

# **Wellness And Excellence Mantra For 2017**

**By Santosh Jha**

\*\*

*Copyright 2014 Santosh Jha*

*Smashwords Edition*

*(Revised 2017)*

\*\*

## **Other Smashwords Titles By Santosh Jha**

OnlyNess (Fiction)

Back To Bliss: A Journey To Zero (Fiction)

Autobiography Of A Duffer (Fiction)

Not Man Enough (Fiction)

Probability (Fiction)

Nurturance (Fiction)

You Didn't Care (Fiction)

Naked Solutions Of Dressed Up Life Woes (Non-fiction)

Habitual Hero: The Art Of Winning (Non-fiction)

Maya And Leela: Utility In Life's Futility (Non-fiction)

Why We Flop In Love (Non-fiction)

Wisdom Of Wellness: Perpetuity Of Poise Of Purpose (Non-fiction)

Decipher Destiny: Decode God's Will (Non-fiction)

Youth Sanity In Crazy Culture (Non-fiction)

Redeem & Reinvent The Art Of Lost Wellness (Non-fiction)

India Beyond Stampede Of Stupidities (Non-fiction)

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

Enter New Year A New You (Non-fiction)

Why Do You Want To Change Me? (Non-fiction)

Hey Beautiful, You Are The Hope (Non-fiction)

Young, Restless And In Love (Non-fiction)

Bare Basics (Non-fiction)  
I Am God (Non-fiction)  
Acceptance: Of Hypothesis Of Hypocrisy In Intimacy (Non-fiction)  
Be Lonely, Be Your Best (Non-fiction)  
Crispy Fries: Platter Of Life-Utility Ideas, Served Hot & Spiced Up (Non-fiction)  
\*\*

## **License Notes**

Thank you for downloading this free ebook. Although this is a free book, it remains the copyrighted property of the author, and may not be reproduced, copied and distributed for commercial or non-commercial purposes. Thanks for your support.

\*\*

## **Foreword:**

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, ideas but also with the words, as against their common and popular use. Do kindly accept my latitude with language, choice of words and interpretation of contemporary realisms, as I understand, many times, they may not conform to popular usages and sentiments.

It is a heart-felt realization that our very worthy ancestors; who had the intelligence and courage to face the worst, life made them to, so that we inherit a better beautiful

world; have already said almost all good things. What I can do is present them in new set of words with novelty of references. The only justification of me telling them is that all goodness and wellness ideas and words need to be repeated and retold, to add to their all-pervasiveness.

The ideas about the wellness and excellence, which I share with you in this book to make the New Year 2017 the best of your life, are there since long. Many of them are even 3000 years old. Many new ones have been added by the contemporary wisdom of science. I have just arranged them in a patterned way to make it helpful for your overall brilliance.

At the age of 47, I can say with innocence that getting old is such a beautiful and satisfying experience. It makes the 'self' accept the 'utility and fruition' of holistic, assimilative and integrative consciousness. Getting old has probably pushed 'me' close to the 'eligibility' of perhaps beginning to understand as what essentially is there to be understood!

I share with you whatever is part of my consciousness and its honest innocence. 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, however, may have utility in some meaningful way. I believe, as a reader, you shall enjoy this novelty and pleasant awkwardness of the writing. Wish you all best for the New Year 2017.

\*\*

FIRST THING FIRST, WE NEED to define what we must accept as the holistic idea of wellness and excellence. This is important. It has to be accepted that in contemporary social and cultural environment, all ideas have become a victim of

populist interpretation. Reasons may be over-media consumption or anything else but we are not going into it. Moreover, people are in different shades of consciousnesses and therefore, an idea is usually given to as many personalized meanings and subjective interpretations, as people are. The exercise to define the ideas of wellness and excellence is core to overall happiness and self-worth in contemporary cultures. Therefore, kindly take a few minutes to go into the details of the definition, which shall finally help you in accepting the contents of the book better. It shall help your wellness and excellence:

### **Wellness Crisis And Populist Benchmarks**

The modern world and its gradually becoming well-off population are good news to many. However, the looming predicament for larger well-off and comfortable humanity is the crisis of WELLNESS. This crisis has one great enemy – the larger and general IGNORANCE. With all humility at my behest, I must add that there is nothing called ignorance as, it is often the part or partial knowledge of something, which is the worst enemy of we all. That is why in this book, we shall talk about things not in parts but as singular holistic idea.

In contemporary world, most people complain of some ‘missing’ feeling in their lives and this missing emotion is ‘Wellness’, despite growing availability of all forms of comfort and consumptive facilities to larger humanity, especially in urban spheres. This wellness-crisis is because of a great and oldest enemy of humanity; the ignorance – or simply, the inertia with part knowledge of things. People fail to first diagnose the cause of their wellness-crisis because of their ignorance about the basic emotion of wellness and then, they are too much a slave to the popular benchmarks of social-success as well as self-worth, to effect any substantive change in their environs and lifestyles, which happen to be the primary cause of this crisis of wellness.

It has to be understood. Around 85% of our genes respond to the environment in which they are surrounded, and only 15% of the genes are permanent. Yes, 85% of the genetics our parents gave us respond to changes in our lifestyle, and only 15% of your genes are unchangeable. This lifestyle inertia happens to be the primary ignorance. We being social beings with instinctive inclination for aping, we often simply follow the populist and prevalent socio-cultural benchmarks for successes and self-worth. Sadly, all populist benchmarks of successes and self-worth are not automatic source of personal wellness. Different people have different wellness needs and a generalization of wellness ideas and idealisms is part of the ignorance malaise.

Your immediate and ambient living environment and the lifestyle choices, which this environment forces you to adopt, are the key elements to your wellness and living. You definitely cannot change your environment to your wellness needs. Therefore, you can choose either to get away from this debilitating environs or effect substantive changes in your personal popular choices.

What is the missing link that has led to the chronic diseases of today and contemporary crisis of general wellness emotions? The answer is that it is our lifestyles and the environment that surrounds our cells. Never ever in the millions of years of evolution, humans have faced such a devastating environment as the one we live in our current industrialized and highly urbanized one. The actual threat of such an environment has to be understood.

Get acquainted with what is now proved as the number one crisis for humanity; the Oxidative Stress. The oxidative stress comes from poor diet, environmental pollutants, drugs, radiation, and other life style issues, especially stretched periods of stress. Oxidative Stress has been identified and proven to be the root cause of more than 70 chronic degenerative diseases such as heart disease, cancer, stroke, diabetes,

Alzheimer's dementia, Parkinson's disease, muscular degeneration and other serious ailments, according to medical and nutritional experts.

Factors that can increase the number of free radicals produced in the body include excessive intake of medications, sunlight, cigarette smoke, radiation, enormous stress, pesticides in food and air pollutants (many of these are beyond our control).

Therefore, the one line fact is, we are in an environment where the single largest threat to our body and mind is "Oxidative Stress". The contemporary physical/social/psychological environment has got a lot to do with it. The corrective measures are there but ultimately, the wisdom is in moving away from such 'contributory environment' to this oxidative stress or effect suitable changes in personal life-living choices.

However, we have so far dealt with only one aspect of this wellness-crisis. Wellness we talked so far was all about physical wellness. Wellness also includes, social, intellectual, occupational, emotional, spiritual and environmental.

Wellness is not about just being disease free. Wellness is a collective emotion of wellness in all seven aspects of human living. The trouble of this wellness crisis is that in contemporary world, led by our ignorance, we believe being physically well means all the wellness. This partial approach is a killer. Wellness is a holistic idea.

The great crisis is that most of us are today only concerned with only one single aspect of our wellness and devote all our time and energy as well as intuitive and conscious attention. That is 'Occupational Wellness'. Career and jobs have become our full-time obsession. Most people, especially in urban spheres are either sleeping or are on their professions. This naturally ignores all other six aspects of our wellness and that is why, despite great successes and satisfaction in occupational and physical spheres, most people feel they have a very low 'wellness quotient'. The missing wellness in other spheres engenders the feeling of 'something missing' in our lives, which most people complain of.

Humans are humans... if we can see the state of the wild life and animals there, we can well understand how even wild animals make a good balance in their daily lives to work towards larger wellness. We are now even behind animals. Go to a park and see the birds and watch how meticulously they spend time in caring their own body and also that of their partners. We grossly neglect our bodies and seldom work for nourishments of our precious minds.

Wellness cannot be bought with money... yes, we can buy resources from this but we also have to see at what cost this money comes to us. The ultimate utility and fruition of all human endeavors have to be tested and cost calculated in terms of how much holistic wellness they bring in our lives. The golden word is to understand what is wellness in its totality and then go for the precious but very rare balance in life. Wellness is the most precious human treasure worth a pursuit.

Wellness is a function of wider poise of person and personality, which includes factors not only cognitive but also emotional. A person is in complete WELLNESS when there is a balance between the cognitive factors such as income, wealth, comfort, leisure and health as well as emotional factors such as trust, security, integration with family-friends-colleagues, connectivity, stability, sense of desirability and spiritual purpose, etc. Collective human enterprises must work towards attainment of all aspects of wellness.

\*\*

### **Excellence Is In Being Master Of Entirety, Not Parts**

At the very outset, it has to be accepted that excellence is an idea majorly associated with wellness. If any action or behavior fails to create an overall and holistic wellness for individual as well as the collectivity, it cannot be excepted as excellence. That is why excellence also has to be accepted not as partial but in totality and entirety. Also,

excellence needs to be understood as an idea beyond the populist benchmarks of success and self-worth prevalent in contemporary societies and cultures.

Coming to the idea of excellence, the simple fact is – a whole range of qualities, including concentration, determination, patience, courage, discipline, mastery, intensity, power, organization, integration, et al, which are required for the success and excellence of a role performance, can be of little help, if we do not know the ‘mechanism’ of the roles and functions we are expected to perform. This needs to be understood.

It is said, “God is in details”. The other variants of the quote are also much in vogue. We all truly believe, goodness and wellness, even evil is in details. The word ‘details’ means, when we dig down, break the situation into smaller fragments, reach to ‘parts’ to understand the ‘whole’; the mechanism of a situation at hand can be revealed for success optimization.

Most of us love the character of James bond. He is somehow very close to the concept of our all-weather all season Hero. We also love the superman. However, our James Bond is purely human and more like us, but a ‘winner’ in all tough and almost ‘unwinnable’ situations. He seems to be excellence personified.

When we see him coming out a winner in all tough situations, we know why he could. He always does it because he is the ‘master of mechanisms’. The best part of his glorious winning ways is the fact that they all seem so spontaneous and habitual. He does not have to move a mountain like our superman to save his beloved. He always knows about a secret pass or a crack opening in the mountain to sneak in beyond it. It is because, every mountain has passes; we just have to know where they are. Often, excellence is in knowing the details of all possible aspects of life-living situations.

We shower his performances with encore and applauds as he pulls out another of his masterly tricks with aplomb, to score over his detractors and conspirators. In all his



troubles, he knows a diversion and bypass. Not surprisingly, they are mostly very believable as the winning tricks come out of the same mechanism, which brought about a problematic situation at the first place. This is his heroism – He is the master of mechanisms. This is excellence. He is able to do it because he sees and visualizes a situation in entirety and holism. He has the dead cool attitude and demeanor to muster up all possible details to his aid, when he needs them.

Can we all be James Bond? Why not, but being a James Bond means lots of home work and preparations. And what this home work is all about? It is painful, persevered and postured preparations to arrive at a state of ‘readiness’, where we have the ‘objective knowledge’ of all situations, life can put us in. There are always multiple factors, which together contribute to a success. A success is simply a juxtaposition of all elements in a favorable situation at one point of time and space. Therefore, excellence is in being knowledgeable about all possible factors and elements, which constitute success. Excellence therefore has two broad elements – objective knowledge of multiplicity of life-living factors and secondly, the ingenuity to connect all these elements and factors in a favorable plexus. This is James Bond stuff!

Present a latest high-tech car to the James Bond, with first-time features anywhere on the globe and James Bond already knows, how to successfully run it and fruitfully use every new feature in all tough and unwinnable situations, which his work may land him in. The reason he could do it is he has gone through the painful process of ‘preparedness’ of basics, well before he became James Bond, to be in ‘readiness’, which defines him as James Bond.

And, what is this process of preparedness? The process is to be aware and responsible towards the ‘whole’, not only the ‘part’. The holistic, assimilative and integrative perspective towards the ‘mechanism, its entirety is the hallmark of a

true Hero – the icon of excellence like James Bond. God is in details and excellence is also in details and in connectivity of every details.

Only a person, who is receptive enough to respectfully accept the utility and fruition of every little detail of the mechanism of anything he or she is learning, can be ultimately 'ready' to be in the position of an all-weather all-season winning Hero. Excellence then comes naturally.

We have so many examples in our daily lives, where we see that if we have prepared ourselves well for multiple factors and have anticipated rightly the dynamic interplay of these factors, we are successful in having a smooth and safe go. Ask a doctor, who performs a complicated surgery. Ask a formula race champion, who wins it often. Ask a successful housewife, who is master of skillful multitasking and still smiling all the way! They all shall tell you – the excellence is in being ready to receive all elements of eventuality in advance, being knowledgeable about them and then; weaving a successful pattern of probability, which evolves as overall utility and worthiness. This is sure pathway to holistic wellness.

Usually, the conscious-mind in we all is restrictively concerned and knowledgeable only about a 'part' of the entire complex mechanism of life and living. This consciousness is a restrictive positioning of a loser. The all-weather and all-season true 'Hero' shall definitively be aware and responsible towards the 'whole'. The holistic, assimilative and integrative perspective towards the 'mechanism, its entirety is the hallmark of excellence.

\*\*

There is a purpose to it. Often, there is an imagery of things in our mind, which leads our efforts towards attaining it. It is therefore very important that in the New Year, you have a clear and perfect template of both wellness and excellence so that in the

coming days, you design your efforts and move around your resources to attain the best of both. It is also very perceptible that wellness and excellence are both correlated and often, two sides of a coin. Therefore, we need to look at a singular approach to attain the best of both.

It is a scientific fact that 85 percent of our brain is shaped up by the environment – physical as well as cultural, we live in. It is only natural that majority of our decision-making shall be conditioned by the cultural sense of good and bad. The idea of wellness and excellence too is often an imagery shaped up by populist benchmarks of the endemic culture we live in. Most contemporary cultures, especially the modern urban cultures, led by liberal thoughts and economics are somehow the prevailing benchmarks of wellness and excellence. However, growingly, experts as well as even large chunk of people living in these cultures are feeling that there is surely something big and crucial missing in the contemporary life and living benchmarks of wellness and excellence. This missing link is what we should first talk about.

The contemporary populist benchmarks of success and self-worth, calculated in terms of obsessive personal utility, individualistic possession and unfettered consumption are growingly proving a misleading road to true wellness and excellence in holistic sense of the term. The populist culture of instant self-gratification and wild chase of perpetuity of thrill and ecstasy at whatever cost is polluting the social milieus with catastrophic element of crazy one-up-manship, which is leading individuals to a success and self-worth filled with hypocrisy and sadomasochism. There are reasons to it. They need to be understood and accepted.

There is this popular perception that the world is growing more problematic as overall, complexities of living environment is growing fast and individuals are more stressed, even in their normal life. However, researches also confirm that this world has growingly become a better place to live with standard of living and overall support system getting better.

If we think of it, this is in fact the carnival time for humanity, definitively a phase in evolution to celebrate with jubilation, not because we have managed to build more structures and other facilities for our consumption and better living. The reason for jubilation is that we now have reached to a 'new wisdom', which is fast and decisively coming up for all of humanity. This 'new thinking' is a huge facility for understanding the 'mechanisms' of all our problems and troubles and then, singularly working for a satisfying model and template of wellness and excellence.

There has been and shall always remain the critical three elements, which represent the core of all knowledge, which finally leads to overall wellness and excellence. In the past, humanity has attempted to give answers relating to questions in these three areas. The future also pertains to understanding them better with whatever novel and better tools available for humanity. Most of the problems and troubles, we face have connection with these three questions. They are:

- The subjective self – the Consciousness – the 'Observer'
- The objective matter – the Cognition – the 'Observed'
- The interaction of self and matter – the Causality – the 'Observance'.

We live in a world, which has definitively entered a doorway of new time and space threshold, opening up new information, insights, theorization, pragmatism, perspective, paradigms and methodology into the existing as well as archetypal wisdom about the above three. As we see the notions of 'Observer – Observed – Observance' in the light of this new thinking, we can understand the whole mechanisms of our problems and solutions in a better and effective ways. This opens up the doors of true wellness and excellence.

Humanity in the new millennium is most certainly evolving a holistic, assimilative and integrative wisdom model, comprising a judicious and innovatively insightful assimilation and integration of archetypal wisdom of spiritualism and philosophy as well as the pure sciences in its wider manifestation. The quantum physics is the

indicator of the new frontier science is now willing to open, as an improvement over classical science, for better understanding of matter and consciousness. This new science may be moot, however it shows, how new answers can be explored and accepted with an open and holistic mindset.

We have now entered a phase of an understanding of the ‘self’, the subjective as well as objective consciousness and even the subconscious minds as never before. We can now understand the ‘self’ in such new and innovative lights that it opens up new insight into the archetypal and puts us all in better stead. Of course, the knowledge is evolving but evolving fast and on right track. Debatable, it shall always be. With this new wisdom, the entire range of perspectives about cognition and causality change.

\*\*

Before we talk about the wellness and excellence mantras, we must list out some primary and core needs or necessity, without which, the mantras cannot be effective. There are elements in the environment around us – both tangible as well as intangible ones. There is a causality between them. Therefore, if we wish to have a particular attainment, which itself necessitates juxtaposition and coming together of certain set of elements, we have to take in and accept all those elements, which shall constitute an attainment or success. That is why, when we talk about attaining wellness and success in excellence, we have to accept certain elements, which are crucial and inevitable part of the template of the whole. These elements are –

- 1. Leisure:** There can be debate about how much time an individual needs for himself or herself as pure leisure. However, there is no second thought about the importance of quality leisure time for the wellness and excellence of humans. An elephant is busy eating for 16 hours of a day to sustain itself even then it manages good quality time with other members of the herd. Sadly,

people do not have this simple facility, even when they have billions and almost all other facilities of life. I asked a friend of mine to spare an hour to do yoga for his health and general wellbeing. He replied, 'Where do I have the time. I have only two small windows of 45 minutes in the morning and hour and a half in evening. Rest of the time I am either in office, sleeping or commuting. In these two windows, I manage to squeeze things for household, wife, kids and phone calls. Leisure is for the kings, I am just a middle-class man!' This is just a slice of the sad reality of contemporary culture. However, experts say, you need leisure not for fun but for survival. They say, 'it is true that most modern societies are facing loneliness as major problem but the good prescription is that you have to have lonely time for yourself. Being alone is good for your wellness and excellence. Researches prove that performance is enhanced when people do things alone. Moreover, being alone helps transform information into knowledge and this enhances your wellness and excellence.' Sure, you have to learn the artistry of being productively alone and manage leisure for your own wellness. Leisure helps you understand yourself better. The new wisdom about consciousness tells us that we need loads of leisure time to talk to ourselves. In modern culture of being busy and taking pride in being damn busy, we are actually only being like a robot – acting out things as a reaction to everything dished out in the ambient milieu. In such drift and action-reaction mode, we are fast losing connect with the realism of the conscious self and that is why, loads of unprocessed info are gathering in our mind consciousnesses, making us confused, conflicted and fragmented. Therefore, to attain wellness, the primary hypothesis and requirement is leisure and that too a quality one.

2. **Hit Homeostasis:** Human brain is the central mechanism for ensuring the survival, wellness and excellence of human body and it has to be accepted that the conscious and subconscious mind accepts and expresses almost everything

in terms of its primary and pivotal role of ensuring a mechanism for survival and life-living excellence. This interpretation of human mind looks so demeaning as we all are inclined to accept ourselves as something big and a lofty and special creation of God. Accepting ourselves as an entity, with base idea of survival is revolting. That is why, science says, “the idea of a self, in objecting terms is often pitted against the ‘self’ itself, which we have been used to accepting subjectively since thousands of years.” The mechanism, as we are, may not be easy for us to accept but it is very helpful in enhancing our joy and satisfaction. Just for knowing the mechanism, we need to accept that human mind ensures this survival and excellence through a continuous and complicated maintenance of a process called homeostasis – better understandable as ‘poise’. All wisdoms, old or new, since thousands of years, have talked about the importance of this idea called ‘poise’, explained in terms of philosophy and spiritualism. Science unravels its physiological, biochemical and psychosomatic aspects. In lower organisms, the homeostasis or poise is only physiological and biological but as human mechanism is very complex, human mind has to perform a complex and multidimensional homeostasis. In humans, the poise also has to be bio-sociological, psychological, emotional, spiritual as well as volitional. We are talking about this all because, true wellness and excellence has to do specifically with this homeostasis thing and the trouble it creates also emanates from this. There are sufficient scientific researches to establish that when people are in true love and absolute intimacy (a must situation for wellness and excellence), their overall homeostasis is in great shape and this reflects in their healthy state of mind and body as well as behavior-action. The reverse has also been established as researches show, when people are in instable and unsettled love elements, their body gets affected and they land in serious body-mind dysfunction and even death. Science has also established that most of the behavior-action of humans is instinctive and intuitive. Even the learned

behavior, the nurture part, in time becomes part of instinctive behavior and nature. The simple idea is, almost everything, which our conscious and subconscious mind accepts and expresses, has to be in consonance and conformity with the larger homeostasis, which is essential for survival and excellence. The human organism consists of trillions of cells all working together for the maintenance of the entire organism. While cells may perform very different functions, all the cells are quite similar in their metabolic requirements. Maintaining a constant internal environment with all that the cells need to survive (oxygen, glucose, mineral ions, waste removal, and so forth) is necessary for the well-being of individual cells and the well-being of the entire body. The varied processes by which the body regulates its internal environment are collectively referred to as homeostasis. Homeostasis in a general sense refers to stability, balance or equilibrium. It is the body's attempt to maintain a constant internal environment. Maintaining a stable internal environment requires constant monitoring and adjustments as conditions change. This adjusting of physiological systems within the body is called *homeostatic regulation*. It is for this core and cardinal process of homeostatic maintenance that we need quality leisure time and space. Because the internal and external environment of the body is constantly changing and adjustments must be made continuously to stay at or near the **set point**, homeostasis can be thought of as a *synthetic equilibrium*. Homeostasis then is more than just balance, it is the combination of changing parts within the body that are constantly in different states, yet also constantly adapting to internal and external variables in their environment. Homeostasis allows the body to adapt to a wide variety of environments, both internally and externally. In order for the body to maintain healthy, it needs to remain in a state of balance, homeostasis. When the body is unable to maintain homeostasis, disease often ensues. A great many factors can affect the body in such a way as to throw off homeostasis. Stress is one of these many factors. As is commonly known,



stress on the body can induce both physical and psychological changes in the body. While the body is able to adjust to natural changes within the body, and generally without (temperature changes, etc), it cannot adjust to activities, which we subject ourselves to. Smoking for example promotes changes within the body which homeostasis has no control over. It cannot defend against the harmful effects of smoking, drinking alcohol in excess, or depriving our bodies of necessary sleep and nutrients. Poor dietary habits can take a toll on the body for which homeostasis can do nothing to recover balance. We have gone a long distance on the wrong path since ages. The environment we live in is so much polluted, the food we eat is so unhealthy and lacking natural sanity, the lifestyle we lead is so full of excesses and extremities that together they all put us off this precious 'balance' miles apart. Most of modern degenerative diseases, also called 'lifestyle-diseases' are the result of this affected homeostasis of human body, living choices and external environment. That is why, if we really wish to attain wellness and excellence in life, this New Year is the high time we hit the road to homeostasis.

3. **Unlearn Culture (Deculture):** Lateral, plural and unfounded behavior patterns, attitudes, perspectives, hypotheses and mindsets created by the popular culture, which are based on their subjective notions, have made us what we are today. Accepting something new and contrary to our mind and cultural training would be not only tough but also very painful for us. The experts say, "*The process of understanding one's 'self' is pitted against one's own beliefs about one's 'self'. 'You' are in your perspective and your perspective is in 'you'. Escaping this trap requires challenging everything that 'you' believe.*" That is why, the larger intelligence for we all in contemporary socio-cultural milieus is to 'unlearn', as we have erroneously learnt so many things, which are now being challenged by the new wisdom as obsolete and un-useful. It is also accepted that in our contemporary cultures as

well as within our consciousnesses, there still are many instinctive habits and ways of life-living rituals, which are clearly vestiges of the distant past and we do not need them anymore in our march of civilization and cultures. They are rather detrimental to our wellness and excellence. This is the major change call. That's why, the first requirement is lots of leisure time and space and then this huge courage, determination and resilience in our part to come out of this pop cultural mould and accept an entirely new mindset which shall look like as completely contrary to what we so far hold as not only true but 'sacred'. We need to be accommodative to this new knowledge and modern objective facts about our core mechanisms, parallel to our traditional cultural ideas and benchmarks. Holism, assimilation and integration is the 'intelligence', which shall help us in effecting a major change in accepting ideas about the questions related to consciousness, cognition and causality. We need to consciously and continuously tell our mind that look, we are in the midst of a huge change and we are introducing some new ideas and notions that is going to be the new and additional matrix, equally important, if not superior than the traditional one, for a new and objective value summation and decision-making. Reiterate that resolve to your mind repeatedly as it is only through conscious repetition that mind accepts external inputs and then forms it as part of its instinctive value summation programming, or what people popularly refer as 'soul' or 'higher conscious'. 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 happens and can happen, when you assign quality leisure time and space to yourself and allow the loads of information within your subconscious self to get trimmed, unlearned and processed fruitfully to sink in as knowledge.

Youthfulness is a period of multiple 'I' and 'Me', simultaneously functioning within you and your own subjective sense of 'I' is not as evolved and matured to be in control of these different 'Is' within your consciousness. This subjective 'I' needs to be the 'master I', presiding over all 'Is', many of these being purely cultural identities, assigning value and utility to all of them, in their respective domains of operation. Usually, there is so much cultural influence in your consciousness, you naturally follow and find true utility in popular cultural benchmarks of self-worth and success. This makes you delve deep down in the competition for possession of more resources for you. On this planet, we are already many times more than what is an ideal population situation. It is only natural that in open market competitiveness, attaining those benchmarks of self-worth and success is not easy. This makes you restless and it corrodes your wellness. Naturally, over time your excellence is the ultimate victim.

4. **Be With Love & Compassion:** At all stages of life, wisdom always escapes us by what looks like a short margin and life-long, we seem to chase stupidity. Wisdom is always round the corner but seems a step ahead of us. For most people, wisdom is available only in retrospect, often a posthumous possession, but we have only one life to live. Love and compassion holds the wisdom, does not allow it to slip away. When you start as being in love and finally become love itself, you see the wisdom. What we all do basically is chase our shadows throughout our lives. The source of light coming from behind, our shadow is always a step ahead of us. The source of light being the

social expectation, or to say the worldview created by our contemporary cultural definition of success, goodness and self-worth, coming from behind, creates the shadow of personal benchmarks of wellness and excellence for us. In sheer inertia of a drifting mind consciousness, we chase this personal shadow to attain the benchmarks. We live conflicted and confused, die tired and exhausted but fail to understand that shadows will always be unreachable, as it will always walk a step ahead of us. What love and compassion does to you is put a new light in front of you and suddenly, your shadow shifts behind you and starts following you. You become a step ahead of your shadow and this is the ideal situation, the wisdom – the core and cardinal hypothesis for dawn of true wellness and excellence. The shadow of your personal success and goodness, defined by social expectations should always follow you and never the vice-versa. Human mind is all about societal training. We were all trained the way our parents and their forefathers were taught and trained by their societies and cultures. If we are trained in childhood in the tradition of love and compassion, and not in the tradition of instant self-gratification and one-up-manship, we can understand that ownership, possession and aggrandizement of material joys are not the actual joy thing. The true joy is in just being there, in perfect unison with all those elements of life and living, which are generic to our own make-up of higher consciousness. It is redundant who possesses a rose garden. Important it is that we have the mental training to enjoy the beauty and fragrance of roses and share the joy and satisfaction together...not own it. This mind training to load all human enterprise with possession, at the cost of the intangible element of beauty and intimacy of utilities and fruition embedded in the matter, is the mediocrity. There is a whole universe, which needs to be absorbed, described and expressed but falls outside the scope of human words. There are loads of life-living realisms, falling in the realm of intangibles, outside the popular worldview, which needs to be lived and enjoyed but we are not mentally trained for it. When you are

deep inside love and compassion, you realize and accept that there is a huge unlearning process, which one needs to go through. Then only one can think of developing the faculties that are needed for getting to core wellness and excellence. The languages that we have learnt are very mediocre. They have been designed for social economy. They put us in somehow manageable situation when we need to express ourselves as social beings in the collectivity business of mutually agreeable survival mechanism. However, we also need to express individually. There is a world of love, the universe of compassion, the cosmos of spiritualism where this language we have been taught loses significance. The society where we speak is only one small part of our individual universe. We need a language for other parts of our universes too. There is a talk going on inside us. We need to reach at different dimensions... different state of beingness... distinct from our social state. We need to reach there and how can we? Our minds are not trained to understand what happens to us. Our minds must tell precisely what and why different things in our life-living experiences are happening to us. We need a language, a mode of expression to tell us constantly what is happening to us. This facility and artistry is required not for the collectivity. It is not required for social interaction. It is altogether a different need. What love and compassion does to you is land you into a harmony of sorts – the ultimate homeostasis. Love and compassion leads us to a new journey to the positives of life. Love and compassion gives us the courage to unlearn the redundant and accept the unknowable. There are larger questions in our lives. Why are we born? Why and for what we live? What is the ultimate aim and end of life – money, status, power and prestige...or for that matter attaining spiritualism and *moksha* (liberation)? Since thousands of years, the questions have remained with humanity and the struggle to find the right answers. You may spend sleepless nights over the questions but still you may not know the true and right answers. However, when you are with love and compassion, you become

comfortable with the questions. Well and good, if we humans find the ultimate end of life, the final destination of all of us and most important is that we should all agree to that. Love and compassion makes you see the larger picture and accept facts objectively. With whatever knowledge humanity has so far evolved and understood, we shall have to accept that all life on earth, including humans and its evolution is one huge random and multi-dimensional event-cyclicity. On the other hand, what we humans make out of it and charter our own ways for survival, purpose and excellence is another multi-dimensional cyclicity. Both forces, though inter-dependent only at the core and having some patterns, which can be replicable, still, they remain highly and intricately randomized. The element of unpredictability, inadvertence, accidentality and asymmetry in both largely sovereign forces of the cosmos only ensures that humanity can never ever remain in perpetuity of singular purpose, peace and order. Especially in contemporary situation, when humanity long before evolved and acquired the criticality of conscious intelligence, which is bound to lead it to ever-growing entropy (degrading randomization) and ultimate extinction in the long run. Finding a purpose and purity of singular pattern or model of culture and virtuosity for global community is out of question. The mechanism of cosmic realism never ever allows it. It is more impossible now. The wise can only understand that and find its own subjective peace. However, not all these shall look important to you when love and absolute intimacy with compassion completely absorbs your consciousness. Love and compassion makes you accept that the destination is not important; important is that we all, you me, all our closed ones, travel the path with love and compassion and together, so far as possible. If we all travel with love and compassion all throughout our journeys, wherever we will reach will be the desirable destination. Moreover, even if we do not reach anywhere, our path itself is so beautiful and satisfying that there is no need for a destination. Love does not look for ends of life. It believes in

the simple fact that life is one endless drive and on the way look for no signposts to reach anywhere...the joy and satisfaction of journey is more important than the nobility and utility of destination. There is no need to reach. Be on an endless journey and make it your destination where you tire. But always remember to travel with love and compassion in heart. Because, when love and compassion are with you, the path and the journey becomes the theatre of infinite song and dance. When song and dance is with you, journeys are full of incessant joy and satisfaction. If you reach the stage; if ever there happens to be one, you will automatically lose the question of destination. The question of meaning of life and its purpose will be lost. Love makes you understand the futility and redundancy of the intellectual concerns of life's larger purpose and the material desire of life's acquisitions. Love and compassion makes you understand that the true wisdom is not in reaching but in traveling well. May be also because, there is no destination and reaching. Love and compassion and its accompanying innocence is the greatest intellectualism, it is the best acquisition, if one defines life's purpose in terms of acquisition and possessions.

\*\*

## **Yoga Philosophy Of Wellness And Excellence**

The core Indian philosophy starts with finality as the initiation of all ideas of life. That is why it is self-evident and self-corroborative. Our worthy ancestors could decipher that even in the definitive and inevitable pattern of mortality; there was overall continuity and immortality, which permeated in the milieu around them. They could decipher that in nature, there were elements, which remained continuous and immortal in totality, even while part of it decayed in cyclic mechanism. This masterly observation was made available to the genius of imagination and it could be

unraveled to them that every life on earth too had core elements, which were continuous and immortal, even when part of it decayed in time. This core observation engendered the idea of two distinct but simultaneous elements of the cosmic realism – the mortal and discontinuous and; the immortal and continuous. They also discovered that within human life too, the same twin elements existed. The body was mortal and aligned to discontinuous cosmic elements but the elemental consciousness deep within was immortal and aligned with continuous elements. The subjective feeling of me, the self as distinct and different from other human being was just a virtual bridge between the twin realisms of mortality and immortality. This core idea became the cornerstone of a philosophy, which is enshrined in the cardinal Indian spiritual system. The yoga philosophy also adheres to this core idea. Yoga in ancient Indian language of *Sanskrit* means ‘union’ or summation of the immortal elements within a human being with the cosmic elements of immortality. This core idea also led to a belief-system, which decided the ultimate utility and purpose of all lives. Yogic philosophy presents a self-evident and self-corroborative idea of why and what is the true way of living one’s life.

It was accepted that self-welfare is the cardinal goal of life for every living being and this is attainable through self-interface or self-dialogue (*aatma-sakchatkar*). The wise of our civilization empirically observed that living beings are in constant and causative relationship with elements of nature. This nature also exists in microcosmic form within living beings. In nature, there are both mortal and immortal elements. They observed that mortal elements are usually expressed in tangible matter and immortal ones in intangible form. They deciphered that human being could attain their lasting and continuous wellness and excellence only when they establish a relationship with immortal and intangible elements of nature and life.

The philosophy they engendered says – *true and lasting relationship can happen only between similar and generic elements*. This is the idea, yogic philosophy practices in totality and perfection. Yogic philosophy maintains that even the matter shall finally



lead to a-matter, tangible shall lead to intangible and mortal elements shall lead to immortal elements. This is because, empirically, true and lasting relationship can happen only between similar and generic elements. The five senses of body mechanism shall initially orient a person to consumption and gratification. However, the same five senses automatically and finally leads to the realization that these consumptions and gratifications are ephemeral and mortal. This is self-evident and self-corroborative as every human knows that mortality is inevitable and the ultimate realism. Yogic philosophy admits it as self-evident for all that all pleasures of body and all joys of gratifications have the inbuilt and inherent energy advocating against it. The energies of attachments and gratifications are entwined with the inverse energies of detachment and renunciation. That is why, within a human being, the desire and will to have a life of absolute detachment and renunciation is as powerful as the desire and will for a life of attachment and gratification.

The philosophy, which enshrines the ideals of purpose of life as attainment of perpetuity of wellness, therefore extends this empirically self-evident and self-corroborative fact. It says that every human being should consciously opt for a relationship with only the intangibly expressed continuous and immortal elements of nature, both within the nature of the body-mind consciousness as well as the nature outside in physically and tangibly expressed domain. It says that anyone can decipher the practical realism that the flow of energy of gratification is also joyous but it ends up in the finality of pain and emptiness. Whereas, the energy flow of detached consciousness keeps augmenting like a flame in the fireplace, which is self-energized by constant offering of renounced elements of consciousness.

There is this famous metaphor of equating it with the joy of itching. It starts with so much pleasure when we scratch an itch. If we continue with it, it finally ends up in sharp pain and even bleeding in very short time. The idea is that the very core and perennial realization of painful mortality and regret of any gratification joy, even while we are at the peak of its enjoyment is there from the very start. The fruit of

gratification has seeds of pain and regret of its inevitable discontinuity loaded within it.

Yogic philosophy lists three broad types of grief and pain for humans. As it is the essential nature of a tangible gratification element, the person who starts enjoying it has this grief and pain well on in his or her mind that this joy shall finally land him or her in trouble. It is in fact instantaneous. People globally know that more people are dying because of overeating and overindulgence. The moment you overeat, you start feeling uneasy. As is human instinct, there is also a sense of guilt after the action, which we happily ignore but it is stored in the subconscious. This is first type of grief.

The second grief emanates out of the mortality and discontinuity of the very element of tangible gratification. If I have million dollars, I am always stressed and in perpetual consternation that this money I may lose in business or in other way. Worse, the moneys may be robbed or authorities may take it away as tax. Worst enough; I am also unhappy that my neighbor probably has more wealth and better prospect of being wealthier than me.

The third grief is that when I have once got the taste of a particular gratification, it is stored in my memory and subconscious mind. When finally the gratification is no more available to me, its memory becomes an excruciating source of grief and pain.

The first fact remains that all gratification actually begins with an instant and intense joy. The itch, when we start scratching, extends intense and instant joy. At the point of start, the joy part is tangible and overridingly present. The impending pain is intangible and latent, as the joy rules the senses. It is first nature of every living being to accept and invite joy. There are so many good and joyous things in this world, which start with pain, and in them, the joy part is latent, which ultimately prevails in long run. However, people usually never accept their utility. Part of scientific community believes that it is the way our brain is designed and has evolved to work.

Brain is, unlike other human organs, not a single organ but a cooperative of layers of it. Its working is very complex and probably has a randomized decision-making matrix. They however maintain that it is primarily reactive and does not register the time-space dimensions. This makes our subconscious usually decide for us and as it is good at reacting to five senses and assigns only instant utility as basis for value-summation, most of us have an innate consciousness to accept the first and immediate utility of an action or behavior, without assigning weight and utility to long-term consequences.

This is something, which comes to us through conscious and continuous mind training. The conscious mind needs to be trained to come out of the instant action-reaction mode and short-term utility of it. Both science as well as philosophy believes that humans have the decisive advantage of having the faculty and facility of observance and imagination, to postpone an action-reaction decision-making of subconscious mind. Humans have evolved to this stage of modern wisdom only because of this facility.

The ancient Indian wisdom maintains that there is a continuous and complex interaction always going on between nature and humans. It defines nature as *drishya*, something, which is seen and observed. It constitutes of two parts – the first being the tangible factors in external environment, which includes the contemporary culture, in which a human being lives. The second part is the intangible factors of body's intrinsic nature or disposition. This intrinsic disposition has three attributes – *sato gun* (receptive mode), *rajo gun* (action mode) and *tamo gun* (inertia mode). These three attributes are simultaneously present in all humans, even while different people may have different mix of the three attributes. Even science says, people can be identified as of a particular shade of consciousness, depending on amount and intensity the three attributes of *reception*, *action* and *inertia* in a person. One single person can be in different shade of consciousness, at different stages of life, as there are changes taking in the quotient of the three intangible attributes. The society or

larger physical milieu, we live in, also has these three attributes of reception, action and inertia. It is self-evident that in a small and simple society, where material pursuits are very limited and small population naturally has larger proximity and intimacy between them, the predominant attribute of the milieu shall be reception. This shall make the society and its people in larger internal wellness but external discomfort. However, in the unmanageably large and complex societies, the cosmopolitan or metropolitan spaces we live today, where there is a deluge of material pursuits to attain, the predominant attribute of milieu shall be action and in many societies, where physical comfort and personal attainments have become high, the predominant attribute shall be inertia. It is only natural and self-evident that such later societies shall have more conflicts, larger competitiveness, greater violence and less tolerance and stability but better external comforts.

This is so self-evident for all of us. Every attribute comes with an associated package of societal culture and individual behavior-action. A person living in a society where reception is predominant attribute shall behave differently than a person living in the society where predominant attribute is action or inertia. It is empirically observable to all that the nature or *drishya* is a realism, which is in continuous change as the attributes and elements constituting it are mutually contradictory in nature. Modern psychology too accepts this. A person, who has a dominant consciousness of action, may eventually realize its futility and shall accept the utility of reception mode. The vice-versa is also possible. The same is true with societies. In contemporary American society, the predominant attribute is action, even while large part of it has inertia, because of larger availability of comforts. It is only natural that many there are fed up with existing milieu and look for a life in reception mode. Indian society has largely been in the dominant attribute of reception. However, as material well-being is rising, it is going the American way and now attributes of action and inertia are taking over. This change is cyclic with newer elements being introduced in every new cycle.

There is another realism, which is called *drishya*, the consciousness, which sees and observes that intelligence of a person, which his or her current consciousness lands him or her in. The consciousness has been referred to as the observer of human intelligence, which decides the matrix for any decision of life, in the larger realism of *drishya* (nature and culture). The ancient Indian wisdom observes that the *drishya* and *drishya* (nature and consciousness) are continuously interacting with each other in a cyclic causality, in which, each affects other and in turn gets affected. The randomly multidimensional juxtaposition of *drishya* and *drishya* (nature and consciousness) engender different cyclical expressions of disposition. These cyclical expressions are infinite and all of them lead an individual to pains and troubles. This is because, as we talked earlier; these expressions link the self with discontinuous and immortal elements of *drishya* and *drishya* (nature and consciousness). The interaction of *drishya* and *drishya* (nature and consciousness) elements lead an individual to both gratification as well as renunciation. The Indian spiritual philosophy maintains that this cycle of gratification and renunciation is such a naturally intense and powerful realism that most people on earth remain attracted to it and become a part of the cyclic drift.

The yoga philosophy says, there is a state of super consciousness, which is called 'kaivalya'. This Sanskrit word has almost no parallel word in modern languages. We can say, it literally means a state of singleness, a conscious position of only-ness. For us, it is difficult to understand its true meaning as since long; we have been accustomed to collective and mutual existence and awareness of self. There is so much of contemporary culture within our conscious and subconscious minds. We are so used to our consciousness in complete collaboration and concomitance with our external as well as internal environments that for us, an idea in the domain of total and perfect singleness and only-ness is beyond even imagination. The idea, as elaborated by Indian spiritual philosophy enshrines that super consciousness is a state of being, where there is complete and perfect lack of any connection, causality and

coexistence between the *drishta* and *drishya*. The subject, the consciousness, which observes the nature and the decision-making matrices of life, becomes completely free and detached from the causality and utility of external as well as internal milieu and nature. This super consciousness is a state of singleness and only-ness – the *kaivalya* state of consciousness.

The idea is; in both the consciousnesses of gratification as well as renunciation, if there is a causality and utility of the subject with object, the consciousness acquires the element of ego and sense of self, as distinct and different from others. This ego has to go in the state of super consciousness, as this element of sense of self is actually a mortal and discontinuous element. *Kaivalya* is a state of consciousness, which is devoid of ego and sense of self as this state is the true element of immortality and continuity. The singleness and only-ness has only a singular element of continuity and immortality. This sense of self, needs to go away then only one can truly attain the state of *kaivalya*, the state of singleness and only-ness.

This is very tough. There have been people on earth, who attained greatness and even understood the utility of it all. They became saints and helped the masses. Still, they could not devoid themselves of the *sense of self*, and this made them create rifts between different persons. The evil, which all cultures portray in human beings is this sense of self, which remains attached to egoistic attitudes. *Kaivalya* is possible only when this sense of self withers completely. Even greats are affected by the attributes of inertia and they stop practicing when they attain greatness. This dooms them and humanity. *Kaivalya* needs to be practiced lifelong. This is the state, in yogic philosophy, where *jeevatma* (human soul) unites with *parmatma* (cosmic soul). This is what they called yoga, the union. The different *asanas* are different ways to discipline your body and consciousness to arrive at the state of *kaivalya*. This is also something, the spiritual philosophy of *Geeta*, the chief holy book of Hinduism says. Somehow, the modern concepts of psychosynthesis and psychoenergetics also work around the similar ideas.

There is a cardinal rule to the success of every enterprise of life. At the start, every enterprise looks huge and tough. Human mind, as we discussed, is not good at seeing far ahead. Therefore, it is always advised to take small steps towards achievement of part of the enterprise and set aim for smaller goals. Your innocence and honesty is your best preparations to attain your goals. The simple idea is; it is your imagination, which makes you a winner, when you have to make any important decision in life. This imagination puts you above and aloof from the immediate milieus, culture and body-mind instincts, which often either blur your judgment or keep you in a flux. Worse, it makes you drift with it, beyond your conscious control. You have to use your power of conscious imagination to accept your being and self as someone, not only your body, not only your mind, not only your milieus and not even the interaction between them. You have to accept it as some super consciousness, which observes each of your thought-action-behavior matrices from a position above and aloof from all the dimensions of your consciousness and being. This enables you to hold every emotion, instinct and ideas back for a while, sit over them with an objective and independent super consciousness. As this super consciousness is a receptive mode facility, you shall be endowed with a power to observe and control all your instinctive and culturally induced thought-action-behavior of action-reaction mode.

As you keep practicing to remain in this super consciousness self, you shall finally attain the *kaivalya* realism. Then, this super consciousness shall become you single and only consciousness. This is the stage where, you become the conscious decider of what should ideally present yourself with your decision-matrix of wellness and excellence, at any point of time in your life. When you use the power of imagination to instill a value and utility in an entity, which is otherwise and distinct, from those in the contemporary worldview, you arrive at the true wellness and excellence. This is a sure facility for personalizing your own wellness and making them independent of milieus, culture and instincts.

For example, if you are in deep and complete love with a person, you shall accept everything about that person from the perspective of love and intimacy. Therefore, if this person lovingly gives you even a pebble, picking it from a riverbed, you shall treasure it as its utility and worth is decided by the colossal weight and worth of perfect love. On the other hand, if someone, who hates you and has always been your enemy, gifts you a diamond, you shall throw it away in anger and disgust. The idea is – the intangibles always weigh more than the tangible, when it comes to its subjective worth to a person. Therefore, we need to ensure that we all are always with continuous, immortal and pervasive intangibles of life. It is entirely up to us as what value and worth we assign to things. Diamond is always more worthy than a pebble in cultural terms of the popular worldview. However, when we allow our higher consciousness to choose those intangible elements to preside over the judgment of worthiness of things, we shall have more control on our wellness and excellence. It is said, ‘what we want is not always what we need’. However, contemporary culture of instant-self-gratification and obsessive indulgence mitigates the fine-line segregating the wants and needs. When we push ahead our imaginative higher consciousness to the front of all decision-matrix, we shall be able to distinguish and wellness shall have all the reasons to smile more.

Anything you wish to attain in life, in societal milieu, which cultural benchmarks label as worthy, you shall decisively find yourself in competition and conflict with so many others, who want the same attainment and that too exclusively. The success of the enterprise shall only partly depend on your efforts and merits as there shall always be many factors in milieu and people, which shall be equally decisive. That is why success in our societies are exception, not a rule. However, when you wish to attain something, which is possible only just by your simple and innocent resolve, you shall be always successful. The ancient philosophies tell us to align ourselves only with these intangibles as utility because; our own consciousness has worth only as intangible. Our consciousness is intangible and continuous and that is why, it shall



find lasting and continuous wellness only in intangible elements. That is why, the philosophy prescribes, *true and lasting relationship can happen only between similar and generic elements.*

\*\*

## **Artistry Of Deciphering Your Destiny**

Everything around us, be it our little home or the colossal cosmos, has a mechanism and a process, which makes it work the way it does. As this mechanism and process works, perceptible and discernible patterns emerge, which we all can understand and accept. If we open ourselves to this consciousness, where we can understand and accept these mechanism, processes and patterns around us, we shall not need to delegate all happenings to what we call – destiny. Of course, still many of probabilities shall be beyond our understanding, yet we can pick up some of them for ourselves, which we can and should do.

As we do it, many of the probabilities of happenings, become replicable and doable by ourselves. There is no need to trouble God to make it happen. With our personal inputs and with some calculated design of destiny, we can make many of these probable events and things happen.

For example, an ocean is colossal mechanism. It has a process and patterns. There are trillions of living organisms and each one having its own destiny in the ocean. Each second, millions of organisms are killed and another millions are born and survive. There is a pattern of this killing and surviving in the oceanic food chain, even while the probability of survival of each life remains highly un-patterned and randomized.

Now, I can enter an ocean for fishing and someday I catch a big beautiful fish. I have a sumptuous dinner and I thank God or destiny for that. Another day at ocean, I end up close to a shark and escape a certain death. I thank again the God for the escape, though with serious injuries. God is not interested either in my first thank nor in my second. He created a mechanism, which has all patterns and they stand in the ocean in neutral probability. It is destiny in my hand.

If I understand the pattern well, I shall go to ocean well prepared. I shall carefully select the fishing zones and timings. I shall first gather all possible information available to gear myself up for a safe and successful catch, avoiding probabilities of accidents. The mechanism of ocean has both probabilities of a good fish and a shark in equitable proportions. If I am not prepared, I shall meet with that destiny, which the mechanism's own set of probabilities has there.

If I am prepared well, equipped with the knowledge of the mechanism of the oceans and its multidimensional probabilities, I shall have a destiny of happenings, very much skewed in my favour. This way, I shall have the larger personal input in the destiny, which God's mechanism has in store for any person. God's will has to be neutral and unbiased as His mechanism is also objective, neutral and equal for everyone.

The simple idea is; we have patterns all around us and these patterns, emerge out of the processes of working of a mechanism, which has been created. This mechanism works equitably for all of us. We need to have our personal inputs to manage our own destinies of probabilities of the mechanism's possibilities on us. We have so many examples in our daily lives, where we see that if we have prepared ourselves well for multiple factors and have anticipated rightly the dynamic interplay of these factors, which are there in a mechanism, we are successful in having a smooth and safe go.

For example, I am driving a car on the busy highway. Highway has its own mechanism and driving too has its own mechanism. Now, whether I meet with an accident or reach my destination safely depends very much on my own personal input – the knowledge of both mechanisms. Of course, the precarious probabilities of highway driving shall always be there. However, whatever shall be my destiny; it shall have larger inputs of my own patterned preparedness and less of the un-patterned probabilities of the mechanism of highway driving.

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

Moreover, on the highway, you need to know, where those accident-prone zones are and where drivers usually make errors of judgment. There may be signboards warning you but you must have this pre-knowledge, back in your subconscious. It means; you must be very aware of the entire stretch of the highway.

We can see how a simple thing like driving a car opens up so many probabilities for us, which are always there for anyone driving. While driving, we have to master the inter-play of so many factors, which the mechanism has. Somehow, accidents can happen to anyone, even when he or she is best prepared. Still, for a driver, who understands the mechanism of highway driving better and is well aware of the patterns of highways as well as driving, has lesser probabilities of accidents. Knowing the mechanism and discerning its inherent patterns can mould the destiny in our favour.

God's probabilities for accidents or safety are neutral as it is part of the mechanism. The core idea behind discussing all these was to have a mind consciousness, which could have the receptive brilliance of discerning the ambient patterns of life-living mechanisms. It is clear that the ability to predict right about past and future, which masses called magic, the artistry is essentially that of a mind consciousness, which has special abilities of deciphering the patterns, which are intangible but can be unraveled.

Let us resolve that in the New Year 2017, we shall work towards attainment of this higher consciousness, which shall prove out to be an active-agent of overall wellness and excellence for us.

One last thing, before we wrap up the talk; we must also know about something, which often lands us in troubles and failures. Yes, we are going to talk about the dualism of life-living choices and the precarious mind about which choice to make. Which choice shall lead us to overall wellness and excellence? We all know and accept that there shall always be at least two ways to make a choice; this is the minimum. However, at times, there may be more options available, more roads to make a choice from. Naturally, it makes things tough and enhances the probabilities of the choice taken as wrong and bad.

Now comes the question. Why is there always a dualism and conflicting options for choices? Why there is not a single, decisive and prescribed option for all to follow? Almost every human being thinks on the same line as everyone is faced with the dualism of life and living choices.

Everyone also knows that this dualism is the core trouble of humanity as whichever option you choose, it is laced with regrets in the short or long run, even when initially it may sound as the best and the right choice! This needs to be understood.

Often, we do not find the right answers of what we ask from ourselves or from others just because, our very questions are either not right or, we do not basically understand the nature and scope of the question we form in our heads, heart and soul.

At the very outset, it must be mentioned here that we all have a mind training, which our popular cultures make ingrained in our deep conscious and unconscious minds. Anyone who asks too many questions is considered a bad boy or girl and parents, teachers, seniors and even peers call such question-happy persons as nagging, derailed, unintelligent and even very undisciplined.

This mind training by the popular culture of our civil society has disastrous impact on all budding minds as, 'questions' are not considered an intelligent and disciplined action. As all those, who think and show confidence that they know the answers, are hailed as genius and successful, the impressionable minds of kids and adolescents develop a tendency and ingenuity to formulate smart and socially navigable answers rather than good questions. In this zeal for answers their minds start imagining and inventing those answers which land them in larger conveniences in their ambient cultural milieu. However, as these smart answers are led by the energy of conveniences and have no right logic, they often engender dualism of mind and keep adding them.

Science has now established the ingenuity of mind mechanism. It says, "When confronted with the unpredictable, illogical and undecided questions, the cortex area of human brain (which processes ideas and thoughts), the so called thinking and rational mind, refuses to admit defeat. It does so because defeat is socially inconvenient. Mind is quick to convert inconvenience of questioning pattern into the convenience of 'smart' answering pattern. It draws on all your computational abilities to search for patterns in random data. As there is none or little data (as questions are not understood and no logical answer available), in the absence of real patterns, the mind starts detecting illusory ones and even those, which are available in shred and

pieces in the cultural milieu. In addition, it starts prompting you to act on them with huge amount of conviction and confidence, as is apt for a winner”.

It has to be understood from the modern and contemporary knowledge of mind mechanism; how brain functions and why this dualism is not only essential and natural but also very useful for the growth and evolution of a person. Let us understand it. Millions of years back, when living creatures had very un-evolved brain, they had no dualism. They did singularly what their raw and mechanical instincts led them to do. They would feel hunger or thirst and go for food. That would make them easy prey for predators. Later, their brain evolved and they developed dualism. Fear was first intelligence that made them survive as even when instinct told them to eat; they would fear, stop and look around, assess the threats and then proceed.

This new intelligence improved their survival. Dualism led them ask question to themselves and created a facility called value-summation between two conflicting instincts called, hunger and survival. Fear, a negative thing for humans was the first intelligence. Questions afterwards became more complex and creatures became far smarter, leading them to better survival chances.

Simply speaking, a person with more questions in mind is surely a far more intelligent person than those who think, he or she has right answers. Intelligence is in allowing the higher brain to admit and process more ideas, thoughts and emotions which may enhance the ‘conflict and chaos’ in life but it is there to lead you to better survival chances. This is innate mind mechanism.

A section of scientists says, “Chimpanzees and humans have only less than one percent different genes.” Still, we are far better than our cousins because we have evolved brains, which is capable of processing larger inputs and thus making the outputs larger, complicated and even chaotic. However, we must accept that this is our strength; this is our superior intelligence.

This is because, chimpanzees have a very small and restricted culture and physical environment and we humans have a culture and physical environment hundreds of times vast and complex than theirs. Naturally, our brains need to process millions of times more input info into our brains. This surely creates a huge diversity of outputs. The conflict and chaos is the result of it and this is good for humanity.

So, be sure; if your brain asks too many questions, it is for sure you are a genius, even if you do not have much answers to offer. You are far better than those pop geniuses who feel they have all the answers in the world but no single true and right answers; no knowledge whatsoever of what the true and right questions are.

Then, take a step ahead; accept the multidimensionality of wisdom that humanity has created thus far. Take a holistic, assimilative and integrative view of the world around you. Understand the questions first. Be objective, compassionate and open to probabilistic multiverse of life and living situationalism. When you understand the right questions, are answers far away? They are inherent and wrapped in the question itself!

\*\*

## **Summing It Up**

We have talked about different issues. Somehow, it may make you feel burdened. Let us therefore make things simple by summing up the ideas in easy terms.

The simple and singular life-living idea, I wish to share with you is – humanity may be in loads of trouble and our contemporary physical and cultural environments may be tough on us; still we have to accept that we are entering a golden period of human civilization. Why I say this? The singular reason is – we have now entered a stage of our intellectual evolution, where we have acquired core and critical knowledge about

many key life-living questions. This has become possible for humanity because humanity now have made sufficient breakthrough in critical wisdom about the 3Cs – Consciousness, Cognition and Causality. This heralds good news for our true and larger wellness and excellence.

We have to be in sync with this new knowledge. Already, all around us, there are talks about how the new knowledge about consciousness – who Am I – is changing the way humanity has accepted realisms as. People are accepting that the decade (2010-20) of the new millennium should ideally be declared as ‘Decade of Consciousness’. This new insight and wisdom has unraveled a whole new dimension to our knowledge about who we are (consciousness), how we perceive about realisms around us (cognition) and which way our relationship with realisms around us affect us and our living (Causality).

This surely has changed loads of obsolete ideas and partial notions we all held dear for ages. This definitely has put a big question mark on our contemporary pop cultural notions of utility, self-worth and successes. They all stand exposed to be redefined and rephrased. Naturally, the old benchmarks of wellness and excellence also need to be relooked at. That is why we all have a big task of ‘unlearning’ so many things, which we have traditionally learnt from our popular cultures. This has all become possible because now we can have a holistic template of all core and critical realisms of life and living.

As I said earlier, ignorance is not the issue for humanity. The core trouble is the partial knowledge, the partial perspective of realisms, which have weird mix of hearsay, conjectures, hypothesis and reverse intelligence. Another trouble is looking at and accepting different domains of wisdom – the old and new ones as segregated and even mutually competing entities. The new wisdom of holism encourages us to see all wisdoms in singular linearity and in symbiotic causality. The core and critical elements of knowledge in all forms of wisdom – be it philosophy, spiritualism or



science are similar, if not the same. The golden phase of our civilization heralds a new wisdom, which sees and accepts things from a holistic perspective and that is why we are now in with hugely welcome facts about core and critical questions of life and living. That is why it is very important that in the New Year 2017, we spare time and thought to embark on a journey of equipping up ourselves with this new wisdom, which has the seed-element of our true and lasting wellness as well as excellence.

Let us accept that in the New Year 2017, the first and foremost requirement for all of us is huge courage, determination and resilience. What we are today, physically as well as mentally, is largely a product of years of brain and body evolution. Similar is culture and our mind-training. Our mind training is not what we desired or what real knowledge wished. Simply because no truly holistic knowledge was possible till recent times. In the last 60-70 years only, which is a timeline just as a particle of sand in the vast sea beach, we have started to arrive at real and measurable knowledge based on the singularity of truths – with an attitude towards holism of perspective. Now we have come a sufficiently long way towards objective facts. To accept this, our mind is not trained genetically and culturally. We are actually trained to thrive in the chaos of plurality of pop cultural ideas. Unlearning the obsolete and redundant is top 2017 agenda.

That's why, the first requirement is this huge courage, determination and resilience in our part to come out of this mould and accept an entirely new mindset in the New Year 2017, which shall look like as completely contrary to what we so far hold as not only true but 'sacred'. We need to be accommodative to this new knowledge and modern scientific facts, parallel to our traditional cultural ideas and benchmarks. There is actually no contradiction in what we have been told since ages by subjective religion and philosophies on one side and objective science on the other. When this old wisdom is interpreted and visualized with an objective and holistic perspective, it

shall become apparent that they have commonality with new wisdom. This may help in acceptance.

The second requirement is to accept and understand how our mind has been designed and how it can be used with objective intelligence for our individual as well as collective wellness and excellence. The exposure to this new wisdom about consciousness – the idea of ‘who I Am’ – is crucial and at the core of our true wellness and excellence in coming time. Coming out of the dualism of ‘body and soul’ and ‘instinct and intellect’ shall help us do that. But, it is not necessary. We just have to be equally open, sincere and receptive to ‘other’ answers. Even while accepting science, we need to be open to ‘scientific dualism’. It helps. We shall need to work out quality leisure time and space for ourselves as this time is required for knowing things about self and the new causality of this self with newer realisms.

We have to accept that mind is just like a computer, may be a bit more than that. However, accepting the symbolism of the analogy of computer can be very helpful. Like a computer, our mind can provide only those answers and perform only those tasks, which it would be programmed for. Like a computer, it is restricted to process only those data, which has been fed into it. Brain is just a referral mechanism for processing facts; what one may call a value summation (deciding right and wrong for motor action). All its decisions, based on instinctive value summation, are therefore subjective and never entirely objective. There can be objective values of goodness and righteousness now for our culture as it now has a scientific basis added for better judgment. But, a human mind decides on an individual’s goodness and righteousness not on the basis of this objectivity but on the basis of the values that it has been programmed (neural circuitry) with. This programming is his or her instincts in almost 95% of his or her value summation and decisions as well as the culture he or she has received. As our current education system is also part of our flawed and subjective culture, it does not help him or her in reaching at any objective decision.

So, what we need to do is to change or at least divert this programming of our conditioned mind. We need to consciously and continuously tell our mind that look, we are in the midst of a huge change and we are introducing some new programming and that is going to be the new and additional matrix, equally important, if not superior than the traditional one, for a new and objective value summation and decision-making. Reiterate that resolve to your mind repeatedly as it is only through conscious repetition that mind accepts external inputs and then forms it as part of its instinctive value summation programming, or what people popularly refer as ‘soul’ or ‘higher conscious’.

From the functioning of our minds, we now know that it is instinctive in human neural system to accept training and compete to become better. We also now know that what works for us is instincts. Almost 95% of our decisions are instinctive and intuitive. So, intelligence is in conditioning our instincts through self-control, self-discipline and objectively train it to accept only those values as referral for instinctive value-summation which are proven, measurable, singular and objective. We now have a scientific value matrix, which also must be known, understood and accepted for mind-evolution of a uniform global culture.

The human mind has instinctive mechanism to universalize goodness as well as evil. What we feed in it is not its concern. This is the role of intellect. The universe has not put us where we are today with any specific purpose of designed goodness. We have to design our purpose. We cannot accept survival as our purpose. That we are already designed for, though very poorly. Instant-self-gratification, the contemporary global culture, is also not our purpose. We, as intellectual beings, need to set lofty and larger goals for ourselves and then program our minds to attain it. These goals need to conform to the objective definition of wellness and excellence – personal as well as collective.

That is why the beautiful metaphor of 'God' was created by humanity as the ultimate and singular icon of all referrals for individual as well as collective value summation. All lofty and higher ideals (always objective) for humanity were infused into this metaphor for all humans to ape. We no more ape him but only seek his intervention for augmenting our instant-self-gratification. If God does not respond, we seek intervention of humans, who say they have the powers of the God. The purpose is always self-gratification. (For more, read my book – *I Am God*)

As we repeat this objective mind training to our brain, the objective goodness would spread all throughout its neural circuitry and then, we won't have to think twice to perform a goodness as it would then become an instinct, and thus an involuntary mechanism, like a hand moving away involuntarily as it touches fire. A real good human is not one who needs to think and then behave and act good. Rather, it is one who does not have to think as all his behavior and actions are instinctively bound to be good. We don't consciously remember when we drive a car or cook a meal as it is instinctive, even when they were once learned behavior. Objective goodness is also learned behavior but when we repeatedly practice it, it becomes instinctive.

Mind is value neutral. We all are born with a value-neutral mind with instinctive mechanism for survival. It is like a new computer, which comes with a factory-loaded Operating System (OS), but you have to load all those software, which you want for your specific needs. Mind spreads values that it is assigned by an individual (chosen software) or a culture to every part of its neural circuitry. This is why and how the minds of innocent people are conditioned to become terrorists, even suicide bombers. That's why, we have to use our objective intellect to input only objective value benchmarks that has singularity of value-decision and weed out unproven and pluralistic values which allows cunning and devilish inventiveness of mind's value summation.

The huge benefit now humanity has that all wisdom, value-systems, cultural-requirements and collective-mechanisms can be tested on the singular basis of the proven, measurable and objective facts of science, which are also what core religion and philosophy say. We now know our body and brain sufficiently well. We now have the technology and wherewithal to alter the genetic troubles of human bodies and minds through eugenics techniques. We are now empowered to create not only sure survival of humanity but also its excellence to spread to the universe.

We just need to have the courage, determination and resilience to accept this new mindset to accommodate more and more science in our thinking and value summation. It is not necessary that one should accept these facts and make drastic changes in all aspects of one's life. It shall be very tough. One can simply do one thing. Accept this new paradigm to define, "who I am". This shall greatly enhance one's satisfaction and joys as he or she shall find himself in singularity of body and mind mechanism. That is good to start with. (For details about new notion of consciousness, read my ebook, *Why Do You Want To Change Me?*)

It would be even better if one uses the energy of skepticism and doubts all that has been described here. One should use his or her own resources to re-check their authenticity. But, one must not 'reject' them outrightly or show them a close door. Doubt them, re-check them, correct them if you find them wrong... but not 'reject' them.

My simple assertion is – Make the New Year the best year of your life by marking the year as '*Year Of Consciousness*' for you. This itself shall unleash such latent energies within you, which shall engender life to many brilliant, productive and propitious probabilities in the 365-day-frame of the New Year 2017. Wish you all best.

\*\*

## **Special Mention:**

The author had written an inspiring eBook last year, which has been well received. The description of the eBook is given below. The book has been revised and upgraded. If you liked the contents of this eBook, you may find the earlier book also meaningful for empowering consciousness, life-living wellness and personal excellence. All my writings, be it fiction or non-fiction, are about the 3Cs – Consciousness, Cognition and Causality. I write to share ideas hovering around the 3Cs to help empower you, which then automatically translates into your larger life-living wellness and personal excellence. Wish you all the best for the New Year 2017.

## **Enter New Year A New You**



### **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 2017. The book has been revised and new contents added.

**Tags:** Problem solving, art of winning, success in love and relationships, spiritual wellness, worldview of utility.

#####

## **Accept My Gratitude**

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

\*\*

## **About The Author**



People say, what conspire to make you what you finally become are always behind the veil of intangibility. Someone called it 'Intangible-Affectors'. Inquisitiveness was the soil, I was born with and the seeds, these intangible-affectors planted in me made

me somewhat analytical. My long stint in media, in different capacities as journalist, as brand professional and strategic planning, conspired too! However, I must say it with all innocence at my behest that the chief conspirators of my making have been the loads of beautiful and multi-dimensional people, who traversed along me, in my life journey so far.

The mutuality and innocence of love and compassion always prevailed and magically worked as the catalyst in my learning and most importantly, unlearning from these people. Unconsciously, these amazing people also worked out to be the live theatres of my experiments with my life's scripts. I, sharing with you as a writer, is essentially my very modest way to express my gratitude for all of them. In my stupidities is my innocence of love for all my beautifully worthy conspirators!

\*\*

## **Other Titles By Santosh Jha**

### **Be Lonely, Be Your Best**



### **Short Description:**



This book challenges the populist idea that loneliness is a bad and sad thing. Loneliness is rather very facilitative mechanism of body-mind for wellness and personal excellence. It is innate call of instincts for self-actualization of potentials within, to attain excellence. It answers core question as ‘What’s Wrong’ with things around and within us, listing ways to use loneliness for happiness.

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

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

*Cognition and Causality*, helping humanity in understanding all realism in a new holistic perspective.

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

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

\*\*

## **You Didn't Care**



*Fiction > Romance > Contemporary Women*

### **Short Description:**

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

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

\*\*

## **OnlyNess**



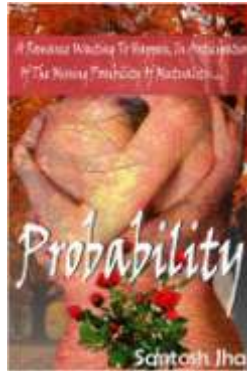
**Literary Fiction:** A novella about life-living choices from the perspective of a very successful contemporary woman: Word- 38,000 approx.

### **Short Description:**

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

\*\*

## **Probability**



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

### **Short Description:**

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

\*\*

## **Nurturance**



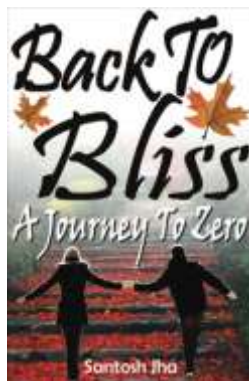
**Fiction:** A Novelette about a young woman's viewpoints on contemporary male world.

**Short Description:**

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

\*\*

**Back To Bliss: A Journey To Zero**



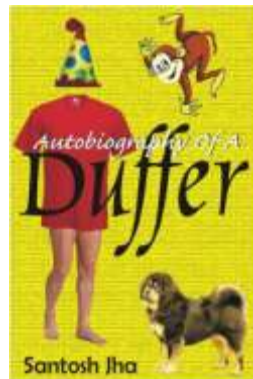
**Literary Fiction:** Novel: A Love Story in contemporary culture of conflicts: Word-78,000 approx.

### **Short Description**

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

\*\*

### **Autobiography Of A Duffer**



**Fiction:** Humour and Wit. Words: 16000 approx.

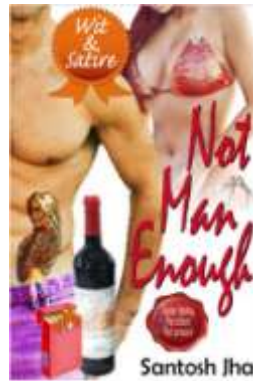
### **Short Description:**

A witty but insightful narration of 'normal' and 'orderly' cultural realisms of contemporary world, from the perspective of a young duffer. This duffer believes; a normal person should know how this world looks to a stupid, whom the world loves

to label 'abnormal' and 'disordered', to truly visualize realities of benchmarking. This duffer's wife asked him to make it different; he truly does it!

\*\*

## **Not Man Enough**



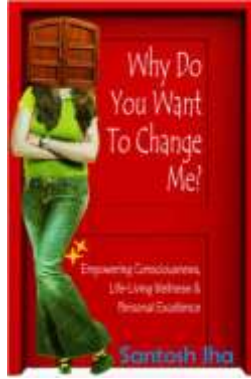
**Fiction:** Humour and Wit. Narrative on contemporary gender issues. Words: 7800 approx.

### **Short Description:**

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

\*\*

## **Why Do You Want To Change Me?**



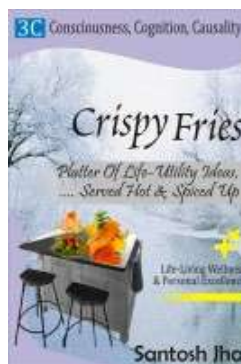
**Non-Fiction:** Life-Living Wellness and Personal Empowerment. Words: 21800 approx.

**Short description:**

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

\*\*

**Crispy Fries: Platter Of Life-Utility Ideas, Served Hot & Spiced Up**





Insightful, inspiring ‘Cuisine’ for Life-Utility ‘Recipes’ of – Happiness, Love, Dream, Loneliness, Success, Self-Worth, Destiny, Meditation, Life-Management, etc. Crispiness of book has got to do with decisive, straight-forward and objectively logical words. Flavoured with holism; no added ingredients of populism and platitude. Ideal for people with taste for novelty and iconoclastic insinuations.

\*\*

## **Naked Solutions Of Dressed Up Life Woes**



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

### **Short Description:**

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

\*\*

## **Why We Flop In Love**



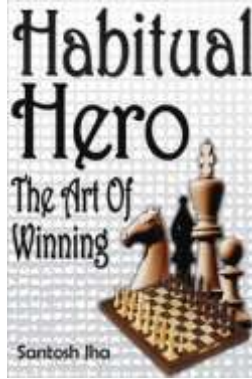
**Non-Fiction:** Science of Love and Intimacy, Relationship Issues and Attitudinal viewpoints. Word- 20,000 approx.

### **Short Description:**

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

\*\*

## **Habitual Hero: The Art Of Winning**



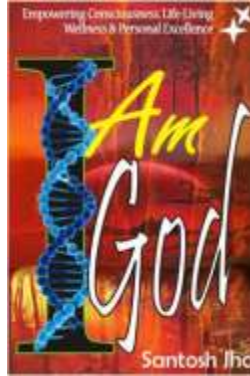
**Non-Fiction:** Science of Success, Life Wellness and Personal Excellence: word-19,000 approx.

**Short Description:**

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

\*\*

**I Am God**



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

**Short Description:**

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

\*\*

**Hey Beautiful, You Are The Hope**



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

### **Short Description:**

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

\*\*

### **Young, Restless And In Love**



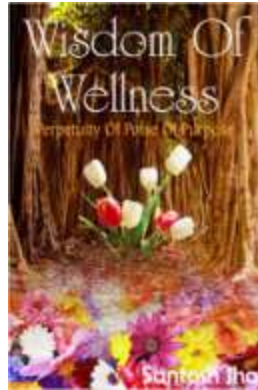
**Non-Fiction:** Youth Empowerment and Wellness, Inspirational issues.

### **Short Description:**

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

\*\*

## **Wisdom Of Wellness: Perpetuity Of Poise Of Purpose**



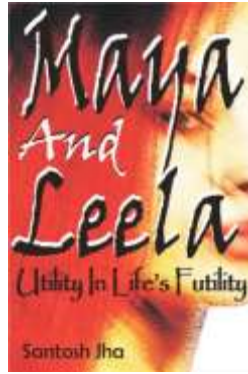
**Non-Fiction:** Personalizing Spiritualism, Life Wellness, Paradigm Building. Words-20,000 approx.

### **Short Description:**

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

\*\*

## **Maya And Leela: Utility In Life's Futility**



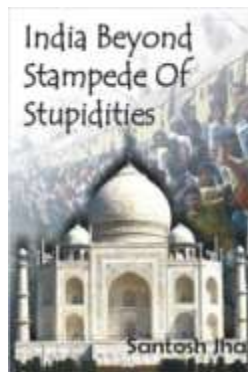
**Non-Fiction:** Science of Spiritualism, Life philosophy and Intellectual Connect:  
Word- 21,000 approx.

**Short Description:**

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

\*\*

**India Beyond Stampede Of Stupidities**



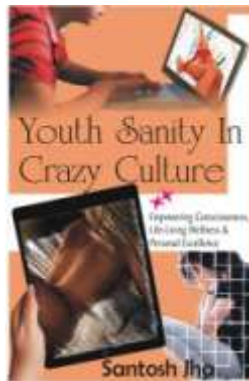
**Non-Fiction:** Indian Politics and Governance, Cultural Issues, Contemporary Troubles and solutions. Words: 13500 approx.

**Short Description:**

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

\*\*

**Youth Sanity In Crazy Culture**



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

**Short Description:**

In contemporary culture of hypocrisy, conflict and confusion, where even adults are in a flux over benchmarks of real success and self-worth, the young being advised



about sanity and sensibility, lands as big joke for them. The youth needs a worldview, enabling them to see through the hypocrisy and perplexity of pop culture, offering them a date with real intelligence and life realism.

\*\*

## **Decipher Destiny: Decode God's Will**



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

### **Short Description:**

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

\*\*

## **Redeem & Reinvent The Art Of Lost Wellness**



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

**Short Description:**

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

\*\*

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



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

### **Short Description:**

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

\*\*

### **Bare Basics**



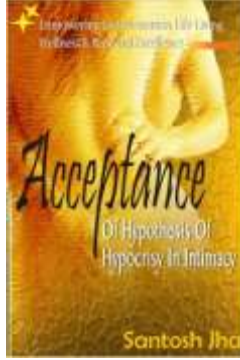
**Non-Fiction:** Essays on Life-Living Wellness and Personal Empowerment.

### **Short Description:**

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

\*\*

## Acceptance: Of Hypothesis Of Hypocrisy In Intimacy



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

### **Short Description:**

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

\*\*

**भारत का सांस्कृतिक विकास: जरूरत आत्म-अन्वेषण की**



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

\*\*\*\*

**Do Write To Me.**

[sjwrite@gmail.com](mailto:sjwrite@gmail.com)

**Connect With Santosh Jha**

Google Plus: <https://plus.google.com/101687486477768503275/posts?partnerid=ogpy0>

Blog: <http://zeroistic.blogspot.in>

Smashwords: <https://www.smashwords.com/profile/view/SantoshJha>