burden. There is an insistence on *living* life, at the cost of ignoring knowledge about life-living *essentials*. People of any age, whether they are kids, young or old; this inquisitiveness should always remain as primary energy of all actions and behaviors. There is nothing but knowledge that truly connects us with things other than us. Important it is to accept here with all humility that knowledge should always be an evolving realism.

We all know, it is rare that a small kid feels lonely or bored. He or she is always busy connecting physically as well as mentally to everything real or imaginary around him or her. Kids are wired for curiosity and inquisitiveness, even when societies usually smother their innate curiosities. However, as we grow, we stop to actually keep growing. We stop connecting. We stop the crucial linkages of knowledge. Modern cultures insist on education as means to acquire skills

about jobs and careers but the crucial life-living knowledge is being sidelined. So, we may be skilled but not truly knowledgeable.

We have to re-learn this mastery of the artistry of being in perpetual connect with this art and science of inquisitiveness about the mystical universe – everything around us, till life allows us time. Knowledge connects, it makes us belong, it keeps us thrilled and in joy of being inseparable part of the colossal whole. Yes, everyone is truly lonely in his or her pursuits of knowledge as this process is intangible and operative at the intangible level of consciousness.

A consciousness filled with connects of inquisitiveness of knowledge lands us at this facilitative time-space realism of *happy loneliness*. We are then lonely and at our happiest best. This is the facilitative soil for growth and evolution of true ‘*Be Yourself*’ empowerment...

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... *At The Very Outset...*

It is indeed a sad but omnipresent truth of the living experience that good and right things are very much in minority. Far more depressing is the fact that the minority of goodness and right is almost always prevailed over by the majority of bad, wrong and undecided. And this can be easily understood.

The wrong and bad is the instinctive and intuitive part of human living behavior-action whereas, the good and right of society is a conscious and inculcated behavior-action. Majority of humans being intuitive, are prone to being ‘manipulated’ by unscrupulous elements of society and become a party to bad, wrong and undecided. Only a few has the good and right with them as it takes a lot of conscious and discretionary awareness and positioning in the part of people, which is very tough.

It is almost perceptible now that in the long history of mankind, all major developments in the world had three things in common –

- First, most of these developments were very good-intentioned and originated out of the long struggle or deep pain of humanity to make the world a better place to live. Be it religion, philosophy, culture, law or science.
- Second, it is a real curse that only a small group of people initiated actions over good ideas but they seldom penetrated and reached to the mass levels. Almost all goodness started with a minority voice and needed support from all possible media to reach the masses to ascertain authentication from the majority. The regretting fact is that most goodness in the past had either got a bad media or no media. The 'no media' was not as perilous as the 'bad media'. The sad reality that in the long history of civilized nations and civil society is that the media of their times failed to rise up to occasion and chiefly because the leaders of media were themselves very poorly knowledgeable and aware. The end result was low or unfocused people participation to support the goodness. By the term media here we don't mean the 'Press' only. Media means those people and institution in all walks of life, be it religion, philosophy, culture, law or science, who had the leadership position to influence societal decision-making-mechanism.
- Third and important thing was the natural corollary of the second. As the goodness could not assure involvement and participation of the majority, a small group of unscrupulous people very cleverly entered the scene as middlemen and usurped the benefits in connivance with the authorities entrusted with the task of delivery of the goodness. Here too, historically, media failed in its role to preempt and prevent such unwanted usurpation. Rather, in most cases, media and its leaders proved hand in glove with the pilferage mechanism and enjoyed undue heavens.

It is Important to know the two prerequisites for the success of any goodness that was initiated for general well-being of humanity. First and foremost is a very aware and proactive media and secondly, a well-oiled regulatory mechanism for fast and steady penetration and reach to the masses as well as the insurance that goodness reached in the right and avowed shape and size.

It is to be clearly understood why all this happens. As we will understand that, we all shall develop very compassionate and affectionately objective view and stand over those people who either play villain to goodness or are simply a misguided lot.

Human ingenuity for pilferage is instinctive; it cannot be completely done away with. It has been said hundreds of years back by a wise man, '*Nobody can understand and check when a fish drinks water while being in water*'. 'Self' is an undeniable reality and 'selfishness' is also very natural, instinctive and intuitive. It comes out of the genetically designed urge for self-preservation of any living cell. The nobility of human selfishness is however a social product. And this social product is not intuitive but inculcated by right education and objective mind-training.

The fear or care for social approval and reprimand decides the intensity of inclination of selfishness to indulge in ingenuity of pilferage. The basic fear is the fear of majority and the only potent check on human ingenuity. But, humanity has always been unfortunate in the sense that goodness never gets majority backing and ingenuity always does get it.

This rule applies to all bad and wrong things of humanity. Be it the issue of corruption, religious bigotry, religious fundamentalism, religion-based-frauds, superstitions, social evils, etc, in all these the real culprit is the age-old subjective woes of humanity. They are fear, insecurity, gross ignorance, poor societal law-enforcement, undecided value-system of society, etc.

It is a scientific truth that a person who grew up very insecure, fearful, uncared-unloved and undecided shall live to be a man or woman with higher inclination to be corrupt, superstitious, practice religious fundamentalism & narrow-mindedness, be perilously radical and stubborn in social situations and above all an intuitively devious and deviant personality.

It is a simple rule. Sell fairness cream to very fair and already milky-white complexioned young lady and she will laugh at it. Sell the same to a dark-skinned lady and she will buy it in tones. Now, a good sales man is not satisfied as he has been taught to be ingenious. He will convince the milky-white lady that very soon she too shall have dark skins as the sun is becoming more intense and hence she would need the cream. If the lady is insecure, ignorant and full of fear, she will intuitively fall for it and the sales guy will be successful in selling the fairness cream even to her. No confident and secure lady with any type of skin shall buy the fairness cream claiming 'miracles' as she shall be a rationalist. There is no harm in the desire to be fair but the problem is with 'claims of miracles' and being subservient to this lure and belief.

The same is with all ‘adverts’ of politics and leaderships in any domain of life. Lure and false belief in ‘miracle adverts’, given by anyone in politics or by a leadership is his or her business but one should not ‘buy’ their ‘products’ riding on our instinctive fears, insecurities and love for miracles. Desire for ‘attainments’ in individual is not bad or wrong, however falling prey to our own fears, insecurities and stupidities is, if we blindly buy the ‘miracle-adverts’ of anyone – be in politics, economy or faith domains...

It is observed globally that it is women who largely are the buyers of most miracles of Gods, God-men and other faith-sellers. The sales-men of faith-trade know it very well where the easy market lies. The religion first creates fear and insecurity and then sells its products. The religion of all shades and colors shall tell people that this mortal world is so full of pain, uncertainty and troubles and then the hell awaits all sinners. Believing this is easy as this world is essentially chaotic. Then, the Gods and God-men say, ‘Come to me and I shall own all your troubles. I shall open the door of heaven for you who come to me’. He tells you, the sun shall make you dark-skinned and you cannot avoid the sun. And, only he has the ‘fairness cream’ that is a ‘*sure-cure*’ for dark-skin. And, he alone has the ‘umbrella’ of UV-protection!

Men are also not behind. With them, it is ‘sexual-potency’ that is what fairness cream is for women. The potion and pills sells with them as they are insecure and fearful about it. The potency-sellers know well, how to cash on to this insecurity.

You cannot blame men and women for such behavior. Fear and insecurity is intuitive to most of them. It needs a lot of courage, conviction and wise consciousness to stand fearless and securely confident to say a firm no to all these ‘fairness-cream-business’.

... Not easy; the rationalists understand this and that’s why, they are very compassionate and affectionate about all this ignorance and have firm faith that the picture shall change but we shall have to be patient. The disease is so deep and omnipresent that it shall take time. We need to accept that and be compassionate even with wrong and wrong-followers...

Stupidities are ‘Generic’; intelligence seeks ‘Specificity’ – That’s why human problems have commonality, solutions haven’t: this ‘dualism’ is doorstep of excellence & empowerment...!

Preposterous and naively outlandish it may sound, yet, it seems, stupidity of individual as well as collective humanity is generic and that is why visceral to all beings. However, intelligence is specific, not generic, and something, which does not come with innate body-mind packaging; rather, it is cultivated, evolved and is a learned/unlearned attainment...

This is important acceptance – Being ‘oneself’ is calamitous call for perpetuation of stupidities of generic consciousness, we all are born with. However, this ‘*Be Yourself*’ stupidity needs to be assigned critical test of ‘self-actualization’ process to travel the road to higher consciousness, which is the specific intelligence of ‘Yourself’. Intelligence is not wired in bodies but are evolved and matured through conscious mind and its empowerment through tough objective process of ‘self-actualization’...

Wisdom for humanity – individual as well as collective, is all about ‘specificity’ of time-space management, not a generic facility, available gratuitously. This dualism of ‘generic’ and ‘specific’ attainments and endowments for humanity is doorstep to empowerment.

Empowerment is all about knowing and accepting the mechanism of everything, in our milieus around and within our body and mind...

If we see and accept that for every individual; wisdom and excellence arrives in two different shapes and forms –

1. First, the *Generic* wisdom – Innate intelligence, everyone is born with, with varying degree of intensity and seeding. This is raw, precarious and dualistic ‘*Yourself*’...
2. Second, the *Specific* wisdom – Those experiences/learning, we acquire as we grow and lead ourselves into considered and discretionary enterprises of knowledge. This is evolved, matured and non-dualistic ‘*Yourself*’...

Once we see and accept the idea of generic and specific subjects, within an individual, we shall have ease in attaining excellence and empowerment. We shall see and accept that most stupidities of life and living come to us naturally as it is visceral and commonly innate in all humans. That is why, across the globe, across cultures and identities, human stupidities and troubles have commonality. However, cultures and societies differ in growth, wellness, peace and affluence because the people have evolved and attained different ‘specific’ intelligence...

As simple as this seems, the reality is – Problems of all humanity, irrespective of time and space are common as they emanate out of humanity's 'generic' stupidities. However, solutions for different segments of humans, in different societies and cultures are not common because solutions come from 'specificity' of human intelligence, which being an acquired attainment, cannot ever be common.

That is why, all societies and cultures start with common problems but different societies and cultures have different stages of growth and wellness, as solutions are specifically evolved in time and space. Individuals also look similar and have common problems, as all stupidities are 'generic', but some individuals have better solutions and lasting peace and poise, as they have uncommon 'specificity' of solutions...

We are all used to believing ourselves as some 'subject' or 'protagonist', doing everything and being the cause of everything. Modern science however says, there are different 'subjects' within the broad subject of 'self'. Hundreds of years back, spiritualism has already said the same thing.

There is a 'Generic Subject', which scientists term as the 'auto-function' mechanism of our body-mind synchrony. Then, there is a 'Specific Subject'. This is our reception-mode consciousness.

In our normal daily life, it is this generic subject within us, which is doing everything, as it is the auto-reactive mechanism. It is in times of distress, confusion, extraordinary situations or crisis that the specific subject, which is an entity of non-reactive, receptive mind consciousness, comes to fore and takes good control of life.

We rise up in the morning, ready to go to work, take a train or drive a car, finish off the daily work, come back in the evening, play with kids, have diner and go to bed. The generic subject handles it all quite well; of course with all its stupidities unleashing themselves in its course, we are not even aware of. Usually, for most moments in a day, we never ever deeply feel our subjectivity – the deep feeling that 'we' did it all. We seldom have the need for imagining things with deeper inputs from 'Me'.

However, when there is a crisis, a problem, this generic subject lands in trouble as it has the nature of handling 'routine' things, which is instinctive. Problems need specific inputs from

subjective imaginations and it is a domain of the reception-mode consciousness of specific subject.

For majority of us, our lives are dominated by the action-mode generic subject and this is because, it is this subject, which deals with routine affairs. The trouble is; we all live in a culture where most success benchmarks are of action-mode. Naturally, the generic subject is hailed as the ‘winner’ and star-performer.

Sadly, reception mode is considered regressive and primitive. It is neither put to use quite often nor is it relied upon as effective tool. The usually ‘winner’ reactive-subject is unconsciously assigned the task of even problem solving and this subject further aggravates the trouble by precariously dressing it up. Generic stupidities should never be assigned the task of ‘specific’ intelligence...!

The reactive-mode generic subject does not seem to have this ‘winning’ ability and leisurely timeframe to ‘undress’ a problem to arrive at ‘naked’ solutions. The receptive-mode specific subject is the ‘master’ of this art, on whom we usually do not rely and relegate to backseat.

The trouble most of us have is this: We have blurred the fine line of distinction between the two modes. Even when, we are supposed to be in ‘receptive mode’, we are ideating in ‘actionable’ patterns. We all live in such a contemporary societal space where every reception is culturally required to be converted into action mode.

Someone said it very innocently but sincerely – “Even when I am hugging and kissing my lover, I am not focusing on the joy of love and satisfaction of intimacy but on the idea that whether I am ‘performing’ well enough as a lover!” Our obsession with ‘actionable’ and ‘performing’ consciousness is corroding the potential joys and abilities of the receptive-mode subject.

There is a Japanese term called *Shikan Taza*, which is practiced by *Zen* masters. The word literally means ‘Just Sit’. There are many interpretations of the term as a ‘meditation-art’. However, what it means, in its holistic form is – “Sitting in a state without any tangible and intangible thought for action”.

It is essentially a practice of arriving and staying at ‘receptive-mode’ mechanism of consciousness. *Shikan Taza* then opens the doors for higher consciousness, where perspective is

holistic, assimilative and integrative. Here, problems are naked, unburdened of the dressing up of actionable-fabrics.

In Yoga and Vedic traditions of ancient Oriental world, we also have many such meditative techniques, which look like similar art. This only goes on to establish that wellness and goodness needs, across humanity, irrespective of cultural differences are the same and even the art and science to attain this are similar.

Contemporary world, where the 'self' is more challenged for wellness than ever before as we live in very complex world, demanding mad-multitasking, for which our brain is not designed. Also, fast-paced life with competitiveness for survival and wellness being very high, the 'self' is always in drift and flux. Once we undress this flux and drift and stand with bare consciousness, we can see, the real, the actual and truly aware 'self'. This is the process of rising above the stupidities of '*Be Yourself*' viscosity...!

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...For Finality Of Fruition

It is not that people await good times, the good times also await good people to come and hoist the potential seeded in the soil of future. Good words also wish for good readers, to be in reception of and be in linearity of the innocent intent, which ride on the shoulders of the words, for the finality of their fruition...

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... On Navigation And Expression Of Intent

There has to be a humble admittance – Any word, however well meant and well spelt, is a possible suspect of misinterpretation. There is a simple reason. People are in different consciousnesses and culturally as well as personally inclined to a specific value-summation of utilities. As a writer, it is a huge temptation to take liberties, with not only imaginations but also

with the words, as against their common and popular use. Do kindly accept my latitude with language and personal coinages of words, as I understand, many times, they may not conform to popular usages. I share with you whatever is part of my consciousness. All wisdoms say, what stays with you is what sinks in. Wisdom is what we internalize. I share with you whatever I have internalized in my life. This may not be mainstream stuff; but may have utility in some meaningful way. I believe, as a reader, you shall enjoy this novelty and pleasant awkwardness of the writing.

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Thanks For Your Magnanimity, The First Chapter Begins...

CHAPTER 1

There is this primeval, ubiquitous and transcendental question about purpose of life. Somehow, this question spares none, at least most. This itself suggests, the question essentially is not a question but an instinctive mechanism, a wired situation, an embedded cognition in our consciousness; somehow a visceral drive of humans in general. If something is common in a species, if a behavior and action is universal in all members of a species, it needs to be accepted that it is then wired in body-mind mechanism.

However, this also then suggests, as the question or a life-situation is there in all of us, there also must be answer wired in our body-mind mechanism itself. This hypothesis needs to be tested and understood well as it may lead us to larger wellness.

Somehow, it seems; this correlational incidence of question-answer and problem-solution being installed in the common structures of our body-brain mechanism is the beauty and magnificence of life and living. We have so-called questions about life and living, ingrained deep inside our neural make-up of brain states and therefore, every one of us has this question. There are so much of differences in physiological, sociological, cultural and psychological milieus for over

seven billion people on earth, still the question's singularity probably proves, it is probably wired in our core mechanism.

Naturally, as humanity has successfully survived and thrived for over 4million years, there must be the right answer of this ubiquitous question in the same neural make-up of our brain states. It seems, many humans have understood the question right and deciphered the appropriate answer, otherwise human survival itself would have been in question. However, it is also very clear that in all stages of human civilization, most humans have neither understood the question not deciphered the true answer. The human history of perpetual chaos, conflict and confusion only proves this.

It seems, it is about accepting a question inside our minds as some bio-chemical-neural situation; like hunger. What we feel and call as *Hunger* or *Thirst*, are also like 'questions', which happen because of a bio-chemical-neural situation within our body-mind mechanism. Naturally, the question of hunger and thirst has answer also within the same mechanism, with another set of bio-chemical-neural situation...! It is essentially about a higher cognition of our bio-chemical-neural mechanism...

Somehow, from our own life-living-experiences we know and accept that solution of problems is not a big task. If you have a problem, we 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'. We can accept it as question.

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. This qualifies as answers.

That is why, we already know and accept it that we actually need little 'action' but loads of calm and objective 'reception' in analyzing the 'factors' that essentially constitute a problem. The 'genesis' of solutions is in total and perfect reception of the 'genetics' of the problems. As evolution has created lives and sustained it for millions of years, despite loads of crisis and

chaos, it seems, lives have been created in symbiosis and symmetry with ambient milieus for survival and human brain has imagery and simulated neural structures of these outside milieus, wired in brain states so that all essential ingredients of human survival and excellence comes pre-installed. Therefore, we can say, all questions and therefore all answers are wired in neural make-up of brain states. We just have to understand questions and decipher-decode answers.

That is why, classical Indian spiritualism and contemporary quantum science also say – ‘*Nothing outside you has any meaning and worth*’. This means – all our questions and all our answers are wired deep inside us – in our bio-chemical-neural mechanism. All realism, all cognitive factualism and all situation of life-living are installed innately in neural make-up of our brain states, with bio-chemical structures of body aligned to it in some commensurate symmetry...!

That is why, classical Indian spiritualism and modern science stress on ‘*aatma-sakhchhatkaar*’, a Sanskrit language word for ‘self-dialogue’ or ‘self-actualization’. The truth, the realism, the idealism, the purpose and poise; everything are already within our own body-mind mechanism. However, truth can never be ‘created’ as it is already there but it has to be ‘unraveled’ and ‘deciphered’ by every individual. Therefore, since early days of settled human culture and civilization, the wise of humanity have insisted on processes of ‘self-introspection’ and ‘self-actualization’...!

This needs to be understood and accepted. We have a mechanism but everyone cannot qualify automatically to see and understand this mechanism. The ‘truth’ may well be there within but there is no easy route to automatic access to it. There is a persevered and conscious awakening mode of ‘self-actualization’ for deciphering and decoding this truth about our mechanism.

Let us see, understand and accept this simple realism, which however is considered as the greatest conundrum of life. We first need to accept that all species on our planet earth have evolved in millions of years and humans are also a species, evolved in billions of years. If this planet has witnessed millions of different species and many very old species still surviving since millions of years, then the evolution has been successful in its mechanism. Naturally, the core mechanism of evolution, which installs ‘drives’ or what we may call the ‘neuron-plexus’ of instinctive roadmap of life-living, must have been very powerful and successful. We can see, how the evolution has installed the three (some list it as four) core drives in all creatures of

millions of species on earth and these drives energizes everything for all living being, including humans. These drives are –

1. Acquisition/Possession
2. Preservation and
3. Perpetuation

Some list four drives in humans as –1. Acquire 2. Defend 3. Bond 4. Comprehend. The first three drives, though different in nomenclature are the same in all living being and only the fourth drive of ‘comprehension’ is added for human species. However, this drive of comprehension is not exclusive to humans. As science says and even classical Indian spiritualism accepted; many higher animals like elephants, whales, dolphins, dogs, primates, etc have varying degrees of consciousnesses, facilitating some shades of comprehension.

So, the very question about purpose of life emanates out of our core drives. As we said above; we may need to accept the questions of life-living like *Hunger* and *Thirst*, which also emanate out of our installed drives within. There is this hypothesis, which insists since thousands of years and now validated by contemporary science that there is no realism outside our mechanism of consciousness and cognition. As evolution has sustained us long enough, it has wired our mechanism in symbiosis and symmetry with cosmic constructs. This leads to the fruition of the core and primary hypothesis that all questions and all answers are within us.

Now, we think, humans do seem all similar but they are all different. Science says – no two brains are similar. This means, we all have different neural wirings. Therefore, different people shall have different neural make-up of brain states and this shall in turn create differentiated ‘Consciousness’. As consciousness is differentiated, people shall have different cognitions. It is therefore only natural that even when core drives of humans being same, as consciousness and cognitions are different, the questions of life-living shall also be felt, realized and accepted differently. The answers therefore are bound to be differently expressed...

Within the above-mentioned singularity of hypothesis about commonality of mechanism of body and mind, the idea of different dimensions of perception, owing to different shades of human consciousness and cognition is added. This somehow further complicates both questions as well as answers.

This is probably the beauty of life-living, yet the primary and core trouble for humanity. Most animals look alike and may also feel and act alike. However, humans cannot and this diversity, despite being beautiful, is core trouble for humanity as it makes it impossible for humanity to develop and accept singular '*Theory Of Everythingness*'...!

So, different people shall have different personal expression of their core drives. Someone shall feel and accept that life is futile and there is no meaning of eating, drinking and having sex. Many however shall readily accept life's purpose as simple as the above. So, your core drives themselves create all shades of questions within you and accept answers as per their neural make-up in brain states.

Science says, there are seven shades of consciousnesses and 16 brain types, which make people different in their thoughts, perceptions and actions. This in turn ensures that human conflict with each other is perpetual. Science insists – 'We do not see and accept things as they are, but we see and accept them as we are. This is beautiful but core trouble for humanity.

This new millennium has this empowerment for all of us that we now have this knowledge about '*How And Why We Are What We Are*'. This body-mind mechanism and how it creates different shades of subjective perceptions, is now a well-accepted knowledge for all the humanity. This is the true education and real knowledge, every one of us has to imbibe. If we want *answers*, we need to first understand the mechanism of *questions* – how and why they are what they are. As we understand the origin and seed-situation of questions, we can decipher the answers, which cannot be created individually, but are already there within us, for each of us to see, understand and accept.

The populist cultures and the so-called intelligent social, economic, political and religious leaders shall all offer you wisdom to look for 'answers' in 'external' milieus. They shall make you see all questions and all answers outside you. They shall say that they have 'created' truth and answers for your wellness and excellence. They all are saying things contrary to truth, which classical spiritualism and modern science has unraveled since long. Nothing outside human body-mind mechanism has any meaning and worth. This clearly means – all questions and all answers are within you as they are installed in your 'drives'.

However, there is a warning. Many in contemporary world shall advise you – ‘Be Yourself’. This is calamitous populism. This ‘*Be Yourself*’ prescription makes you believe that all your innate instincts are true and your visceral being is your God – the epitome of righteousness.

Be warned – this is a huge trap of conundrum! This ‘Be Yourself’ is the seed of solipsism, anti-rationality and anti-intellectualism. The populist version of ‘Be Yourself’ prescription is somehow an easy and stupid acceptance that ‘I Am Good, Whatever I Am’. We are not...! We can never be!

Our drives are not our God. Our drives are neither ‘Good’ nor ‘Bad’; neither ‘Right’ nor ‘Wrong’. Evolution is a stupid engineering. It has not installed drives in us with an eye to righteousness, idealism or appropriates. Drives are value-neutral. However, righteousness and goodness is an evolved personality positioning, we are not born with. This we learn and unlearn. Moreover, there can be one set of righteousness for ‘self’ and another set of probably contradicting and conflicting socio-cultural righteousness. We already know, humanity never had a singular God...!

Therefore, do not accept your drives, instincts, visceral-self or gut feeling as God or ‘righteousness unto itself’. Rather, the idealism is, as we have said above, assign the instinctive energy of ‘skepticism’ to all your drives. Empowerment is in seeing, understanding and then accepting our drives. Self-dialogue, self-introspection and self-actualization are the tools of empowerment and these tools, we are not born with but evolve as we grow and mature. We shall elaborate the macrocosmic dimensions of this ‘Be Yourself’ idea in later chapters.

In classical Indian spiritualism, there is a proclamation of ‘*Aham Brahmarshmi*’ (I Am God). This somehow can be accepted as true ‘Be Yourself’ consciousness positioning. This ‘*I Am God*’ proclamation seems like a truly qualified ‘Be Yourself’ positioning because the idea is in beautiful commensuration and symmetry to the evolutionary realism of milieu-specific wired consciousness. It is about elements of outside milieus finding expression in the wired neural make-up of brain states. We shall elaborate it in later chapters.

At the very outset, we need to accept that when thousands of years back, some wise said, ‘*I Am God*’, he probably meant that he has seen, understood and accepted the mechanism of ‘life-living’ by unraveling the structure and functions of drives within. This ‘I Am God’ or ‘Be

Yourself' idealism is not in being a slave to the drives but in understanding the origin and seed-situation of these drives to unravel the questions and answers of life and living. As and when someone masters the drives, which have the potential to make him or her a slave, then it is only natural that he or she shall humbly but honestly say – I Am God.

The two very popular spiritual practices of contemporary times – *Yoga* and *Vipasyana*, are both evolved processes of self-dialogue, self-introspection and self-actualization. Both brilliant spiritual science leads you to seeing, observing, understanding and then accepting your drives. As you see and accept the mechanism and process of your drives, you enter the doors of empowerment. Then the energies of self-dialogue, self-introspection and self-actualization leads you to brilliant journeys ahead. It is all about looking within, to see the questions in their holism and then accept answers in the same states of realism within.

Remember, our forth drive – 'Comprehension' is our best empowerment tool. However, in its early stage, this faculty of comprehension also creates loads of confusion, conflict and chaos. Be warned. There is a threshold of comprehension, which we need to cross. Once we are beyond that threshold, we leave behind all confusion. That is why, wisdom is a persevered artistry.

Do remember, ancient Indian traditions always 'celebrated' all our drives, because our wise forefathers accepted that the 'emancipation' (*Moksha*) of '*Kaaya*' (Body) can happen only through the energies of '*Maaya*' (Drives/Instincts). Classical Indian spiritualism 'celebrated' our core drives and accepted that life-living is one huge festival and celebration of '*Maaya*'. However, there always was this insistence on 'understanding' our drives. Let us all understand and become empowered and then celebrate all questions; all answers of life-living.

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CHAPTER 2

Populism often has this weird tendency to ride on 'abstract logic', mostly suiting personal utilities. As individual desires are common and operative ambient milieus too are symmetrical,

such populist perspectives become memes, which we call as 'collective unconscious'. Pop cultures often have deep shades of powerful memes, painted on the canvas of collective unconscious, beyond conscious cognition. Consciousness anyway is usually in constant drift, blown apart by powerful pop sinews.

One such populist perspective is the term and idea called 'visceral'. The populist perception is that what is instinctive to all of us has the ultimate utility and wisdom. This emanates out of this contemporary liberal and consumerist meme that '*I Know and I Know It Right As It is Visceral To Me*'. This seemingly embedded over-egoism of 'I' and its avowed 'super-hero' imagery has fueled this penchant for all things visceral.

This populist perception to validate all shades of desires and wants of our instinctive urges and drives however is only a very personalized value, which has become a meme but has no roots in logic and objective prudence. Interestingly mystical seems the realism that what happens to us, felt obviously by its deep-seated 'desire-drive', is more believable and acceptable than some distant and 'external' prudence of objective logic.

But then, scientists warn that most human drives or instincts are without conscience. They do not care about long-range effects. It seeks only immediate personal gratification as to most of us, feeling one's own desires is the easiest thing and many believe – All good things need to be simple...!

Modern knowledge of brain realism also accepts that consciousness is very localized. It instinctively being a reactive mode facility cares for only short term utility and worth. And as deciphering one's personal desires and gratification needs are the easiest wisdom, most of us fall for this utility of 'intelligence'.

However, visceral drives and their utility apart, what singular objective logic says is –

'If conscience exists, it exists in the intellect of the human, not always in instincts. To be human is to allow the intellect to preside over the utility and worth of every important action-behavior over the dimensions of time, space, people and processes. It is this necessary intellectual control of the instincts which makes a culture successful.'

Globally, there are studies and researches going on, which are looking into the dynamics of individual drives and social viability and they see clear trends. We see contemporary cultures in loads of drift and flux because majority of people are behaving true to their instincts (Visceral Wisdom), without much intellectual control and conscience.

Interestingly, even though this intellectual self control is a learned function and is called self-discipline, to over-ride less desirable instinctive behavior, the very seed of this need for self-control is deeply wired in our instincts itself. The guilt or remorse or even this ephemeral 'second-thought' that often follows instant-self-gratification is also instinctive and visceral. We seldom accept it this way.

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

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

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

Things have changed in modern cultures. Evolution's game plan is no more valid and no more required as traditional gender roles have changed and in liberal cultural scenario, sex has lost its old and tested evolutionary purpose. Moreover, in modern living, humanity does not have the old

challenges of survival and species proliferation, as we are many times more in numbers on this planet and have managed to live quite long.

We do not need to go into details as everyone knows, how modern cultures have placed sex in a rather demeaning and diminutive imagery as fun thing, thrill-tool, boredom-buster and just time-pass activity, rather than a reproductive tool.

In modern civilization, where success of cultures depends on how intellectual self-control is exercised over instinctive drives, just the inverse is happening. Sex was once an instinctive drive, designed for species needs millions of years back. Now that modern human life-living situation and overall cultural advancement has made those needs obsolete, what we need is intellectual self-control over this powerful sex drive, which has lost its primitive usage. We need to accept sex in a totally different light and perspective.

Though, it is a long and complicated scientific explanation as how our brains have been designed in long years of evolution; we just have to know and accept that unlike other human organs, human brain is not a single organ. It is rather a cooperative of many parts, evolved during different times of evolution, with each part being an *addition* to the old one, not a *replacement*.

Therefore, what we need to accept is that our brain is not doing this favor of *intellectual discretion* to us. It still has the primitive brain, over which the new parts have piled up. That is why our brain still has the primitive instincts and drives. It also has modern logical parts but brain is not doing any automatic pruning for us. We have to exercise learnt and nurtured intellectual control over our instincts. Both instincts and intellect are part of our brain mechanism but this self-control thing works well only when we have evolved a higher consciousness.

This hypothesis advocates this contemporary wisdom that ‘Be Yourself’ ideology is a qualified wisdom. Just being yourself or blindly following what our instincts leads us to is stupidity. True meaning of ‘Be Yourself’ is seeing, understanding and accepting the drives and instincts through a tough and objective process of ‘self-actualization’ and ‘self-dialogue’ and then install intellectual self-control over all our visceral desires.

As ancient spiritual traditions as well modern science has been telling us – ‘What we seek is what we want and all that we want is not what we need.’ There is this fine-line between what we

‘want’ and what we actually ‘need’. This is the prudence of evolving and maturing as a human being. Our visceral self shall always lead us to our primary drives of 3Ps – Possession, Preservation and Perpetuation. These drives are wired intelligence, so that we all survive and excel. However, our drives are value-neutral and very localized. In collective modern living, we cannot solely rely on our drives and justify it by professing to Be Yourself viscerality. We need to apply intellectual self-control to prune our old and obsolete vestiges of drives.

There was an interesting survey in USA, where a group of people were asked whether they would accept \$100 right then or forego it to get \$500 after six months. Study found that overwhelming majority of people accepted only \$100, not bothering to wait for six months in anticipation of better gains. This is some viscerality, which we need to unlearn. Be Yourself drives and instincts can be good, but not always and not in all situations. Our drives were created when humans lived in precarious life-living milieus. WE now live in reasonably settled and structured milieus. That is why, we cannot and should not rely blindly on such old and obsolete drives, which have lost their utility and worth in modern milieus.

Instinctive behaviours are auto-mode, intellectual initiatives are not. Therefore, the intellectual self-control needs to be inculcated and persevered through conscious practice. This presupposes quality time with *self*. Contemporary life-living of constant drift and flux drowns us in auto-mode reactive decision-making, conditioned by our raw viscerality. This we all need to unlearn.

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

There is this very subtle difference in *cognition* regarding so many life-living realisms, which produce two extreme *causalities* – extremely beneficial or extremely calamitous. This difference in cognition is about how we hit a *poise* of higher purpose between *tangible* as well as *intangible* elements of some realism. This needs to be applied in the domain of sex.

The tangibles of sex, the visceral overtures and physical intimacies have a very limited purpose, which are now evolutionary vestiges. We surely do not need sex in its primeval tangible form. However, the intangibles of sex are unlimited and they offer us so many sunny shades. The

intangible elements of nurturance, mutuality, intimacy, cooperation, compassion, commitment, trust, etc are all very beneficial requirements for overall wellness of we all and all these elements must be made to ride on the tangibility of sex.

Evolution has given us a *vehicle*, a medium, but what we carry on this vehicle is now the role of our *intellect* and higher consciousness. We talk about human mechanism of this dualism of ‘wants’ and ‘needs’, with reference to drives in detail, in next chapter.

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CHAPTER 3

Science is working on bio-engineering probabilities, which could install a ‘package’ of knowledge and information in the minds of every new born, like a computer is installed with a software, so that every individual of every new generation could not have to spend long years reading about them and learning them. May be, science could also be someday successful in creating a ‘pre-fabricated’ brain-software, which makes it possible for all kids to be born with all past knowledge of humanity. Till then, it is ‘field-day’ for every stupid man and woman to flamboyantly flash his or her ignorance and proudly proclaim it to be the ‘exclusive genius’ of humanity...! This is visceral...!

Solipsism, early-life streaks of ‘anti-intellectualism’ and ‘anti-rationalism’ is not something, which come ‘pre-installed’ or ‘pre-fabricated’ in human mind but we are wired for them. Individual men and women ‘learn’ these ‘stupidities’ from their mad-milieus, as not only now, in all ages, ambient social-cultural milieus always have abundance of ‘stupidities’ for every young man and woman to ‘learn’ and then flash them as ‘exclusive genius’ of personal possession. Aping is visceral, however, what one apes is his or her choice, evolved out of the milieu, he or she was born and raised into...

Somehow, every newborn boy or girl comes on this planet with just an operating system of raw instincts, wired deep in his or her neural-make-up of brain states. Though, science may not yet

have devised this 'magic-software' of 'knowledge-package', to install in every newborn's mind but for sure; since ages, most newborn boy and girl are blessed with two 'engineers', in the form of mother and father, who keep installing 'good-software' of necessary personal/social/cultural knowledge and information in the computer of young minds, so that they have the contemporaneous mind training to fit into the larger sanity of humanity as well as ambient milieus. However, tragically, not only in contemporary world, but in almost all ages, majority of newborns are assigned stupid 'engineers' of mother-father, who either do not have 'sound engineering' knowledge themselves, or they are themselves victims of stupidities, or they do not have the time, wherewithal and inclination to do their cosmic duties. In contemporary cultures, the parenting has become qualitatively more precarious.

Therefore, on an average, at any time in evolution, human society has been inundated with over 80% stupid, who believe and accept that just being born as human being, they become the veritable genius and most knowledgeable creatures on earth. It is only very natural that average level of stupidity in human society and culture is almost always constant at 80%-stupidity. Somehow, it is also visceral and that is why the critical mass of stupidity is stabilized at optimum 80%. Why?

It is largely because, some humans may endure all pains and sufferings to unravel and decipher the true sanity and symmetry of knowledge for human wellness and excellence but they are always part of our history – A knowledge base not amenable for automatic transference to every newborn mind. No mind is born 'pre-loaded' with a software of 'historicity'. Every individual boy and girl has to grow and evolve to learn the 'history of knowledge and wisdom' and then make practical use of this human wisdom in their own lives. This is some task, which requires loads of painstaking and honest labor and persevered poise. Only handfuls have it... This is also visceral... Why?

Somehow, solipsism, anti-intellectualism and anti-rationality are all something, for which we all are wired. This is how evolution has designed our body-mind mechanism and consciousness as evolution itself has been and remains a stupid engineering. That is why, in this factory, mostly stupid are manufactured. Science has deciphered this 'hardware-software' trouble of humanity, even as billions of humans happily and stupidly accept themselves as geniuses. This is hardwired... visceral to all of us...!

Science says –

“When confronted with the unpredictable and unknown, your frontopolar cortex refuses to admit defeat. It draws on all your computational abilities to search for patterns in random data. In the absence of real patterns, it will detect illusory ones. And it will prompt you to act on them.”

That means, we all live in a world of make-shift beliefs and ‘perceptions’, for which our brain and mind consciousness has such predilection that it is ever willing to accept any idea, which is already there in our memory/experience – part of ‘I’ or ‘Self’, which we have an infatuation to associate with. However, even a universal truth or transcendental realism, which is not in our brain referral, we shall ignore it and would rather fight against it with all might of our ‘perceptual’ mind consciousness. That is why, most people love to live, survive and thrive in the world of ‘self-suiting’ and ‘self-satisfying’ perceptual world of imaginations, sans facts and truths. We shall deal with the ‘perceptual-living’ troubles, later in ensuing chapters.

Aldous Huxley describes it best:

“... since the mind-body is capable of an enormous variety of experiences, we are free to identify ourselves with an almost infinite number of possible objects—with the pleasures of gluttony, for example, or intemperance, or sensuality; with money, power, or fame; with our family, regarded as a possession or actually an extension and projection of our own selfness; with our artistic or scientific talents; with some favourite branch of knowledge, some fascinating ‘special subject’; with our professions, our political parties, our churches; with our pains and illnesses; with our memories of success or misfortune, our hopes, fears and schemes for the future; and finally with the eternal Reality within which and by which all the rest has its being. And we are free, of course, to identify ourselves with more than one of these things simultaneously. Thus a man can be at once the craftiest of politicians and the dupe of his own verbiage, can have a passion for brandy and money, and an equal passion for the poetry of George Meredith and under-age girls and his mother, for horse-racing and detective stories and the good of his country—the whole accompanied by a sneaking fear of hell-fire, a hatred of Spinoza and an unblemished record for Sunday church-going.”

Globally, we can easily find such a person and personality among our dear politicians, whom we hail like ‘God’ and other God-Like celebrities, whom we ape like primates. We shall also talk about this issue of why most of us all are in deep infatuation with this perceptual-living.

Eugene B. Shea shows us how:

“The human mind has an ‘inhibitory system’, which routinely and automatically removes from perception, reason, and judgment over 99% of available fact. We do not even feel these facts. As it seems; we actually do not select stimuli from the environment, rather, they are selected for us and this postulation makes a lot of difference in what we perceive of ‘self’. This is the super-convenience of living in stupid joy of our subconscious mind, with scant regard to conscious facts and realism...!”

So, different people shall have different personal expression of their core drives. Someone shall feel and accept that life is futile and there is no meaning of eating, drinking and having limitless sex. Many however shall readily accept life’s purpose as simple as the above. So, your core drives themselves create all shades of questions within you and accept answers as per their neural make-up in brain states. Science says, there are seven shades of consciousnesses and 16 brain types, which make people different in their thoughts, perceptions and actions. This in turn ensures that human conflict with each other is perpetual...!

The trouble is – stupidity of ‘visceral-living’ and self-certified-genius of ‘perceptual-living’ is what we all are wired for. There always is plethora of wisdom, all aligned to simple acceptance for every human being – man or woman. However, very few have the intelligence of personal initiative to seek it and imbibe it. We have already talked earlier about the generic stupidity in all humans about falling in hot-chase infatuation with the populist slogan – ‘Be Yourself’, without ever caring to learn and unlearn about the core ideas of ‘Being’ and ‘Self’...

As a wise said –

Every race, every art has its hypocrisy. Every community, every nation has its own lie, which it calls its idealism. Every creature therein breathes this lie from birth to death; lies are adapted to the mind of each race and art. There are only a few men of genius who can break free from it through heroic moments of crisis... genius cannot be defined without touching the ridiculous...!”

The good as well as bad thing is – Humanity has a long history and history has this goodness to repeat itself, so that the stupid humanity could at least see the light of sanity, even when they fail again. However, there are only handfuls of humans, who think it necessary to check the pages of history to learn continued wisdom and unlearn past mistakes.

Here is an example –

In most parts of developing world, like India, China, etc, sexual revolution is now becoming mature. Now even teenage girls are openly mouthing ‘free-sex’ and ‘unlimited-sex’ demands. This somehow makes many girls and women believe that ‘empowerment’ begins and ends with ‘Doing What Body Wants’ and what all bodies ‘want’ is sex-thrills and instant-self-gratification, most of which we do not ‘need’. This ‘*Be Yourself*’ stupidity of visceral drives is some ‘perceptual empowerment’ many women think is being ‘modern and contemporary’. This they do, not even bothering to check, what recent and long history of humanity has to offer as ‘learning’ and ‘unlearning’. As we said, it is some stupidity, we all are wired for. However, historicity and its sedimented wisdom does not come pre-installed in new born brains.

As contemporary young women and even teenage girls are advocating free-unlimited-sex liberalism, the part of world, where it all started, has now spent decades structuring an advocacy against it. Already, anti-feminism and ‘back-to-basic’ voices among many reasoned women and girls are getting stronger and those societies, who launched (rather re-launched) it and ‘repeated’ the mistake, humanity had committed thousands of years back, are now well on road to sanity, with both most men and women accepting the futility of the dwindling, yet prevalent free-unlimited-sex culture.

If only we could check our own Indian history and if only we could check the history of social sciences, we all could accept why this contemporaneous ‘free-unlimited-sex’ intellectualism and ‘Be Yourself’ empowerment is an old-obsolete vestige of history and why the new millennium men and women are moving away from this once very powerful ‘unsettled-feminism’ agenda of unbridled-unlimited-sex.

Our History –

Around 3000 years back, in India, when human civilization and culture had settled enough to find and enjoy the level of security, abundance and even opulence to think of higher joys and goals of life, there was a very powerful and popular idea of 'Sexual-unputdownability', wrapped in the garb of 'Liberal Righteousness', 'Be Yourself' agenda and 'Visceral Is Intelligence' philosophy. We have descriptions of these 'sexual-liberalism' of ancient India in our classical texts. The Buddha was born in such cultural and ideational chaos of ancient India, where rich and wealthy population was out to 'enjoy life bounties' and were willing to adhere to a wing of life-philosophy, which was akin to modern sexual-insanity, where all sex-escapades were advocated to be made above moral-questioning. Where all shades of viscosity of instant-self-gratifications and hardcore consumptive-carnality were justified and even practiced.

Buddhist literatures and texts of the time are full of description of socio-cultural anarchy, which was prevalent in times of Buddha, which moved Buddha to embark on a path of '*samyak-vichar*' (poised thought). There are enough written texts available for all young men and women to read and learn from our history. If contemporary young men and women think and live in the perceptual world that what they are witnessing and practicing is something new, novel and contemporaneous to humanity, then they are away from facts and truths. It is just history repeating its stupidities. Their novelty is somehow only a few thousand years obsolete.

Somehow, the ancient Indian epic of *Mahabharata* and the embedded spiritual philosophy of *Geeta* in it are great texts of societal and cultural situations of the times that seem to be pre-dating Buddha. In *Mahabharata* also, which scientists date around 1400-1500 BC; there are vivid details of how 'unbridled-sexualism' and 'irresponsible-liberalism' had created a society and culture of 'mad-consumptive-opulence'. In *Geeta* too, there is a very powerful description of a 'demographic theory', where *Krishna* elaborates to *Arjuna* about how 'unbridled-sexualism' and 'irresponsible-liberalism' in the then society had resulted in wider chaos and unnecessary conflicts in society.

Geeta and *Mahabharata* must also be accepted as one huge 'social science' text. Similarly, Buddha must be accepted as probably the first 'Cognitive Science/psychology' genius, who understood human drives, human cognitive conundrum and consciousness conflicts. It is debatable whether he was the first but so many greats of past insisted on this need to see and understand the wired drives of body and mind and then rise above them through a persevered

process of self-dialogue and self-actualization. Indian spiritual philosophies of *Yoga* and *Vipasyana* are brilliant cognitive texts, detailing the causalities of human drives and milieus, which engender this stupidity of ‘Be Yourself’ viscerality. They also list the way out.

Then again, around in 600-800 AD, India again witnessed the same situation. There was a spiritual-philosophical movement led by *Shankra*, who advocated a ‘poised-life’ even when there was a contemporary populist philosophy by ‘*Charvaks*’, which advocated this ‘unbridled-liberalism’, based on ‘visceral-intelligence’ and so-called ‘Be Yourself’ philosophy.

Many believe that this *Charvak* philosophy was also there in the times of Buddha. In fact, since the inception of human civilization and culture, two streams of life-living philosophy has always existed –

1. This wing of philosophy believed that life-living and humans have higher goals and they are different than what the innate body-mind mechanism tells us...
2. The opposite philosophy accepted body as ultimate intelligence. It insisted that there was nothing called ‘higher goals’ of life or higher purpose of life and that is why, the body and mind is genius enough to see and accept that what body-mind tells and seeks is right and good...

Here, we have to see and accept something very critical. There is always this ‘cyclicity’ in time-space domain. That is why history repeats itself. There is also this very well documented history of social sciences evolved between 15-17th century, which have well elaborated how human thoughts create socio-cultural conflicts. The general will, social contract and Epicureanism ideas are there for all to see and understand.

Classical spiritualism has said it way back, social sciences documented it in modern era and now modern contemporary science in new millennium has been telling us that this cyclicity of human society is wired in our brain. That is why it has this cyclicity of repeating itself in time-space continuity. This we need to see, understand and accept –

- Humans are born with core drives of 3Ps – Possession, Preservation and Perpetuation. Our drives give us kick of life, as they do to most creatures, being aligned with our bio-chemical system of hormones. Our drives have been installed by evolution to live a life of

subconscious indulgence of 3Ps – Possession, Preservation and Perpetuation. The 3Ps shall always advocate ‘unbridled-pursuits’ and any check on these 3Ps make us in fight-mode to secure them. This is visceral intelligence, wired deep in us. However, thousands of years back, humanity chose to live in communities, leaving behind the life of wanderer-gatherer. In fact, evolution has also wired us for ‘tribe-living’ as humans have sustained in community-living since thousands of years. We humans have gregarious gene. Scientists have clearly mentioned of human’s social animal needs. This community or societal living requires some ‘reasonable restrictions’ on our core drives. As a political philosophy says – ‘*Individual’s right to stretch his/her hands ends where the nose of other individual begins*’. To be human is to have a poise between ‘wants’ of drives and social ‘needs’. Both are visceral and a wired realism for all of us. The two powerful human needs always split all humans. That is why, this conflict and dualism creates a cyclicity in human history. This dualism is wired in all of us.

In contemporary societies, where life and living has become very complex, it is only natural that humans shall feel the pinch of poise in a hard way. If we see, understand and accept it, we all are wise and our societies are happy. It is primary wisdom...!

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CHAPTER 4

If you accept and allow the macrocosmic perspective to build on a hypothesis that singular objective truth and realism apart, whatever seems and presents itself for observation, is a registry and artistry of the hugely mystical marvels of brain, which unravels them through our mind consciousness. This hypothesis is not a figment of pure imagination; rather it is a primary acceptance of innocence of intelligence.

This hypothesis is an initiation into the complexity of this multidimensional universe of mysticism, marvel and magic, which are now ensconced and embedded deep into our mind consciousnesses. It is even accepted that these cultural ideas of mysticism, marvel and magic are

now very much part of our instincts, our genetic wiring. This then extends an expansive interpretation and acceptance of the idea and idealism of Be Yourself prescription.

This mysticism and marvel of mind consciousness of contemporary humans, engenders an 'I', a sense of subjective self, which has now put the idea of divinity into an external domain. However, some ten thousand years back and even beyond, this mind consciousness of early humans were not what it is today of we people. The early consciousness could see and accept that all ideas and dimensions of realism outside were not external but deep within. This consciousness defined and accepted divinity as well as 'self', not in a cultural way, as we accept it today. It was only natural that early consciousnesses of humanity, thousands of years back created such beautiful and insightful metaphors of divinity, which now stand as completely degenerated. It is tough to understand and accept those metaphors as contemporary mind consciousnesses have become highly cultured by degenerated notions of realism.

When a mind consciousness, positioned in a state of poise of all tangible and intangible elements of being and cosmos expresses this idea of "I Am God", it creates a marvelously precarious superposition of entities. This super consciousness, assimilating and identifying the 'self' in complete linearity with the idea of divinity, has almost no choice to express its situationalism in any other set of words. This super consciousness, understands, accepts and internalizes the 3Ms – Mysticism-Marvel-Magic, with the perspectives of 3Cs – Consciousness-Cognition-Causality.

The expression, "I Am God", can be anything but never the narcissistic expression of an intelligent mind consciousness. Rather, it must be primarily accepted as the self-negating expression of an innocent mind consciousness, stretching the self beyond all signs and semblances of 'self'. This somehow unravels how this idea of 'Be Yourself' can be exalted to such noble heights of self-actualization.

At the very start, we need to accept a very natural and fruitful mechanism of mind consciousness, which shall help us in understanding, why the proposition, 'I Am God' becomes a realism. You must have noticed; when you listen to your favorite music, you start with listening music, then your consciousness moves with the music and you feel like being part of the music and finally your consciousness merges with the music and you become music.

The best experience of this merger of identities – external and internal into singular identity happens in love. Be in love and you will see and experience the multidimensionality of all realisms around you – be it within self or in the milieus outside, merging into a singular consciousness. Be in love to experience the magic and then you yourself become The Magic.

Deep within the body-mind intimacy and emotion of love, you shall cease to be an experiencer and turn to be experience itself. You start as being in love and then become love. Love happens and this merger happens – the experiencer becoming the experience. All pluralism, all dualism and all multidimensionality of consciousness and realisms merge into singular linearity. All ‘somethingness’ first enters the domain of ‘nothingness’ and then finally it swims effortlessly in the ocean of everythingness. This is the magic of ‘Be Yourself’ self-actualization.

The same and even far more spontaneous and lasting is the experience of the experiencer of divinity becoming the experience itself and in the state of such ultimate consciousness, where all somethingnesses become singular everythingness, the conscious self merges into the unity and linearity of cosmic consciousness. As this merger, dissolution and ultimate union ends up the segregation of external and internal realisms and people start feeling being the love or music itself, a consciousness in the domain of divinity also feels being divinity itself and what comes out as a light from the consciousness is put in humanly designed words as – ‘I Am God’. This however is difficult to happen, because in the case of divinity, there is a missing tangible of physicality of lover and music.

We need to understand that the purpose of the above metaphors of music and love was to simply and facilitate the above hypothesis, we had accepted earlier. The hypothesis was –

“Singular objective truth and realism apart, whatever seems and presents itself for observation, is a registry and artistry of the hugely mystical marvels of brain, which unravels them through our mind consciousness.”

This hypothesis was necessary to arrive at the theoretical realism that when a consciousness says, “I Am God”, it is this same registry and artistry of the hugely mystical marvels of brain, unraveled through his or her mind consciousness. Moreover, those minds, who object to it and arrive at different interpretations of realisms, are also because of this same registry and artistry. That is why there has to be huge amount of innocence and courage of compassion to rise above

the constraints of a cultured mind consciousness, which sees and accepts hypocrisies of all shades.

This is all about how an immature mind consciousness accepts the idea of Be Yourself prescription and how different the same idea becomes for a self-actualized mind consciousness, who can rise above his drives and viscerality of body-mind mechanism.

Now, we shall discuss in detail about the mechanism of this “Registry and Artistry of Mystical Marvels of Mind Consciousness”. We shall attempt to arrive at the processes of mechanisms, which engenders the possibility of a consciousness state, which accepts this proposition of ‘I Am God’ – The optimality of self-actualized ‘Be Yourself’ positioning.

There is a mechanism of human consciousness, much of it is now understood and this facilitates understanding of how all realisms, we see and accept, are within mind consciousness. There is a correlation and embedded cyclicity among elements in external milieu, elements within self (instinct and culture) and the subjective consciousness. We have already talked before that evolution worked out its ways of survival by aligning all elements of milieus in all living being, so that there could be best possible chance of survival of species. Science confirms that all those 92 elements, which constitute the cosmos are also the building blocks of human body and mind.

It is highly discernible and even replicable fact that constitution of the idea and expression of divinity has always had only those elements, which are instinctively present both inside human mechanism as well as in the external milieu. It is such a ubiquitous commonality that all elements of human consciousness, culture and divinity are the same. This is also in sync with ancient wisdom that nothing external to consciousness exists. Science also says the same. We talk in detail about the commonality of these elements below. The purpose of it is to enlist as how this ‘Be Yourself’ viscerality is not an isolated realism but a microcosm of the cosmic macrocosm.

Ancient Indian wisdom talked about seven elements of life and delegated these elements in ownership of different Gods. I humbly request you to accept my hypothesis that when our forefathers deciphered these ideas and created a wisdom of oral traditions, they did not mean them to be what we now know as ‘religion’. It was then a social collective wisdom, very much a local culture of few thousand people, living in a physical milieu, which was tough, as humanity

had not tamed the wild nature by then. Only hundreds of years later, these wisdoms were crafted in written literary tradition, with their objectivity being lost considerably in subjective consciousnesses of their writers. Then, the larger population, which had become more settled and comfortable with life, named it religion and suitably wrapped these wisdoms with rituals of personal and societal conveniences.

Let us talk about the commonality of elements in the three domains of consciousness, culture and divinity. As we said earlier, there are seven core and predominant elements in nature and all matters of the universe, which stand to be observed by humans, shall have these seven elements – be it human culture, societal interaction structures, subjective self as well as divinity. These seven elements are essentially intangible imageries of brain and mind mechanisms, but as they stand to be observed by humans in an instinctive causality with ambient physical nature, these seven elements stand to be expressed and communicated socially, culturally and personally in tangible terms of words and physical symbols of life and living.

We shall discuss this causality later but first, we must name the seven elements. Before we do it, it must again be emphasized that these intangible elements are being made to ride on the back of humanly designed words and therefore, the resultant conflict and confusion in their true shade of meanings shall ever remain. That is why a humble request is to accept these seven elements in terms of words in holistic-assimilative-integrative perspective, allowing innocence of compassion to come to the forefront of reception. These seven elements in words are –

1. Creation/Creativity/Initiation/Origin
2. Indulgence/Opulence/Fulfillness/Wellness
3. Energy/Endurance/Neuroticism/
4. Stabilization/Nurturance/Sustenance/Poise
5. Determination/Absoluteness/Pruning
6. Status/Power/Authority/Dominance/Egoism
7. Conscientiousness/Inevitability/Finality

It is easy to understand and accept that within an individual, these seven elements are deeply ingrained in subconscious layers of self and are expressed in multidimensional plurality of action and behavior. These elements are core instincts of a subjective consciousness and as these

elements are intangibles for success of survival of a person, their expressions in behavior and actions are vocal and ubiquitous.

It is also equally visible to all that all cultures of all human societies, across geographical divide in the world have the same seven elements. All cultures are mystical and magical expressions of the marvel of these seven elements. It is a huge domain of empirical study and analysis as how the same elements act and interact with each other in the respective domains of individual self and society. These seven elements engender a mystically marvelous causality between the individual and societal domains and in turn, this causality influences in shaping up the rainbowish shades of cognition both in an individual as well as in contemporary popular societal culture.

We can talk in lengthy details about these cognitions and causality of seven elements but this is not our focus area in this book. We shall talk about them in another book in future. Here, our purpose and utility is to draw the mechanism as how these cognition and causality engender the divinity and its multidimensional realisms.

In ancient Indian wisdom, as we said earlier, all these seven elements were made to be owned separately by seven Gods, who are the seven core Gods in Indian tradition. Though in contemporary Indian religious traditions, there are now 330 million deities, a deep look into their historicity of origin and traditions of worship shall very clearly reveal that all of them are owners of only these seven elements.

As we said, there are seven original Gods and Goddesses, who were assigned the ownership of each of these seven elements. Now we once again present the seven elements with their reigning deity marked alongside –

1. Creation/Creativity/Initiation/Origin – **Brahma**
2. Indulgence/Opulence/Fulfillness/Wellness – **Indra**
3. Energy/Endurance/Neuroticism/*Shakti* – **Durga**
4. Stabilization/Nurturance/Sustenance/Poise – **Vishnu**
5. Determination/Absoluteness/Pruning/*Mool-Bhav* – **Shiva**
6. Status/Power/Authority/Dominance/Egoism – **Shani**
7. Conscientiousness/Inevitability/Finality – **Yam**

We all need to be humble and innocent when it comes to acceptance of anything new, which is not part of our subjective consciousness, cognition and causality. The ancient Indian wisdom cautions that knowledge has utility only if it creates humility, as it is the humility and innocence, which extends the eligibility of wisdom. We are simply creating a hypothesis that ultimately proves, what ancient wisdom observed thousands of years back and what science now accepts as objective and replicable reality. The hypothesis is the acceptance that all realisms are expressions of the intangible processing mechanism of the mind consciousness.

The hypothesis is – *“Singular objective truth and realism apart, whatever seems and presents itself for observation, is a registry and artistry of the hugely mystical marvels of brain, which unravels them through our mind consciousness.”*

Modern science and contemporary social sciences, based on the objectivity of the natural sciences have accepted the same ancient observation and wisdom. They have however explained the same in the light of the brain mechanism and new insights into the processing mechanism of consciousness. The 3Cs – Consciousness-Cognition-Causality, which happens to be behind the 3Ms – Mysticism-Marvel-Magic stands to be seen, interpreted, analyzed and accepted in a new light of holistic-assimilative-integrative perspective. This unravels the objective and singular perceptions of the 3Cs and in turn, settles the age-old multidimensionality and plurality of the 3Ms in an objective and replicable way.

This new causality makes it clear that consciousness has this within itself to engender all sorts of mysticism, marvel and magic. The marvel and mysticism is in the mechanism of the processing of elements of nature, within and outside human body and as these elements are intangible, they are bound to be expressed in a multidimensional way, depending on the interplay and randomized causality of these seven elements.

Modern science admits that there are seven shades of consciousness and all shades are present in a single individual. We shall talk about them in later chapters. It is like a singular source of light splits into seven colors of spectrum as it is made to pass through a prism. An individual's current personality at a time-space situation is primarily decided by those elements of the seven shades, which are predominant in the same time-space bracket. This however may not be permanent,

though many people can remain in the same personality element or elements all throughout their lives.

The idea or feeling of 'self', a subjective consciousness of 'I Am', as separate and different from 'them' is a complex mechanism. Modern contemporary knowledge about this consciousness, which defines us, is now at a level, where we can understand why we as consciousnesses are a very complex entity. This complexity has evolved in a rather stupid way as evolution of humanity in the long journey of billions of years has been the primary stupidity. This subjective sense of 'I Am' is one huge potential of joy and wellness at one hand. However, this same subjectivity of consciousness makes it stand as the worst stupid of the universe, unparalleled in the millions of existing species on earth. This elaborates as why this 'Be Yourself' prescription is good as well as call for calamity.

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CHAPTER 5

An Indian movie actor, who is reigning pop idol for over 20 years says, "Every morning I tell myself, I am the king, the only superstar as I know, I am just an ordinary human being, with average everything. Telling this makes me go and do my job well because, if I do not pep up my egoistic self to stupid heights, I cannot do what I have been doing successfully for last 20 years."

He is right in his own right as he knows that in this competitive world, where all possessions and situations are ephemeral and one's self-worth, based on these possessions are also short-lived, one needs to keep one's egoistic subjective self popped up to feel good and keep going.

However, it must be added here that this actor is very mature, not young anymore and knows it very well that these talks he does only to himself. Deep within, there is a person, the 'subjective I', not the superstar, who masters the 'I' of the superstar well and keeps him in right shape. That is why he is not only a superstar but also a very successful person in life and living...

When you are young and up for grabbing all successes, which society has benchmarked for your self-worth, your mentors as well as peer group shall encourage you to be egoistically aggressive towards your goals of life and in the competitive world, if you wish to be successful. You shall naturally need this self-obsessed and egoistic mind consciousness of ‘me-only’. Somehow, being young and aggressively following these pursuits, automatically qualifies you to be restless.

Be warned, the economy and markets are out there in open to pamper this ‘me-only’ attitude in all people, especially the young and restless as they are their best customer. The markets with loads of brand slogans and advertisements sell you the egoistic attitude of selfish-self.

They keep telling you – ‘You Are The King’. They mold your mind consciousness into such a mode by repeatedly telling you – “*Be Yourself*”. This be yourself slogan is essentially an open invite to self-centered indulgence and instant-self-gratification. This is a sure invite to a consciousness of drift with the very powerful culture of consumption.

This drags you into the personality perspective, where your self-worth and success are defined by how much you possess and consume. Your self-worth becomes a market entity and a definitive object of calculability of consumptions.

This situation is far more complex and intense if you happen to be a young woman. Young women are being pushed to lot many things, which are new to their traditional cultural consciousness. They are more prone to being more split in their conscious choices and priorities.

The markets have sensed the new energy and force of the new empowered women and they are targeting the women as number one customer. This slogan of “*Be Yourself*” is a powerful cultural messaging and metaphor for the modern women to ride on the wave of defining the self-worth and success calculable only in terms of possession and consumption.

It is said, “Every healthy newborn is the most genius entity of the cosmos. However, it takes almost 25 years for the society and culture to make him or her a veritable stupid.” The core hypothesis of this saying is – when you are young, your consciousness has loads of popular cultural element for your value judgment. Your mind consciousness is largely a function of the socio-cultural milieus you are born and brought in and that is why what you think of and accept

your 'self' and the subjective feeling of 'I' or 'Me', is essentially something the ambient culture makes you.

Only later, when you mature and slow down in life, you start to unlearn many of these cultural stupidities and then only, your mind consciousness has elements, which you can say is a definitive 'you'.

This is therefore high time, you begin to ask yourself seriously – '*Who Am I and Why Am I Who I Am?*' The question shall lead us to the door of sanity and symmetry in life and what we want from our lives.

The wise have said thousands of years back – '*A Man/Woman Seeks What He/She Wants And Is Often Not At All What He/She Needs...*' This is true in almost all aspects of our life-living experiences, be it life, love, intimacy, relationships, wellness, success, prosperity, etc...

It is critical for our wellness that we seek to talk to our higher consciousness as what we want and what we actually need. This dualism of consciousness and life needs to be understood and accepted. If we can make distinction, success and wellness shall also make distinction in our favour.

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CHAPTER 6

There is a belief that a certain critical mass is required for anything to take shape. On that basis, it may be accepted that for an idea to take shape, the critical mass is average of nine percent. Therefore, a rumor can take shape, if around nine percent of population starts believing and accepting something as fact, true and right. This critical mass of '9%' is what we may call the proverbial smoke of a certain fire!

However, a fact and realism must have a minimum critical mass of 99%. Truth, fact and realism can be allowed to have maximum of only one percent uncertainty of probability; nothing more...

So, rumor starts at 9% – the ‘smoke’ and for the fire to happen, it needs 99% surety. What the large range is between 9 to 99 percent – the 90% domain, is the humungous playground of probabilities; or what we popularly know as PERCEPTION...

Interestingly, a bottle of pure whisky is also liquor and a glass full; with only 10% whisky and 90% water/soda is also liquor. Somehow, as many accept, ‘soda’ mixing is a must for taste of liquor. Masses love the ‘taste’...!

So, if an idea is believed and accepted with minimum critical mass of 9-10% fact (whisky) and 90% bubbling perception (soda), it is still ‘fact’ (liquor). If 20%, then perception is strong. However, higher the percentage of whisky (fact), the ‘taste’ of ‘liquor’ gets diminished. Therefore mixing ‘soda’ with ‘liquor’ – 90% perception with 10% fact is always brilliant for taste. Masses love it...!

Most of us are geniuses out of this convenience of ‘playing safe’ in the huge playground of ‘probabilities’ or ‘perceptions’. It is because, in this playground, nobody is a referee, supervising the game and therefore, anybody can score any number of imaginary goals and claim to be a hero...

For example – There is a very ‘strong perception’ among many young men that ‘modern women’ are ‘sluts’ and responsible for most of social and familial troubles in relationships and marriages. On social platforms, anyone can check how many young men splurge ‘choices details’ about ‘modern women’, which cannot be written here...! Somehow, for many men, this ‘perception’ is the most ‘tasty liquor’ of contemporary times...

Now, check two things – Definition of ‘modern women’ and Data available about adultery among women. This very idea about ‘modern women’ is like a ‘smoke’, heavily loaded with ‘perceptions’, which have less than 10% fact in it. Secondly, the adultery data of women is also full of ‘smoke’, with facts mixed up with loads of ‘perception’ to create a ‘fire-simulation’.

In USA, where most young men mouth about ‘modern women’ behaving and acting like sluts; only 14% women commit adultery, whereas the same figure for men are 22%. In many developing societies like China, India, etc too many young men are mouthing the same perception about married modern women, even when there is almost no authentic data about

such an allegation. As there is sufficient 'critical mass' of '9%-fact', it is good enough to label it as 'liquor' or 'sure-fire'.

How this happens. Actually, we all are wired like that. Humans are geniuses in accepting 'perceptions' as truths. This is our primary and most calamitous weakness, wired in our consciousness. In USA as well as India, vast majority of both men and women have been surveyed to be believing that 'adultery' should not be legally punishable. Now, this is some 'smoke' men would mix up with their zeal for seeing 'fire'.

The trouble with living on the basis of 'smoke' (perception) and not bothering to check on the veracity of actual 'fire' (fact/truth) is visceral to humans and not only individuals but families, societies and nations are run and managed on the basis of this same stupidity of 'smoke' realism. Especially, politics is the smartest 'perception-management' skill, which most smart politicians are brilliant at.

As masses, the so-called common men and women are in huge infatuation with 'smoke-syndrome' and 'soda-mixing', they love such politicians. Anyway, in contemporary societies in infatuation with 'WhatsApp-World' of rumor-perception living, almost every smoke is equal to a volcano-fire...! Everyone loves this 'taste' of 90%-soda mixed 'liquor'...!

Check how India's prime minister runs nation on 'perceptions', happily bypassing facts. Just 24 hours after demonetization, the prime minister, who flew to Japan, said that after demonetization, women who had earlier thrown their mother-in-laws out of home to old-homes, were depositing 2.5 lakh rupees 'black money' in their accounts. Even in USA, where money and technology is sumptuously huge, social data is retrieved only after few years. Even in USA, real-time social/family data is a mirage. How could then the Indian prime minister cull out 'real-time' data about a particular 'social-behavior' in just 24 hours. Naturally, the prime minister blew up loads of 'smoke' to create the simulation of 'fire', in his favor...! There are numerous examples of his 'perception-living' wellness and smoke-building fire. Naturally, masses love his 'smokey' ways as he is hugely popular.

The realism remains; politics and politicians should never be blamed for such 'smoke-management-skills'. Perceptions apart, the truth is – a nation's problems and their solutions are not in the exclusive domain of politics. It is majorly in the domain of family, society and culture.

Administrative failure is only a small part of nation's mismanagement. The major share of trouble lies in individuals, families, societies and cultures. Stupidities and hypocrisies of masses are the prime culprit. The prime culprit is human mechanism of consciousness, which thrives on stupidities and hypocrisies...

It is so easy and satisfying to shift the onus of all troubles on others. This gives us huge joy and our egos get huge boost. We all are deeply infatuated with this hypocrisy of blaming others and some 'fake-realism' for our trouble. This artistry of convenience of life-living makes it possible for smart people to hide their own weaknesses.

Politicians however get the majority of blame for this art. They should not as chief culprits are people. If USA people make someone a President, who is master of the craft of 'perception-intelligence' – similar situation in India, then who is to be blamed? Naturally, the primary blame is on human body-mind mechanism, which is wired for such behavior...

Check this – The USA is spending around \$700billion annually on nation's security against enemies and terrorist attacks. However, the annual budget for FDA, which supervises overall health of American people is less than \$7billion, even as only this innocuous-sounding *food poisoning* kills ten times more Americans than what terrorist attacks kill every year...!

So, the genius president of USA plays brilliantly on the playground of 'perceptions' and devoting all his time and energy on terrorism and against Muslims, as if the number one trouble of America is 'Islam', whereas truth and fact is the real trouble of USA is somewhere else.

This is the same scenario in India. Indians are being made to accept that 'Real Trouble' is what prime minister is pointing to, as he is the real hero with 'Hard-Work' and all those 'Harvard-Stupids' are fake and misleading poor Indians. The Indian prime minister had said that his 'hard work' on demonetization had proved all the predictions of Harvard-educated economists wrong about his sudden move to pull out all big denomination currencies.

The truth is – One gets, what one seeks and accepts. As masses all over the world are stupid enough to seek and accept 'smoke', the attention towards 'real fire' is missing and this fire is slowly engulfing we all. This 'taste' of 90%-soda liquor is calamitous but our consciousnesses are wired for it. As this fire is raging unattended, loads of more smoke is also coming out.

Hypocrisies of seeing and accepting ‘smoke’ makes ‘Hero’ out of those, who are brilliant marketers and brand managers of perceptions.

The real battle is not being fought against true troubles of nations and people but about who wins in installing his perceptions as truth. This is the stupidity and hypocrisy, not exclusive to India, but globally, this is the common singular disease of humanity – not exclusively in political domain but primarily in individual and societal domains.

There are loads of perceptual elements in populist idealisms. That is why, there is this need to check and recheck the utility and worth of what average men and women accept as the ‘Be Yourself’ viscerality. There are loads of stupidity embedded in the populist perceptions about so many ideas and idealisms in contemporary cultures. We need to ‘unlearn’ them to stand as self-actualized rational human being.

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CHAPTER 7

Truth, in its entirety and magnanimity is like ‘science’ – absolute and beyond evolutionary dynamics of time and space. However, acceptance and manifestation of the same truth is often an ‘art’ – more of artistry, given to human ingenuity of subjective perceptions and cognitive conundrums. That is why, often, people, especially powerful people, unleash rainbowishly playful artistry to insist more on ‘righteousness’, rather than ‘truth’ as former is easily maneuverable as per subjective ‘perceptions’ as against later, which is objectively and even brutally factual and absolute.

Peace and poise in societies seem to have this innate tendency to stay in inertia, but more than often, it is always this ‘artistry of righteousness’ by powerful people, which disturbs and unsettles the peace and poise. This is true even for relationships. In a relationship, it is almost always the more ‘endowed and powerful’ partner, who shall unleash his or her ‘self-obsessed’

perceptions of ‘artistry of righteousness’, refusing to see and accept the objective and singular truth, to unsettle the peace and poise of the relationship.

Truth, sadly and unfortunately is not available in raw and natural state. It has to be deciphered or unraveled. It is like everyone has enough milk with them but milk can be of different quality and quantity. Milk therefore is like subjective perceptions and that is why different people have different sense and acceptance of ‘righteousness’. Truth however is like butter, ingrained and embedded in all forms of milk but for butter to be deciphered and unraveled, all milk need to be churned and processed. And, this process and mechanism of milk-processing for procurement of butter is singular and absolute...

Deciphering and unraveling of truth therefore is a dialectic process – Thesis-Antithesis-Synthesis. Every perception or righteousness is like a thesis. For truth to be established, this thesis perception must be ‘churned’ – debated and discussed with antithesis – the diametrically opposite viewpoint or perception. These two perceptions are then tested in the milieu of holistic, assimilative and integrative energies. This process then creates the Synthesis. Dialectics process enlists that in evolutionary dynamics, even this synthesis itself becomes a Thesis and undergoes the same dialectic process of Thesis-Antithesis-Synthesis...

This means, unraveling and deciphering of ‘Truth’ is a constant evolutionary process, till it reaches its purest and absolute state of existence like the butter. Truth is not self-established; it is always deciphered and unraveled and this has a singular, objective and logically correct process. Any truth, which does not follow this process, is susceptible to being just ‘perception’ and perceptions are based only on subjective cognitive conundrums.

Whether it is love, relationships, families, societies or nations, those people, who are in positions of advantage and leadership, attempt to unleash their perception-based ‘artistry of righteousness’, gleefully obfuscating realism and bypassing truth, to attain their personal gains. Relationships, societies and nations lose their peace and poise because of this subjective and ingenious ‘artistry of self-righteousness’ of a few people.

The trouble with all societies is that for most people, perceptions come easy and natural, in subconscious awareness but truth-unraveling is a learned and evolved consciousness. That is

why the wise of humanity have said it thousands of years back – ‘The stupid is always sure and the true intellectual is never’. Why?

What a stupid is sure of is not truth but his subjective perception, which comes natural to his or her subconscious awareness of self. Based on this subjective consciousness, a stupid is always in a hurry to accept this perception as ‘valid’ ground of his or her ‘righteousness’. A stupid always feels that he or she is right and all others, who are against his or her subjective perception of righteousness are wrong and untrue.

The simple idea is – People usually have this populist perception to call someone as ‘tyrant’ and ‘narcissist’, if he or she is hell-bent to accept only his or her subjective perception as ‘truth’ and vehemently attempts to label and declare only his or her perception as the ‘only right’ things, trashing other perceptions as untrue and wrong. However, the simple and singular fact is – Such a person is no tyrant or narcissist but simply a stupid – a good one at it!

Only stupid is sure and wise is never as truth needs to be deciphered and unraveled under the objective process of dialectics – through constant debate, consultations, assimilation, integration and holism. This stupidity comes natural to most people as ‘perceptions’ come easy and natural to us. That is why, it is very easy and almost auto-mode consciousness of most people to accept his or her perceptions as the ultimate righteousness. It is tough and against egoistic consciousness to accept that truth is seldom in raw and natural state; rather it is deciphered and unraveled through a self-denying process of dialectics.

Since onset of humanity on earth 4 million years ago and especially after inception of civilization around ten thousand years back, human societies have constantly faced the tyrants and narcissists. The tyrants and narcissists are born naturally as everyone born as a normal human being has this calamitous potential to grow as a tyrant and narcissist. Elements of tyranny and narcissism is ingrained and embedded in our subconscious minds. This everyone unlearns and grows up as a balanced person, respecting the objective process of truth-deciphering. Tyranny and narcissistic behavior is no monopoly of politics and governance. Every one of us has these traits ingrained and embedded in our subjective subconscious minds, or what we popularly know as instincts.

Not only politicians or rulers but every single human being has to be aware of this mechanism of consciousness in we all. This stupidity of self is what we all are born with but then, with evolving and maturity, we all need to ‘unlearn’ this instinctive stupidity and accept the golden utility and worth of holistic, assimilative and integrative consciousness, which accepts and happily lives up the learned behavior of debate, discussion and deliberations.

Therefore, all societies, all cultures, especially families must always look after their kids well. A kid born and brought up in insecurity, instability and unloving family-social milieus has greater tendency to grow as insecure and obsessive person. It is all about psychologies that play in the life of every person. Therefore kids must be trained to evolve this golden artistry to ‘unlearn’ stupid instincts and emerge as strong and confident person.

It takes huge amount of courage and conviction to accept the stupidity of the self, especially the subconscious self. Unlearning is a very tough self-denying process to attain exalted self-actualization process. The wise is different from a stupid in the sense that the wise is confident, secure and strong enough to happily and unegoistically accept the self-denying process of unraveling and deciphering of truth, as against the self-eulogizing perceptions and subjective righteousness.

Let us all be this confident, secure and strong enough to unlearn this subconscious stupidity to arrive at the higher consciousness, which accepts the humility and compassion of being unsure, unlike the stupid.

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CHAPTER 8

There is this singular and objective hypothesis, which if accepted, paves way for objective understanding of how we humans are what we are. This hypothesis is a result of the scientifically singular understanding of brain functioning, which engenders very powerful insight into how our consciousness works. As this hypothesis about consciousness is accepted, it shall be easy to

understand and accept the realism about how we have loads of obsolete and obstructive notions about cognition and causality, which we have uselessly carried forward since ages. This is time to shift to the new cognition and causalities.

It is now to be accepted that we humans are not a logical and intelligent creature, if we do not have a specialized, education, training and sustained practice of good things we have learned. Humans are not born intelligent and logical; rather we are totally reactive, instinctive and intuitive creature. Our behaviours are determined entirely by a multidimensional process of interaction between our various instincts. These instincts are genetically determined neural mechanisms, provided by evolution for action and behaviour. There is no mechanism for intelligence or memory which is separate from sensory, motor and instinct mechanisms.

The untrained and uneducated human is totally instinctive and not capable of objective reasoning or proper cultural behaviour under complex modern social environments. The human has been provided by evolution with instincts, which causes him to seek both training and education, as he or she is a competitive social animal. He is quite capable of logic, reason, and intelligence when he chooses to be so, provided that he learns and follows the necessary discipline and rigid methodology. Even then, he is instinctive in his goals. His instincts provide the direction, drive and power behind his every action.

Moreover, a section of scientists argue that nothing has remained instinctive in humans anymore as we all have been into this society and human made cultures since long. They believe, all instinctive drives of humans are not purely instinctive but coloured, shaped and conditioned by cultural benchmarks of action and behaviour.

However, there is no conflict in the two observations. No doubt, humanity has been impacted by two very powerful forces – nature and nurture; that is their pure instincts and cultural sense of appropriate and righteousness. This is evident from the fact that most humans are split between what their instincts drive them to and what their cultural upbringing leads them to. That is why often, a person would say – I am confused as whether I should listen to the call of my heart or that of my mind. An average person believes that there always are two calls on decision-making about an issue. One is from heart, which he or she believes is his or her gut feeling, which most

people call visceral. Second voice comes from the mind, which most believe is the call of a culture within a person.

There is this preference of heart or visceral choice over the mind call as most believe, heart is where righteousness is, as average person believes, mind is devilish and it usually orchestrates complications, whereas heart is simple, pure and mostly right. This is populist psychology playing its part in everyone's life and life-living choices. People love to listen to their hearts; that means most prefer to have the way their instincts lead them to. There is no doubt about the preference as, we already discussed how evolution has installed in us very powerful drives, which are so wired to the idea of survival that most of us lead ourselves the way our instinctive drive takes us to. Scientists say, even the culturally learnt behaviour finally becomes part of the instincts and that is why, it is accepted that humans are largely instinctive.

This works out as double trouble for humanity. Human mind mechanism has this wired facility to make most actions and behaviour as auto-mode, action-reaction causality. This is the reason most of us are in a perpetual state of drift and flux, which makes us auto-generated series of action-behaviour, the utility and worth of which we seldom think in a receptive-mode and retrospective thinking. That is why positive solitude is some facility for us, which makes us sit focused over our auto-mode decision-making instincts, to assess about their true and right utility and worth.

Scientists maintain that modern human developed intellect in parallel with other physical and neural traits. Modern humans have risen well over evolutionary instincts and they have this intellectual duty to create and prolong a good culture, where there is intellectual control over instinctive drives, for larger wellness of the society. Only through the application of the intellect, utilizing experience, education and training, as control mechanisms over the raw instincts, appropriate cultural behaviour can be obtained.

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

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

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CHAPTER 9

End of Second World War and humanity across national borders had accepted – There definitively was something terribly wrong with the way human mind is handling the world and also, there was major trouble with the way nations' politics accepted realism of national interest. Naturally, when many million people die in wars of madness, there always is a need for retrospection and reinvention of contemporary human realism.

After 1945, globally, it was felt that humans probably needed more intelligent mechanisms in management of societal, economic and political arena for larger wellness of human race, so that in future, the world could not be in such a situation, where conflicts between humans reach to such stages, where war becomes inevitable. Naturally, globally, intellectuals were called for the jobs and world over, most nations buoyed up its most intellectual and most intelligent people to the fore to manage society, politics and economics with good precision. Smart and 'intellectually designed' systems were evolved and put in place. This continued with many experiments till the start of new millennium.

However, somehow, as and when we see 'anti-intellectualism, anti-rationalism and solipsism' on rise in many parts of the world, especially in the second decade of the new millennium, it seems, 'true intellectualism' has failed in some big way. It seems, average person, common men and women world over are very critical of their own intellectual leadership. It seems, they feel the

intelligent people, the intellectual crop of their society, culture, economy and politics have duped and dumped them. They somehow feel, most of their troubles are because of the ‘hypocrisies’ unleashed and heaped by the intellectuals of their respective milieus. This seems a common global trend.

In India, in the USA and in many other nations, there is a very clear trend and people’s movement towards what is being termed as ‘anti-intellectualism, anti-rationalism and solipsism’. There was an old saying in political philosophy, which goes like – *‘The wearer alone knows where the shoe pinches.’* This self-centric, self-actualized and self-vindictive individualism, somehow in bitter antagonism with society and most collective institutions, leadered by ‘intellectuals, seems to be the seed of this fast growing trend of ‘anti-intellectualism, anti-rationalism and solipsism’.

In many countries, common men and women are so scared of high sounding intellectualism and rational-talks that they feel, it is always better to be ‘Foolishly Selfish’ than being a ‘Wise Befooled’. The reason seems to be simple – In over 70 years since the Second World War, the ‘intellectuals’ have brought about and sustained such social, economic and political idealism and systems, which has only led the world towards a destination, where human misery has only become more complex and global conflicts have only become too complicatedly unmanageable. The rich poor gap has become menacing with one percent people having 99 percent resources of the world.

The trust deficit of humanity has reached its rock bottom – human relationships therefore are becoming complex, conflicted and shattered. The simple thing is – Even an average person can now clearly see and decipher that the huge load of hypocrisies that the post Second World War ‘intellectualism’ has dumped on human lives, are majorly responsible for contemporary global troubles. At least, this seems to be the popular meme or collective unconscious thought of major human population.

That is why, it seems, this trend of ‘anti-intellectualism, anti-rationalism and solipsism’ is fast catching up everywhere. The analysts say that political changes in India and USA are major indicator of how ‘anti-intellectualism, anti-rationalism and solipsism’ has become the first choice of common men and women. All anti-intellectual enterprises, dogmatic idealisms and illogical

perceptions are being cheered and voted for by masses. They have rejected the traditional intellectualism and now rely on anything, which sounds ‘anti-intellectual and anti-rational. That is why, in India and in USA, in society, cultures, economy and politics, those people are rising to ‘new leadership’ positions, who attack traditional wisdom, established intellectualism and status quoism of hypocritic prudence. As people feel duped and dumped by hypocrisies of ‘**White Wisdom**’, they have become votaries of anything that is not white and ideally ‘**Grey Practicality**’...! All shades of grey are being cheered and hailed...!

Why post Second World War intellectualism failed is a complex question. But then, humanity, especially the intellectuals have to ask themselves. May be, because true intellect is so ‘holistic’ that it always has trouble ‘installing’ its utility and worth in other’s mind. However, what seems a likely cause is – Intellectualism itself has been a reactionary intelligence. If ‘anti-intellectualism, anti-rationalism and solipsism’ is a reaction against hypocrisies of intellectualism, the intellectualism also seems to be largely reactionary. Global intellectualism has never looked like having a ‘receptive-mode’ intelligence to evolve a global order with consensus and collective endeavors.

Secondly, probably, intellectualism has not been something, which is universal and stupidly simple – that is INNOCENCE. Human life and living has gradually become very complex. From relationships to retailing, everything for an average human has become too complex for simple understanding. Most people are grappling with complexities and therefore, there is a common wish to accept something, which is simple and honestly uncomplex. Stupidities and anti-intellectualism always has this advantage of sounding simple and practically amenable!

Intellectualism itself has grown more complex. From politics to economy, everything is now beyond average person’s understanding. The simplicity, honesty and innocence are core elements, which modern intellectualism has been missing hugely and this makes most people hate intellectualism. Rather, contemporary intellectualism has become synonym of hypocrisies. The global trend of ‘anti-intellectualism, anti-rationalism and solipsism’ seems a reactionary outrage against complexities and hypocrisies of intellectualism.

The trouble is – ‘anti-intellectualism, anti-rationalism and solipsism’ may be current choice of masses but like the hypocritic intellectualism, it also does not have any solution for human

conflicts and troubles. Solutions are only in simplicity, honesty and innocence of collective human wisdom. Therefore, intellectualism needs to own its failure and sit down to device mechanisms to redeem, reinvent and reinstate its utility and worth as true friend of humanity.

**

CHAPTER 10

From a bacterium to humans, this world has billions of living beings and this is a bio-diversity which makes the planet earth a truly mesmerizing and probably the most unique one in the entire universe.

This diversity is something we humans do not often see, realize and count for in our daily thinking and rational actions. Let alone the diversity of all creatures on earth, we do not basically think of and admit the diversity within our human species... actually, we never usually think of us as a species evolved out of billions of years of evolution.

Humans generally think of the entire world population as one common pool of almost equal beings, divided by geographies and culture. Actually, most humans only see and think about the small pool of people in their ambient social environment and local geographical limits.

The bitter reality is, like the biodiversities of other creatures, we humans also have the similar diversity among us and this diversity is not only in geographical segregation and in cultural exclusivity but originally and essentially in consciousness. It is the consciousness that is as diverse among humans on this planet as is the biodiversity. From a tiny bacterium to a mighty elephant or whale, living beings on this planet have different physical make up and commensurate physical and mental capacities.

The millions of species on this planet have actually, different levels of consciousness, depending upon the physical and biological make up of their existence on the earth. The humans also have diverse consciousness levels even as their physical and biological make up are more than similar.

Almost 99 percent of genes of all humans are same. But the consciousness varies because different humans have different brain and mind evolution.

World-renowned scientific minds have done a cross-cultural mapping of all possible and diverse states, structures, memes, types, levels, stages, and waves of human consciousness. As human development has been an evolutionary process, different human consciousness are on diverse and often overlapping stages of conscious development and evolution.

Clare Grave's work, forward and refined by Don Beck and Christopher Cowan calls this approach as Spiral Dynamics. It sees human development as proceeding through eight general stages or classes of consciousness. The world is a unique meshwork and mosaic of these different colors of human consciousness.

As Beck puts it, "The focus of the work is not on types of people, but types in people."

The first six levels are "subsistence levels" marked by first tier thinking." Then there occurs a revolutionary shift in consciousness; the emergence of "being levels" and "second-tier thinking," of which there are two major waves. Each class of consciousness has been assigned a color.

The first-tier of six stages are:

1. Beige: Archaic-Instinctual:
2. Purple: Magical Animistic:
3. Red: Power Gods:
4. Blue: Mythic Order:
5. Orange: Scientific Achievement:
6. Green: The Sensitive Self:

Second-tier integral consciousness:

7. Yellow: Integrative:
8. Turquoise: Holistic:

If one believes in evolutionary process of human development, then only one can accept and understand all this. The fact remains that all these diverse stages of human consciousness are in conflict and competition with each other. Every color of consciousness dislikes and distrusts the other colors, as the subjective truths for all sets of colors of consciousness are so diverse, in

contrasts and competitive to each other that there shall always be huge amount of conflict and chaos on this planet.

The huge trouble is, almost 40 percent of world population is in blue colored mythical order whereas 30 percent in the antagonistic orange color. Together, these two sets of consciousness hold 80 percent of power positions of the planet. So, one can see why the conflicts and chaos of the world cannot be abated.

Interestingly, the integrative and holistic consciousness of yellow and turquoise shades holds only less than 1.5 percent of the world population. This second-tier human consciousness, which sees and accepts the human consciousness in an integrative and holistic way, assimilating all shades of consciousness into one whole to make a singular world culture for all humans is relatively new and very rare.

This consciousness enjoys only one percent of global power. Naturally, such consciousness is in utter minority. Too insignificant to be even considered a rational consciousness by other shades of consciousness. Rather, all other consciousness would consider it a huge hypocrisy and almost a sure madness.

The bitter reality is, there is nothing called ignorance and wrong on this planet. There is only pluralistic and subjective knowledge and truths. Every conscious being considers his 'take' on 'realism' around him or her as the right and only true take on things. Rest of the consciousnesses is something he or she considers as 'revisable' or at best 'over-ridable'. Many also consider all other consciousness to change as per his or her take. This missionary and fundamentalist consciousness is on the rise.

So, an integrative, holistic and singularly objective consciousness for all humans is something which is as rare as the singularity on this planet. The biodiversity is the rule and this shall prevail always. The cognitive-diversity, which is the product and function of competing and conflicting states of diverse consciousnesses is what makes this planet earth so very mesmerizing and unique in this universe... truly!

This rainbow of human consciousness ensures that every consciousness sees and accepts the realism colored in a diverse shades resulting in diversity of worldviews and pluralistically subjective realisms.

Ancient wisdom knew about all this and called it ‘*Maaya*’. The rainbow ensures, the world lives in a *Maaya* that engulfs everything in its ‘*viraat swaroop*’ (absolute cosmic realism)!



Accept My Gratitude

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

**

About The Author



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

**

Other Titles By Santosh Jha

OnlyNess



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

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.

**

Back To Bliss: A Journey To Zero



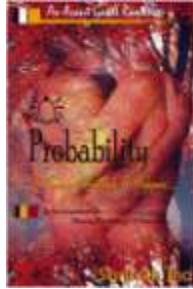
Literary Fiction: Novel: A Love Story in contemporary culture of conflicts.

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?

**

Probability



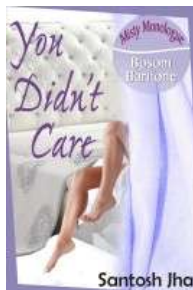
Fiction: Inspirational Romantic story In Contemporary Milieu, with women's perspectives.

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?

**

You Didn't Care



Fiction>Romance>Contemporary Women

Short Description:

Most men want their women bare. However, when women decide to unclothe their consciousnesses off suffocating fabric of procrastination, men run away. A young woman, abandoned by her lover, bares it all for her 'ex' to see through. Because, she still loves him. Men

need be in apt audience as a woman resonates her bosom baritone. A 'neurotic' woman's monologue, men need to engage with.

**

Nurturance



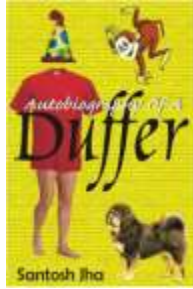
Fiction: A Novelette about a young woman's viewpoints on contemporary male world.

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.

**

Autobiography Of A Duffer



Fiction: Humour and Wit.

Short Description:

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

**

Not Man Enough



Fiction: Humour and Wit. Narrative on contemporary gender issues.

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!

**

Be Lonely, Be Your Best

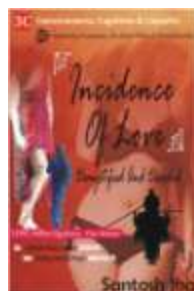


Short Description:

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.

**

Incidence Of Love: Demystified And Decoded



Short Description:

Million questions in love, about love – How to be sure, I am in love? What does it feel to be in love? Is this true love? Does she/he love me or love me not? What exactly is love? How to be an ideal lover, how to love the best possible way...? All 3Ms – Mystery, Marvel and Magic about love that create 3Cs – Confusion, Conflict and Chaos, now demystified. It is easy, simple, honest and impacting.

**

Cyclicity Of Causality: Book Of Life-Utility Ideas

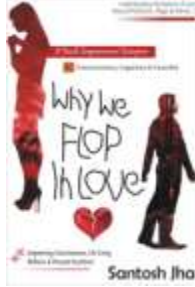


Short Description:

Insightful, inspiring and empowering Life-Utility dialogues on – Happiness, Solutions, Intelligence, Love, Dreams, Loneliness, Consciousness, Realism, Life-Choices, Poise, Success, Self-Worth, Excellence, Meditation, Wisdom, Objectivity, Life-Management, Destiny and Gender. Utility of book has got to do with decisive, straight-forward and objectively logical words. Centrality of theme is of holism, no ingredients of populism and platitude. For people, who have consciousness for novelty and iconoclastic insinuations.

**

Why We Flop In Love



Non-Fiction: Science of Love and Intimacy, Relationship Issues and Attitudinal viewpoints.

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.

**

Why Do You Want To Change Me?



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

Short description:

Accept the question of ‘change’ and let the magic and marvel unravel. The question of change is the key, which opens the doors of life-living wellness and personal excellence. The book is about unleashing your potential by simply unlocking the consciousness. Won’t you open the doors, if

someone knocks to deliver the Christmas Cake! Innocence of reception is beauty. Be beautiful and bountiful.

**

Naked Solutions Of Dressed Up Life Woes



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

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?

**

Habitual Hero: The Art Of Winning



Non-Fiction: Science of Success, Life Wellness and Personal Excellence.

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’.

**

Maya And Leela: Utility In Life’s Futility



Non-Fiction: Science of Spiritualism, Life philosophy and Intellectual Connect.

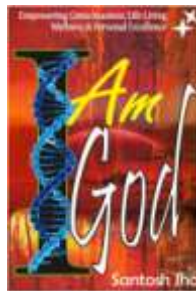
Short Description:

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?

**

I Am God



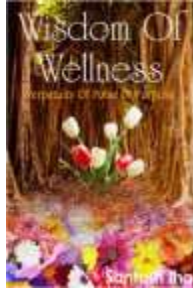
Non-Fiction: Holistic and Analytical Perspective Building on Divinity Issues.

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.

**

Wisdom Of Wellness: Perpetuity Of Poise Of Purpose



Non-Fiction: Personalizing Spiritualism, Life Wellness, Paradigm Building.

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.

**

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.

**

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.

**

Youth Sanity In Crazy Culture



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

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.

**

Young, Restless And In Love



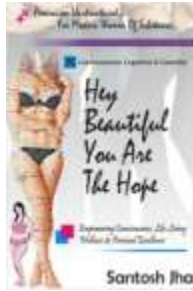
Non-Fiction: Youth Empowerment and Wellness, Inspirational issues.

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.

**

Hey Beautiful, You Are The Hope



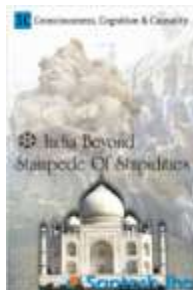
Non-Fiction: Women's Empowerment, Feminist Issues and Personal Empowerment.

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.

**

India Beyond Stampede Of Stupidities



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

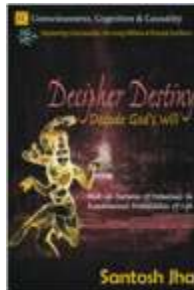
Short Description:

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.

**

Decipher Destiny: Decode God's Will



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

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)!

**

Enter New Year A New You



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

Short Description:

Five simple steps, which can make us a super person, endowed with required skills and personal resources to: Solve our problems; Be a winner in life situations; Be great in love and relationships; Have a personal spiritual wellness model and Accept a worldview that makes us

cool and collected, to have a happier and better New Year. The book has been revised and new contents added.

**

Wellness And Excellence Mantra For 2017



Short Description:

A New Year has nothing special. However, there is always something marvelously exceptional in your resolve and courage to infuse novelty and creativity in all your enterprises in the next 365-day-frame, to add meaningful dimensions to your wellness and excellence. The countdown for the most productive and propitious year of your life begins. Hit the road. Let this book help you in your readiness.

**

भारत का सांस्कृतिक विकास: जरूरत आत्म-अन्वेषण की



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

Do Write To Me.

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Quora: <https://www.quora.com/profile/Santosh-Jha-23>