

Why Do You Want To Change Me?

By Santosh Jha

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Preface

I FEEL TRULY HAPPY to tell you that more than a book, it is like friends chatting up, sharing whatever we can together to enhance the wellness space.

It is my humble belief that any person, in whatever state of consciousness and life positioning, is in some special ways, better than a wisdom-book, for the purpose of life & living learning. I must tell you, I have learnt and more importantly, unlearnt, primarily from people. Books somehow are people-matter in text-format. Collective consciousnesses are ideally vast universe to learn the artistry of individual wellness and excellence from.

Change, as we all know, is accepted as the only constant in the transient world. We are however, not going to talk about change in this perspective, as this change is an auto process, much of it being a product of the cyclic evolution in time and space dimensions. We are talking about changes in the personal domain, changes in mindsets, perspectives and attitudes, which we have to consciously bring about for empowering our consciousness to attain life-living wellness and personal excellence. Moreover, we are not confining deliberation of changes only to the above notions. We are taking the idea of change to a domain beyond contemporary discussion.

In this book, we are accepting change not as something tangible and material but intangible and ideational. There are good reasons for doing so. The central issue is why there is a need for this type of intangible changes to happen in our deep consciousness. That is why we have upped the boundaries of our talks about change by stretching it into the modern contemporary notions about core issues of Consciousness, Cognition and Causality in our world. We are talking about changes in holistic, assimilative and integrative perspectives to bring about the objective and singular logic in favor of such changes. Moreover, we are also going to talk about 'What, Why and How' of the changes in personal domain. All these talks are aimed at empowering your consciousness to enhance your life-living wellness and augment the potential of your personal excellence. There always is a purpose to an endeavor and change has utility only when it leads to larger wellness and excellence in life.

However, before we dig into these talks, there has to be a humble admittance – Any word, however well meant and well spelt, is a possible suspect of 'misrepresentation'. There is a simple reason. Do you remember when your flight is about to land, the pilot aborts the landing, jolting

your peace, just because something as insignificant as a 'stray dog' happens to be on the runway?

You already know, how similar is the fate of human words, which we all accept as the best and worthy carriers of human 'intentions'. This airplane of human words, carrying good and noble intentions need to make a good, smooth and safe landing on the runway of another human's mind consciousness, which again is worthy and hugely able.

Still, the good intentioned words sometimes fail to land on the mind of others, as there is some 'insignificant', yet potentially fatal obstacle standing midway the runway!

It is believed, "If the hypothesis is right, the idea is accepted as right". If two people have an assimilative and integrative attitude, one can easily see that root trouble is in subjectivity of the hypotheses. This helps in resolution of conflict of ideas.

Friendship is one positioning, where assimilation and integration about divergent hypotheses has larger accommodative space. A seed is more objectively accommodative in space than a grown up tree. Friendship is seed positioning. That is why, at the very start, I very affectionately request you to be my friend and accept this all as one long conversation between friends. Kindly, accept this not as a book but a 'confabulation' between friends. This, I am confident, shall engender smoothness of navigation and fruition of the entire exercise.

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.

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 chat up with you to share with you whatever is part of my consciousness. All wisdoms say, human is designed to live in state of ‘flux’, a state of instinctive semi consciousness. To jolt oneself out of this, one must challenge itself; something humanity has done since millions of years. What stays with you is what sinks in. Wisdom is what we internalize.

I share with you whatever I have internalized in my life. All my previous 14 ebooks have been humbly intended to be only this affectionate and compassionate sharing with you, what I have internalized.

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[At The Very Outset](#)

Dare To Prove Yourself Wrong...The Best Thing You Can Do For Yourself.... Why!

All wisdoms say – humans are designed to live in state of ‘oblivion’, a state of instinctive semi consciousness nothingness, a state of blissful inertia, a *status quoist* comfort zone. To jolt oneself out of this, to eject out of this ‘nothingness’ to full and absolute ‘everythingness’; one must challenge itself, something humanity has done since four million years. This is the doorway to common sense; evolution confirms it. It is better to challenge ourselves, as it feels bad when others point out mistakes in us. Moreover, others may not have the perseverance to keep telling you that you need to change. My humble, affectionate and compassionate attempt is to put in the ideas here for readers to internalize, so that elemental and seed-level changes could be understood and initiated within oneself. Internalizing needs you to drop your narcissism that you ‘know it right’. You may already; however, it is always ideal to stretch the horizon of your righteousness, as this evolution empowers your consciousness and leads to enhanced life-living wellness and personal excellence. We are definitely talking about this here. Dare to prove yourself wrong. If you do not, you are right on your own right. Then, so are others! There has to be a sense, which is common and it comes out of the assimilation of one’s subjective consciousness to objective higher consciousness. Do Let This Sink In, It Shall Stay...!

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The Core Question Of Wellness

There is a saying which goes like, “the questions you possess is half your destiny, the answers you accept remains the other half but, both halves of destinies are poorly linked by a narrow strip of pathway or a bridge called ‘innocence of consciousness’ across an ocean of dualism. What is this bridge about and what this dualism stands for? We shall talk about this all. Kindly mark the two notions, ‘innocence of consciousness’ and ‘dualism’ in your memory as we shall deal with these two in details in this book.

There always have been questions, which help us extend our domain of wisdom. Number of questions we accept, more we open ourselves to newer probabilities of realism. We however usually happily restrict ourselves to fewer questions as initially; questions unsettle our comfort and us. It is natural that people with fewer questions shall have wherewithal of lesser answers. We shall talk here about how true knowledge alone can lead us to larger wellness and true knowledge is a cyclic process of accepting more questions and evolving improved answers. Evolution of humanity in millions of years has been a process of this cyclicity. This is absolute utility for us. The imagery of closed door, as used on the cover of the book is a huge symbol of how we restrict and even constrict our knowledge by closing our minds of many questions and ideas, which we feel uncomfortable with. Our knowledge is the base material from which most of our joys, wellness and excellence are created. This knowledge is a product of a magnanimous mind consciousness, which allows and lets even uncomfortable and unfriendly ideas and questions sink in. What sinks in, stays and knowledge is a function of this memory of fruitfully processed experiences, which stays after deep sinking in. Therefore, the first intelligence in all humans is the innocence. We talked above about the importance of the bridge called innocence, which connects two part destinies into one whole. This intelligence of innocence is in being an open door person, allowing this sinking in to happen so that utility and fruition stays.

Answers too have always been there. As we talked earlier, accepting questions is one part of destinies but other part remains as how we accept answers. It is not easy for most people to accept objective, singular answers in holistic, assimilative and integrative way. Their subjective consciousnesses are happy with the inertia of comfort of answers that suit their own state of mind. The simple understandable fact is, we do not and cannot create realisms and truths. In our subjective consciousnesses, we feel, we have ‘our’ own answers and they are right. The objective

reality is that answers are always singular as truth happens to be singular, even as we think, we can create different truths and answers to one question. Truth is there since billions of years. We therefore do not and cannot create answers of all questions of humanity. We can and we do however, unravel and discover answers and realisms, which are already there. All idealisms of realisms are only unraveled, as they all are already created there, within and outside our conscious self. Be it the brilliant philosophers or scientists, they all have only discovered realisms, never created them. Gravity was discovered by scientists, not created as, it was and shall remain there much before the question of gravity came to us. True and singular objective answers are there, even when questions are not even born.

The idea to put forward in this book is simple. There are questions and they are important because only when we accept questions, we move to discover the answers, which are already there. This is the singular objective road to knowledge building. However, wisdom or knowledge comes in stages; they are not usually arrived at suddenly. Like answers, questions are also born and evolved in time and space dimensions. Long history of humanity shows us how key life-living questions evolved in stages and their answers too came in stages. That is why we have to constantly move away and beyond our current state of mind consciousness, which has the instinctive inclination for accepting and be happy with comfort of inertia of few questions and subjectively created answers. We talk about this change in our mindsets and perspectives. Opening the door and being prepared to be at the readiness of acceptance of the intelligence of innocence is the primary change in attitude we are talking about in this book.

The question, ‘why do you want to change me’, is the primary energy to break you free of the inertia and move you towards those answers of the crucial questions of humanity, whose answers have now been discovered with great objectivity and singularity, even while they were already there since ages. It seems, we have evolved to redesign the key questions of humanity and accept newer answers, in novel perspectives. This is intended to move you to real questions, which you probably have not yet asked truly and that is why not reached to their very meaningfully useful answers. This is aimed at empowering your consciousness to enhance your life-living wellness and personal excellence. We shall elaborate the idea in course of the book.

As we said, “A man or woman is known by the questions he/she has”. This is one side of the coin though. The choice of questions that a person is endowed with, is truly important but not all.

Most people are confronted with same questions of humanity but choose to keep only those with them, which they feel comfortable with. Most people live out their lives with a few questions, not even aware about thousands of them. Instinctively, human choice is invariably the inertia of comfort. This comfort of inertia is often a huge advocacy for status quo and against change. We shall talk about it in details here.

Answers are the other side of the coin and the answer, or the set of answers we accept in totality make us what we are. It is crucial to accept that there are true objective and singular answers of humanity's questions since ages, as realism was created billions of years before we came. Still, different people have chosen and they keep choosing their own subjective answers, often far away from the true objective and singular answers. One can always ask, "where are the true answers, even if we so happily accept that our questions are right and true?" The trouble is, humans are instinctively arrogant and this intuitively leads most of us to believe that all our questions and their subjective answers are truly right. This arrogance emanates out of humans being on top of the pyramid of creatures and his ability to change nature around him/her. There can be other reasons too, the primary one being our own design, which structures our subjective consciousnesses! We are definitely talking about all these here.

Even when we put up a mental screen to it, the questions never cease to chase us and answers are seldom easy acceptance. This is something, which is part of the human mechanism. Most of us are trigger-happy ignoring and even summarily rebuffing the questions and answers not falling in our comfort zone and wellness boundaries. Here, we are talking about one key question of humanity, which almost everyone asks to self or others in his or her lifetime in modern societal milieu. This question is also one faces from others. The question is:

“Why Do You Want Me To Change?”

As, questions are half the destiny, let us first attempt to understand the dynamics of the mechanism of the question itself. This may put us in good stead while answering it. This is primary wisdom for all. We all must first understand a question in its dualism. We need to see and accept multidimensionality of the question then only we can proceed towards the desirable process of an integrative and assimilative answer.

Let the mechanism be understood first. Let us take one step at a time.

At conception, the sperm and egg meet to form a single cell determining the genetic potential. About 60% of the genes are dedicated to brain development. This is being reiterated here to bring forth the point as to how important brain and mind is for humans as even at a stage where the human form is in single cell, majority of genes are for brain development. There is more.

Three to four weeks after conception, a thin layer of cells forms on the embryo. The cells fold and fuse to form a liquid filled tube. This is the basis of the brain and spinal cord. The mechanism now established beyond doubt by science only broadly hints at the fact that even before embryo stage, the focus of creation is in building the mind which only at much later stage would be faced with all questions and all answers of humanity.

By birth the brain has developed the total 100 billion brain cells, or ‘neurons’, it possesses. However, the brain is a work in progress. Most of the neurons are still immature. The cells need to be activated and the connections between neurons are weak or have not yet been formed. This is just a humble reminder of the fact that consciousness is an evolutionary entity and needs ‘activation’. It does not get ‘on’ by a switch at one moment.

Although genes begin the process of brain development, it is the experiences of the child that now start to take over this process. These experiences trigger the electrical activity necessary to enable the brain to develop connections and grow. The purpose of telling you all this is to juxtapose the facts that brain mechanisms and its functioning in milieus inside and outside us are crucial for life-living wellness and excellence. This mechanism may be said to be leading to the following propositions:

1. Modern science is not still fully in knowledge of all possible aspects of consciousness; still, there seems a lurking possibility that consciousness precedes creation. In other words, it is not necessary that consciousness is created only when the single cell at conception goes on to form a fully developed human child in nine months. It may well start at this single cell level itself! It may just be that as life evolves from a single cell to trillions of cells to build a human child, the consciousness also takes along the same route and evolves not only quantitatively but also qualitatively! Probably, consciousness shifts from objective one at cell level to subjective one after life takes shape. This proposition we shall talk about in detail later, as how it helps us in our question-answer evolution.

2. The key question, which emerges from understanding of the above mechanism is ‘what, how and why’ about consciousness. It precedes all other questions of humanity, as it is the consciousness, which understands questions and accepts answers. That is why we have our focus on mechanism to arrive at consciousness. The scientists now say, even at the single cell level, how the early genes go on in their work to create brain and other parts of human body is hugely dependent on the ‘environment’ which may be both external as well as internal. So, a consciousness is affected by very early ‘environment’ even before embryo is formed and later when child is born, rest of the brain and his or her consciousness depends on the environment.

3. Finally, the larger ‘environment’, after birth, which we may sum up as the contemporary and dominant culture at the particular time and space, majorly decides the final shape of his or her mind. The consciousness, which a questioner has and is at the core of the understanding of the question, is only 2 percent his or her gene. This may be good or bad but 98 percent of his or her consciousness depends on the ambient cultural environment.

Therefore, it is interesting to first see and understand the current level of consciousness of the questioner asking, “why do you want to change me” and then look back at the dominant environment which shaped and colored his or her consciousness. The question may well be objective and singular as quantum consciousness admits the wave/particle dualism. But, the moment it lands on the individual mind, the question becomes subjective and takes multiple and plural positioning as subjective consciousness immediately colors and shapes the purview of the question. This is to be understood...

The questions of humanity are the same but a question, which a particular person shall accept or ask, does not hold single and uniform meaning. The ambient milieu, in which a person lives and has grown up, shades his consciousness and this dominant shade of his or her consciousness also extends this dominant shade to the question. The same happens with the answer one accepts. That is why the humanity has such a diverse culture and personal attitudes within single society and even within a family. This diversity is unique in the living world as no other species other than humans have this quantum of diversity. This realism is our strength as well as a huge limitation for personal growth.

We all know about different colors of consciousness and the personality positioning that it shapes up for different humans of the world. The ancient Oriental wisdom reiterated that individual consciousness is not the same for all people, as different people are born with and evolved into different shades of consciousness. Science now says that there are seven shades or memes of consciousness and they can be ascribed different colors like red, blue, green, yellow, etc. Therefore, the above question as “Why Do You Want Me To Change”, or even other questions of life and living takes multiple probabilistic meanings and colors, depending upon the personality positioning as per his or her color of consciousness, which itself is the product of his or her larger ambient and dominating cultural and physical environment.

So, the above question can take following different meanings and tones:

1. Why on earth is there a need for me to change, I am doing perfectly fine!
2. Who the hell are you to ask me to change?
3. Why should I change and even if I have to, why should I listen to you.
4. Oh! do you think you are God! Even God cannot ask me that!
5. Why should I change if I am not convinced there is something wrong about it.
6. Okay, I can change if you first logically tell me where I am wrong.
7. I am open to change but only for someone who first accepts me as I am.
8. I would change only for someone who loves me blindly.
9. I accept changes but it would be tough as I was made this way.
10. Give me time, support me in the meanwhile, I am a slow learner! Etc.

The basic realism is, as we have now the knowledge that the very mechanism of humanity is a life-long evolution. Our brain and mind evolve life-long and so does our consciousness, evolving to newer and varied experiences. This in itself is the core and cardinal answer of the above question. This is what we know as the journey of consciousness. From the single cell level to a mature person, this consciousness is there in different dimensions and domains. Just stay at the idea and let this sink in. Try to sit calm in a peaceful place and let your mind consciousness journey back to your earliest memory of yourself, when you were probably two or three years old. Try to recollect and actually live the consciousness you had as two-year old. Snap back and

assess the same with your current consciousness. You shall definitely see, how magnificently amazing this journey of your consciousness has been. You shall see how this sense of one singular you being present throughout the journey looks a false idea. There may look like ‘you’ being there in parts in all different ‘yous’ but not one singular you in fullness. This is evolution and growth for you. Your consciousness, at any particular stage of life is a virtual agency, which is a function of your body state and the knowledge levels you have. As both body and knowledge keep changing and evolving, consciousness also keeps changing. Body is tangible and knowledge is intangible. As consciousness is a bridge between the two, it has intangible character. The body as tangible element in consciousness being the key constant, we feel a continuity of sorts – feeling a feeble sense of ‘we’ being present all along our journey of aging. However, our consciousness also having the intangible element of evolved knowledge in its composition, we feel only a part of we being there all throughout. This we are elaborating to bring home the fact that aging of body is not that important. Important is the evolution of knowledge as it is this component of consciousness, which essentially defines our consciousnesses. And as this major component is intangible, we feel unsettled and unresolved about it. That is why we keep saying that ‘self’ is the biggest mysticism and all external mysticism of life emanates out of this core mysticism. This also bring out the challenge for all of us. Body being tangible, we have the instinctive attitude to care more about it and its evolution, whereas knowledge being intangible, we usually miss its larger importance in shaping our consciousness. This needs to change. We are humans and we do have this definitive edge over other species. We always need to consciously accept the predominant influence of intangible knowledge in our consciousness. This is a must for our wellness and excellence.

As we said above, there can be a singular idea of a question and there can be one singular answer of the question too. However, this does not usually happen as the dualism of the cultured mind and consciousness colors and shapes the questions and answers in unending plurality. For those, who arrive at the non-dualistic consciousness, all questions and answers become singular and therefore easy to understand and accept. This is the core idea of the book. We all are ‘right’ in our subjective consciousness and that is why we have different answers of same questions. Our subjective consciousness, colored by different cultures and milieus, accepts different answers. This is primary reason, why we need to change this. The change is moving the consciousness

from this state of dualism to the non-dualistic consciousness, which accepts singular answers of all major questions of humanity.

Naturally, this is not an easy process. What helps in successfully attaining it and arriving at this non-dualistic consciousness is knowing and accepting the mechanism. No doubt, humans are much more than their mechanism and even the knowledge of this mechanism is still evolving and probably shall evolve always. However, knowing helps. We shall deal with mechanism of dualism and idea of this non-dualistic consciousness in this book.

The core and unavoidable idea about our mechanism is that every person's consciousness, which accepts a question and an answer, has a dominant shade of consciousness, even when other shades may well be there, not so active in the subconscious mind. Moreover, the mind consciousness keeps evolving and changing as brain pathways keep building, depending on the milieus in which a person lives and moves. This itself suggests that as an individual, we all have a consciousness, which keeps changing and evolving life-long and that is why, our consciousnesses shall always have newer questions and newer answers. This book is not about telling you why changes are inevitable. It is about making you consciously aware about mechanism and dynamics of changes, so that you could be in command of changes and not getting swayed and commanded by them.

Change is intrinsic in our mechanism and that is why a changing consciousness must be allowed to first understand and then accept changes consciously, as this is the way our consciousness evolves to larger wellness and excellence. If we block our minds and refuse changes in our personality, as per the evolving consciousness, we are actually hampering our own wellness and excellence. We need to understand this in detail. This book is all about that.

Talking about the need to change our questions and answers and the way we look at our life-living troubles, the most crucial aspect is of understanding consciousness. The primary question of 'who we are' comes first and now, when we have enough scientific, objective and credibly singular mechanism to understand details about our consciousness, there has to be a major change in the way we perceive of our own being, our consciousness and our sense of life and living. Naturally, when this happens, the question, 'why do you want to change me', acquires justified importance and singular objective utility.

There is a major paradigm shift in how we have understood all the age-old questions and traditional answers of humanity. It is only natural that as we gear up to change our position vis-à-vis understanding them, we all get into the need to change. Let us understand it.

It is said, a very famous Russian writer, who won Nobel Prize for literature and is acclaimed as one of the best ever in world literature, renounced all his writings in his lifetime itself. In his last days, he almost abandoned everything, even his writings. He talked of compassion and things, which his writings probably had not accommodated. This is not unusual. Many people chase lot many dreams and even become hugely successful in their pursuits, garnering name and fame for them. However, in the last part of their journey, they discredit them as futile and talk of something, which they always neglected in their lives.

Since long, literature has been the prime source of presenting the conflicts of life and living and many of great literary works even suggested answers and solution. They were all subjective and as the literature never understood the core and objective mechanism of consciousness, questions and answers about life and living taken up by literature almost always started and ended in conflicts and more conundrum. We talked earlier about how you shall feel your own consciousness as partial realism as you go down memory lane.

The philosophy and religion also attempted unsuccessfully to raise questions and provide answers but they too failed. Philosophy and religion, like literature, only added conflicts and conundrum to all questions and answers of humanity. There is a reason to it. We shall talk about this issue here in summary only, as we wish to keep focusing on our core topic of consciousness and changes necessitated by new wisdom.

Thousands of years back, when humans started understanding key questions, which his instinctive mechanism of intelligent observations made him to, he started a practice of finding answers, which was the only way available then, given his level of brain development. All around him, things happened and he could not understand why? What he observed with the help of his six senses were in fact 'effects' of something. As many of these 'effects' either enhanced his survival or jeopardized it, both ways he needed the answers as why they happened. Some of them found a way. They started imagining about the whole chain of 'effects' and then speculated

about the 'cause'. This is 'reverse intelligence', which attempted to ascertain 'cause' from 'effect'.

Observable realities are more than often, only 'effects' of something which is the cause but not empirically observable. The Sun was always observed as rising from east and then moving towards west to set. This effect of a particular cause was imagined and the erroneous wisdom that was created was that the earth was solid and stagnant whereas the Sun moved. The earth was observed as flat and it was accepted this way.

Both religion and philosophy accepted this 'reverse intelligence' and as ascertaining the cause from effects was a function of imaginations, same 'effects' were ascribed plurality of 'causes' and even the effects were interpreted in similar pluralities on the basis of opinion, conjecture, imagination, hearsay, dogma, ideology, fantasy and fiction having no measurable and proven basis.

This 'reverse intelligence' continued till very recently, may be till some 200-300 years ago when pure science started to come with proven, measurable and singular answers. Now we are at a stage, where science has made great headway in understanding the mechanism of consciousness, which has changed many popular cultural notions about life-living questions and the answers. However, it has to be accepted without doubts that this 'reverse intelligence' actually also helped ancient humans in a big way. Lot many learning and discoveries were made possible by this mechanism and humanity benefitted a lot. Farming and animal husbandry is one such boon. Humans observed plants growing from seeds and this effect they replicated with success.

The only trouble is, there were some effects, which they could not imagine right and still included them as part of their religiously sanctioned cultures. Evolution of humanity growingly provided right answers about this objective cause-effect mechanism. However, as culture and traditions are so deeply ingrained in human mind mechanism, it is still very hard for most people to accept anything that is new to this contemporary culture and ancient wisdom of religion, which is the largest chunk of a culture.

We live in the 21st century where modern science has unleashed an objective and singular wisdom about realisms. We all have to come out of the age-old culture, which still lurks deep inside our consciousness. This old wisdom of reverse intelligence has to give space to modern

objective and holistic intelligence of proven and replicable causality. As we said above, the important constituent of our consciousness is the intangible element of knowledge, which needs to be upgraded and updated. We cannot have our bodies in 21st century and knowledge in 19th. This spells disaster for our consciousnesses. It has to be understood that most conflicts and chaos are inside us, well in our deep consciousness. The conflicts get enhanced if we have contradictions within our consciousness. The consciousness is a bridge, a virtual agency between the body and mind. If the two lack mutual harmony, symmetry and linearity, the consciousness is bound to be conflicted. Especially, if we have contradictory and conflicting ideas in our knowledge, our consciousness shall be conflicted and our wellness and excellence shall be missing. This we all need to change. We all need to consciously weed out conflicts from our consciousness and for this, there has to be perfect harmony, symmetry and linearity in our knowledge. For this to happen, we need to open doors, accept utility and fruition of newer questions and evolving answers, which collective wisdom of humanity engenders for us.

Our consciousness is predominantly intangible and it accepts utility of all intangible elements of inner and outer milieus more than tangible factors. We therefore need to change our perspectives in a way as to allow larger importance of intangible elements in our decision-making. As we talked earlier, you are in your perspective and your perspective is in you. For example, in a race for 400-meter sprint, there shall be ten people running for it. However, the winner shall only be one person and this person shall be the one who shall have better intangible elements of endurance, determination, sense of success, egoistic sense of superiority, et al. The physical strength of body being a constant, almost common in all those in the race. It is empirically observed by we all that success in life is almost always a function of intangible factors mentioned above. We all need to accept that and suitably change our perspectives to be in sync and tune with this realism of life-living wellness and excellence. In our lives, the physical tangible matters are only a common, constant and generic realism. What matters most and stands as a definitive decider of success, wellness and excellence, is the ‘intangible factors’, as they are discretionary, uncommon and specific. We shall discuss in this book as how we can arrive at the continuity and permanency of this specific consciousness, as against the generic consciousness, to be in perpetuity of wellness and excellence.

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The New Thinking Necessitates Changes

The question about wellness and goodness of life and living is ubiquitous. The question has been there in different forms since millions of years. They still are. However, new issues of wellness and goodness have been added, as we all are heading for a world, which is fast becoming complex – physically as well as mentally, resulting in far more conflicts and conundrum. This presents the challenge of updating our consciousnesses by upgrading our knowledge. It is the widening gap between collective and individual knowledge spheres, which causes more conflicts and chaos both for individual as well as the society.

The new millennium has heralded a new thinking. It was brewing up for over two decades but now as we moved into 21st century; we have a wisdom to answer many questions of wellness in a completely new light. The answers have come up, as there has been a change in perception about the three core notions, essential for wellness and goodness.

These three core notions are called: *3Cs – Cognition, Consciousness and Causality*. The new thinking offers new and scientifically appropriate perceptions about the three notions and helps humanity in understanding them in a new light. This is a huge boost for confidence required for empowerment and wellness. We shall talk about them in the next chapter.

Every new thing is received with skepticism. It is only natural. Most of us have a narcissistic affection towards what we think as right and just. It is our mechanism and also, somehow this aversion to changes, if unexplained, offers egoistic comfort to our general wellness. No wisdom, no science, not even divinity are effective enough to open the closed doors of mind of a person if he or she is egoistically attached to his or her fixated subjective notions for his or her personalized wellness. This wellness is however very restrictive and often short-lived.

Millions of people globally are benefitting by this new thinking and new perceptions about the 3Cs. This new thinking emerges out of the experience and knowledge of humanity for the last millions of years. In the past, usually, all critical issues of life and living were addressed either with extreme ‘scientific positivism’ or with dogmatic ‘religious reductionism’. The right answers for *wellness* therefore looked elusive for humanity, be it relationships, faith or consciousness.

A 'new thinking' believes; answers are in the integrative and assimilative domain as both wisdoms have unbelievable commonality. Moreover, answers cannot be prescriptive but evolve within when one undergoes holistic option building. The new thinking is all about an assimilative and integrative approach and technique, drawing holistic resources from both traditional as well as modern wisdoms.

In complete acceptance of the traditional ancient wisdom, which said, 'all realisms of this world and the world beyond can be attained only through body. The *kaaya* (Body), which is deeply entangled with *maaya* (external world) alone is the *madhyam/ dwaar* (vehicle and door) of *moksha* (emancipation from life cycle), the final attainment for humanity, as it is this *kaaya*, which is the effective *karta* (subject) of all *karmas* (actionable duties). But then, both religion and science warns us to understand the subject (*karta* – the wielder of consciousness) in totality and holism. It is where the trouble starts. The subject and his or her consciousness, which extends him or her the feeling of 'self' as separate and unique from others, has been muffled in the mist of mysticism, marvel and virtualism. Be it art and literature, religion-spiritualism or philosophy-psychology, every stream of past wisdoms only accentuated the mysticism and marvel. This mysticism then slipped deep into the popular culture, which in turn worked as a restrictive and dysfunctional milieu for consciousnesses of future generations.

The new thinking based on objective, holistic and singular ideas of consciousness, cognition and causality goes ahead to unravel the objective mechanism of what popular sense of religion or spiritualism enunciates in subjective terms. The new thinking holistically describes the *kaaya*, *maaya*, *karma*, *karta* and *moksha* in an objective, singular and systematic perspectives. This is big help in understanding key questions as, 'who we are', 'why we act/ behave the way we do', 'why this self is usually conflicted', etc.

Of course, in describing all this, the new thinking attempts to unravel completely new perspectives on the notions of cognition, consciousness and causality, which are the factors essential in the understanding of the ancient concepts of *kaaya*, *maaya*, *karma*, *karta* and *moksha*.

The traditional ideas are offered to be understood in different light so that an average person can have different objective ways at understanding them better and use them for its own and societal

wellness and goodness. The fact remains and it seems like a very available common sense that even if realism is approached from different perspectives, the realism does not change, the way different people look at it may change from person to person. The intelligence is in accepting all perspectives towards singular realism and investigate it with a compassionate mind. This is one common prescription, which all wisdoms of humanity offers. That is why; it is a 'common sense' for all of us.

Of the three Cs, understanding and accepting the 'Consciousness' in the light of this new wisdom is crucial for all of us as this itself shall present a case for change in all of us. There are certain aspects of this subjective consciousness, which we all know from our own experiences and self-observation. However, so far we have used the old wisdom of 'reverse intelligence' by ascertaining a cause of 'why we are what we are' and other key questions from the effects, we observe empirically. We need to change this and see ourselves and our consciousnesses in a new light.

An average person is often floating in a 'soup' of sensation, emotion, impulse/desire, imagination, thought and intuition. There is a reason to it. There are seven conscious and unconscious elements of personality: The lower unconscious, the middle unconscious, the higher unconscious or super-conscious, the field of consciousness, the conscious self or "I", the higher self and the collective unconscious. All seven elements are within an individual and operate simultaneously. The life journey is shifting gears from these consciousnesses. Most of us therefore are in a state of 'flux' – conflicted and confused. This is our mechanism.

Then, there are eight intangible affecters: Sensation, emotion, impulse/desire, imagination, thought, intuition, will and the central point 'I' or personal self. An individual is often split and conflicted between these. Often, we put in 'more' or 'undue' weight and importance to one aspect; often justifying it, which is psychosis. The requirement however is synthesis of all these psychological functions by the 'Self'. The higher consciousness needs to strike harmony and balance. This poise is the destination.

Few people recognize that their own personhood is a mystery. Fewer still care enough about the mystery to understand it. The 'Pop-Belief' is – Life is more about living it than it is about understanding it. However, shouldn't we ask ourselves, 'who are we?' The answer needs

knowing and it needs allowance to some knowledge, other than what we hold dear to our heart. That is why change is optionless.

The trouble is; the process of understanding one's 'self' is pitted against one's own beliefs about one's 'self'. It is not an easy task to determine which of these beliefs are true and which are mere ideas. We are in the error of believing that our 'Body' and 'We' are the same things. We are not aware that each of us is a virtual agent, a 'self', that speaks for his or her organism.

There are two subjects within 'you'. One is the GENERIC SUBJECT, which is your innate body mechanism. It accepts only tangible things and is mostly reactive and self-initiated. The other subject is SPECIFIC SUBJECT, which leads a thoughtful action. The self, the 'you' is a functional relationship between the two subjects and is a 'virtual agent'. You are a bridge between the two ends of the two subjects.

The 'I', which exists and performs in each layer of consciousness is not 'singular', rather it is the summation of different 'MEs' of different layers of consciousnesses. So, there are different 'Is' when you are rising in the morning, playing with your kids, praying in the church, dealing finance with your colleagues, watching an opera in the evening, dizzy after boozing and finally in bed with your spouse.

Different life situations, requiring diverse sets of 'action-thought-behavior' patterns, as commensurate with ambient milieus, engender different 'layers of consciousnesses'. In all these layers, the 'I' may be different but there is one 'I' in 'higher consciousness', which is always sort of commanding all the former 'I'.

This 'Master I' is not singular and independent, rather a summation of the all other 'Is'. The 'I' in the higher consciousness is not something aloof from an individual. The higher self is not a rejection of individual's baser selves or instincts. This 'Master I' is a mind positioning within, which accepts conflicts of the different personality aspects and functions – the different 'I'.

It is a super state of mind awareness, which recognizes all aspects; be it in any state of unconscious or subconscious. It attempts to bring them to the layer of higher consciousness for harmonizing them into a fruitful whole. This higher consciousness must be in harmonious

relationship with all aspects and functions of an individual personality, like a true master and always be in control.

Spiritualism gives us a metaphor of 'Master I' being the driver of a chariot with six horses, reigning in all of them to a singular path of 'appropriate'. The core issue is to understand the higher consciousness in detail, as, it is this 'I', which has the definitive role of being the master of an individual.

This 'Master I' is the media for exploration of an expanded experience of human identity, capacity and potential. This 'I' leads 'self' to a journey into transpersonal dimensions. These dimensions encompass the higher levels of the energy spectrum: realms of higher consciousness that transcend the everyday awareness of the personality.

Many psychic phenomena are strictly emotional or delusional, tinged with fears, personal prejudices and wishful thinking. These are moments when one of your 'I' may take off on obsessive flights. This is the test of your 'Master I' navigation controls. The 'Master I' must always be evolving and as it evolves, the dimensions of consciousnesses get enlarged and the 'Master I' is empowered more.

The above descriptions about consciousness are aimed at bringing about the importance of understanding consciousness and its mechanism in details. Once we understand and accept the intricate mechanism of consciousness and how it is primarily instrumental in our wellness and excellence, we shall happily accept all questions of change and all new answers.

The mechanism of our own mind consciousness is designed in such a way that it excels in reacting to things in its ambient milieus. We are essentially a reactive genius. However, we are no more purely instinctive beings. We live in societies with cultures, which define our choices. The consciousness is bound to be wavering between what is our 'nature' and what comes to us as 'nurture', in the form of milieus. In the milieu we live, we are always faced with newer questions as well as answers. Our wellness and excellence depends on how well we manage the incessant process of learning and unlearning. The unlearning is far more important than learning in the process of our evolution to wellness and excellence. That is why we have to be consciously opened up to evolution and changes. We need to accept unlearning as something good for us,

even when our instincts and cultures keep persuading us to hold up our egoistic self-resisting new learnings. We shall talk about the issue in detail later.

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Understanding The Rainbow Of Consciousness

Seeing consciousness from the perspective of brain mechanism and then relating our own subjective feelings with these objective facts can best present a matrix for understanding the agency called consciousness. This is our primary step to arrive at the question – Why Do You Want To Change Me?

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

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

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

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

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

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

Science maintains that the conscious feeling that we all have is primarily because we have an evolved and matured process of storing experiences as memories, with a definitive sense of we as our bodies present in all such memories. These memories in which the subject is definitively our own body, creates a sense of self-awareness in our brains. This we refer to as knowledge. This needs to understand very carefully. Knowledge is not information, our sensory organs collect and pass on to our brains for processing. Knowledge is the ‘processed’ info as physical imagery in brains, which goes through the filters of mind’s memories of experiences, instinctive inclinations as well as those collective experiences, passed onto us from our ambient culture.

We have awareness that we are experiencing something. We also have memories of other experiences of our past. More importantly, we have a definitive and exclusive mental facility of collating all past imageries of experiences and imagining a novel imagery of possible model action and behavior for future. This facility of intra-polation and extra-polation of imageries in our knowledge inventory has been a decisive tool with us, helping humans produce brilliant solutions of innumerable troubles and problems. However, we need to accept the fact that this facility itself also doubles up as a major trouble for us. Imagining and extrapolating singular and objective real facts can lead to tested and replicable solutions but in situations, when the collated facts are virtual, subjective and mystical, solutions arrived at shall be subjective, untenable and non-replicable. We can design futuristic spacecrafts as we collate and juxtapose objective, tested and replicable facts of aerodynamics and navigation. However, we fail to create futuristic solutions to our emotional and psychological troubles, like those in the realm of love, faith, culture etc, as we collate only subjective, virtual and non-replicable facts. This we have to be wary of and change our attitudes and perspectives to use our consciousnesses for attaining the objectivity and singularity of decision-making matrices.

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

The subjective consciousness in us that we are, seems a function of the knowledge the consciousness builds up by storing different body experiences as memories, which the actionable body creates. The dualism of consciousness is created because of the cyclicity of experiences and knowledge. The body's sensory organs provide information from the milieus to the brain. The brain is physical part of information processing. It is like the hardware part of computation. The mind however is the functional part, the software part. This functional part, the mind

controls the brain, the physical part. Mind is the knowledge, which is memories of experiences of body's actions, stored in consciousness. The feeling of 'self', the sense of 'me' is a virtual realism as this 'self', the subjective consciousness is an intangible connect, a bridge between the physical and functional – the brain, and mind.

The brain is the physical pathway that makes the body act in a particular way. However, the physical pathway, the brain does not itself decide all actions. This is crucial distinction and needs to be understood. There is a key difference in deliberating and deciding an action and actually executing the action. The brain makes physical action possible by physically moving concerned parts of the body. However, whether the action should be taken or not or if taken then in what measure and intent, is what the mind works at. This is functional part of information processing.

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

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

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

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

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

predominantly are; is a function of our perspectives and attitudes and in turn, our attitudes and perspectives are what we are.

Here is the idea of change in all of us. We are humans and we live in complex societies, which are so laterally and vertically interlinked that every individual's action-behavior has catalytic impact on the wellness and excellence of millions of us. That is why in modern contemporary societies, relationship troubles in familial, societal and workplace domains are number one troubles of humanity. We all have a responsibility towards not only us as an individual but also towards all of us in the society we live. We, as aware and responsible citizens of a nation and societies, need to own every action and behavior. We already see the world we live in utter chaos, conflict and violence. Nations and societies need to be collective domains of wellness and excellence. They are not in contemporary world as this happens only when each of us consciously own and be responsible towards each of our actions and behaviors; not only two percent of them.

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

only we, as an individual, but also the collectivities of society and the nation. We continue to talk about this desirability of change in all of us in the coming passages.

Now, the same ideas we need to understand also from the perspective of the ancient wisdom, the traditional Oriental wisdom, explained in terms of *kaaya* (Body), *maaya* (external world/milieu), *karma* (Actionable duties) and *karta* (Subject). There is huge commonality, even as the symbols and means used in explaining these terms vary. The ancient wisdom also explains the dualism of consciousness and minute details, elaborates how there is a mystical causality between the *kaaya*, *maaya*, *karta* and *karma*, which decides cognition of the consciousness. In some way, scientific explanation may not be very conducive for average person's understanding as we are still not used to many ideas of the modern science. Average person's age-old faith mechanism also makes science a bit less acceptable in the subconscious mind. Let us delve into the old wisdom's perspective on 3Cs – Consciousness, Causality and Cognition –

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

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

The ancient wisdom talked of the desirability of a higher consciousness in every person as chief aim of life and living. This was considered essential as only this state of higher consciousness or the 'super consciousness, could be a vehicle of larger wellness of the person and his or her personal excellence. The ancient Oriental wisdom said: There is a super consciousness within, evolved through discipline of body and mind, which enables the self (an individual) to decide the matrix of all decision-making of action-behavior, independent of the innate instincts and subconscious mind. Usually, for an untrained and unattained mind – an average person with no mind-training, it is either his or her instincts or the prevailing popular culture, which decides the benchmarks of right and wrong of any action/behavior and this happens almost unconsciously. However, one has to attain this facility of being the 'conscious decider' of what should ideally present oneself with his or her decision-matrix at any point of time in life.

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

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

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

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

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

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

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

However, in the unmanageably large and complex societies, we live today, where there is a deluge of material pursuits to attain, the predominant attribute of milieu shall be action and such

societies, there shall be physical comforts for people but there shall be larger conflict and competitiveness among people in the society, economy and politics. In many societies, where physical comfort and personal attainments have become high, or in such societies where knowledge and development are miniscule, the predominant attribute shall be inertia. It is only natural and self-evident that such later societies shall have more conflicts, larger competitiveness, greater violence and less tolerance and stability but better external comforts. This is so self-evident for all of us.

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

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

Ancient Indian wisdom called the consciousness as *drishta*, a virtual agency, which sees and observes the intelligence of a person, which his or her current consciousness lands him or her in. The consciousness has been referred to as the observer of human intelligence, which decides the

matrix for any decision of life, in the larger realism of *drishya* (nature and culture). The Indian spiritual philosophy observes that the *drishya* and *drishta* (nature and consciousness) are continuously interacting with each other in a cyclic causality, in which, each affects other and in turn gets affected. The randomly multidimensional juxtaposition of *drishya* and *drishta* (nature and consciousness) engenders different cyclical expressions of disposition. These cyclical expressions are infinite and all of them lead an individual to pains and troubles. This is because, these expressions link the 'self', the consciousness with discontinuous and immortal elements of *drishya* and *drishta* (nature and consciousness). The interaction of *drishya* and *drishta* (nature and consciousness) elements leads an individual to both gratification as well as renunciation. The Indian spiritual philosophy maintains that this cycle of gratification and renunciation is such a naturally intense and powerful realism that most people on earth remain attracted to it and become a part of the cyclic drift.

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

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

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

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

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

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

You have to use your power of conscious imagination to accept your being and self as someone, not only your body, not only your mind, not only your 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 your single and only consciousness.

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

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

relationship can happen only between similar and generic elements. Our consciousness is intangible and values the intangibles in our lives more than anything. If we align our consciousness with value, worth and utility in tangibles, there is bound to be pain, conflict and confusion as these elements are not similar and generic to the true character of our consciousness. This is the change we all need to instill in our conscious mind.

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

The *kaivalya* state shall be unavailable, as this sense of self shall put you in the groove of subjectivity, making you trapped in the cyclic causality of action-reaction. It is equally important that the body-mind entity remains ensconced in a conducive internal and external environment. This is crucial initially. Once you have attained the *kaivalya* state, you can live in any milieu, as you would then rise above all to be affected by them. Initially, you have to keep away from contemporary milieus and culture of gratification and action-reaction mode.

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‘Unlearning’ Is Larger Intelligence

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. This is the major change call.

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 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’.

For example, His Holiness Dalai Lama said, “Pain is inevitable, suffering is optional”. This may sound like a philosophy or spiritual message but it has the total backing of science. Science is seldom against what true philosophy and spiritualism enlists as good and ideal. The difference is in the mechanism only. Once we understand the objective and provable mechanism, we shall have ease in understanding the fruition and utility of holism, assimilation and integration of all wisdoms of humanity – old and new.

Reception of pain in mind is a sensor mechanism; one cannot stop that at entry point. However, mind also has ‘processing’ neurons, which is what science as well as religion-philosophy calls ‘higher conscious’. These processing neurons, forming our higher consciousness, can be trained

not to react to the pains in usual emotions, rather accept it as an emotion of larger 'wellness', thus creating a 'feeling' that results in less suffering. Science admits, effective meditation can curb the sufferings upto 70%. Buddhist monks do it 99%. This is mind training, no miracle.

The sensory organs shall automatically inform the brain about the pain and if not trained and attained, the brain shall react to the pain situation in the usual way. However, this reaction to pain by our consciousness is only generic as it is common to all living being. However, when we introduce elements of mind consciousness into it, we have a completely different processing of the same stimulus of pain. The mind consciousness is a functional pathway and handles the intangibles, which are part of our knowledge. This is different processing from what brain does as it is physical pathway and creates generic subject. The mind consciousness introduces intangible elements like determination, perseverance, endurance, imaginative brilliance, past experiences of handling other pains and suddenly, the same pain is accepted and valued by the subject differently. An average person with an untrained and unattained mind consciousness is a generic subject and it shall react to a pain in a generic way, as his or her physical pathway of brain processing shall deliberate. A monk has a trained and attained mind consciousness and for the monk, as intangible elements of endurance, imaginative brilliance et al come into processing of the same stimulus of pain, the specific consciousness overrides the decision-matrix of the generic subject and the same pain becomes a pleasant proposition or the pain is felt less. This is the magic of intangible elements and the specific mind consciousness. We all need to change this generic consciousness into the specific consciousness by imaginatively building up the intangible elements, which form our knowledge.

A situation is not the same for different people. How good or bad one accepts a situation as, depends on his past experience with a same or similar situation as well as the iconic-reaction one had earlier stored in mind as 'experience'. For example, I fell from my cycle when I was a kid. It hurt a lot but blood did not come out. Therefore, what I said to myself was, "Oh, it is nothing as blood has not come out." And, I continued with cycling even as it pained a lot. I did say so because my mother would scream at me only when she would see me with a mishap where blood came out. Therefore, it was already there in my mind as 'referral' experience that bad is something which has a relationship with blood.

Next time I fell and if again blood did not come out, I would say, the mishap is not bad, even if it broke my bones. However, if I fell and blood came out, I would say, the mishap is a huge one, even when I would feel no or little pain. The feeling I shall have of a pain depends on my 'particular and subjective' emotions "learnt" from my experience. This is a cultural burden on my mind-consciousness, as I am being subjective in my decision-making about 'actual problem', as against the requirement of being objective.

I need to "undress" my mind-consciousness of my archetypal subjective 'benchmarks' of 'pain-assessment'. It is clear to an outsider that I am either under-assessing or over-assessing my actual pain because of my subjective consciousness. I need to 'undress' the element of my 'mother-factor' in my 'assessment' of pain. This is tough for me, easy for anyone else as the 'subjectivity' has now engrained in my mind and has become part of my instinctive decision-making. I can be 'intelligent' only when I am able to understand that and do this "undressing", before it is too late.

Experts say, 'You' are a mental function that is filtered through selected memories. 'You' have chosen (probably not consciously) these memories to dress up the function that creates you. If the function that is 'you' were not dressed up with subjective personality and character, it would be a ghost. The basic function that makes 'you' possible is more of what 'you' are than how 'you' have dressed it up. What we (outsiders, and even 'you') recognize about your 'self' is your personality and character that manifests in your organism's internal and external behavior. The function that creates 'you' is made apparent by being dressed up with character and personality."

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. Majority 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, as against multitude of conflicting and competing ethnic cultures.

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No Truth Is Truth, If Not My Truth

Change has never been that important and optionless as it is now. We all live in a contemporary culture, which needs to change drastically. There are larger issues of hypocrisies and sadomasochism, which have become part of our popular cultures. There are perfunctory pursuits of pop benchmarks of successes, a passion-oriented male worldview of *karma* and life's purposes. We need to opt for a journey that takes us far away from the stupidity of self-worth, calculated in terms of personal utility, individualistic possession and unfettered consumption. The hypocrisies, which the popular benchmarks of the societal notions fill up our professional as well as personal universe with, the hypocrisy of art and lies about idealisms are taking a toll on our wellness and personal excellence. This is high time we all need to change.

Interestingly, it is this pop culture and milieus filled up with hypocrisies, which make us defend status quo. It is this inertia of comfort with the current hypocrisy that makes us say, "Why do you want to change me? Why cannot you accept things with me as they are? After all it is my life... and what's wrong if I live happily with my truths... I do have the right to do so... and why not?... " etc..

One can say, "why not... this looks like a very just desire... a very simple and honest requirement, not to mention that it is the core-idea of modern liberal philosophy". And, these are not modern words. Since millions of years, man has been mouthing them and today, it is a popular social benchmark of all successful people. The questions have 'singular' answer, though not acceptable! The populist mantra, which pampers you saying, "Be Yourself" is something the markets and economics make you believe in. Being yourself is a sure call for you to remain as indecisive as you are and keep drifting with the populist benchmarks of self-worth, calculated in terms of personal utility, individualistic possession and unfettered consumption. This suits the bazaar and liberal economy.

Look at some facts available in public domain:

“The world is facing unprecedented food crisis... about one billion people worldwide are starving and many nations facing unprecedented food-crisis. This despite the fact that global food storage is 1.5 times the food requirement, growth in food production is higher than population growth. Interestingly, many nations, having large chunk of hungry population have surplus of food production & storage and markets are flooded with food stuffs but the buyers have gone away as large many of them can't afford them... etc.”

The singularity of truth is that the crisis is all man-made, the problem being structural, not real but it has no acceptance with larger population and leaderships. Now, sample some facts that are also common knowledge for almost all those who are aware and concerned:

- 80% of world's food products are consumed by only 20% of affluent people, rest of 80% people has to struggle with remaining 20% food. One billion people worldwide face starvation and hunger.
- 70% of USA's food grains are used as cattle-feed to raise beef output for human consumption at cheap rates. Cereal prices have risen many times.
- A large chunk of productive lands of the world are being used to raise sugarcane, tobacco, coffee, and some other products that are largely consumed by 20% of the affluent people of the world. None of them has good nutrient value, rather they are unhealthy, leading to myriad of diseases.
- World's best lands are being used to produce cash crops at the cost of cereals, making cost of poor man's food rise beyond their meager purchasing power.
- 5% of developed and developing nations' grain coverage areas have been diverted to raise biofuels to make fuel for cars cheap. As per experts, this has caused food prices to go up by 75%.
- Large tracts of productive forestlands of poor nations are being cleared to raise cattle to supply them as beef consumption of USA and Europe. Etc.
- Productive agro-lands, hitherto producing cereals are being made available for construction of apartments, malls and multiplexes.
- Farmers providing food to you is now a misnomer. Farming is growingly being overtaken by corporate. Today three big companies control the world's grain trade. A Chemical giant controls three-fifths of seed production.

- Over 10% of food is wasted globally by affluents as left-overs and selective-eating is on the up. America wastes around 40% of its food.

Still, we can say, “So..?, it is my life, my choice of my truth...! I may like to eat a lot of sugar... the cakes, pastry and sweets... what’s your problem... it’s my life... what harm am I doing to anybody?” The harm is quite visible. It results in one billion people on earth going hungry as they cannot afford rising prices of wheat and rice... we have made something our daily consumption need, which is supposed to be a luxury!

One can say, “What I can do if a billion people are hungry, I did not ask them to come to this world... and, why on earth can they not work out what their problem is? ... so foolish of them...!” And then, a quarter of world’s population becomes diabetic... the precious moneys are drained in medicines, hospitalization, lifestyle correction, lost productivities, which is at the cost of withdrawing the precious subsidies on food. Half of USA’s population is facing the epidemic called obesity, many nations have 20-30% population as obese and still, one billion people on this planet are starved and hungry. Another billion is malnourished. This truth is ‘No Truth’ as it is not ‘My Truth’.

A less than two-dollar burger with beef actually costs 35 dollars to the nation (half of USA’s water goes to raise cattle, etc) but then, “it is not ‘my truth’ so cannot be the ‘truth’...” Strange singularity! Billions of individual truths are emanating from the ‘singularity’ of one truth – the base human instinct of self-gratification... the ‘me-my life-my truth’ has 7 billion shades but the parent color is one – ‘self-gratification/Self-importance’... and, why should anyone want to change it... why?

Still, many cannot understand, why some people want to change this all... “God has created this all... whatever has happened, whatever is happening and whatever shall happen... if one billion people are dying of hunger then it is God’s trouble, or of those who say they are world leaders ... only God knows what needs to be done, or politicians do ... anyway, they will soon go to God... why should I bother... I am only doing what I think is right... and I have the right to do so... why not?”

They said, “a man’s right to stretch his hands ends where the nose of other starts”. And we are always very sure that we have this right to stretch our hands as far as possible... but then, we are

far too many and far too closely huddled in this overly over-populated world... and, far too linked in our individual destinies than we can feel comfortable of... such a nosey state of affair this! This needs to change, we all need to change... this culture, this worldview needs decisive correction... things need to change...!

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Only Compassion Can Effect Changes

There are lot many things we all cannot definitively say with utmost conviction that they are the right ones. This is almost a classical position because, we all accept that wisdom and knowledge is no static entity. It is an evolutionary and dynamic thing and the consciousness of a human being is too negligibly and insignificantly small and immaterial to have a good grasp of this colossal dynamism.

Still, this acceptance and larger wisdom apart, it has to be accepted that almost everyone has this feeling at one time or another, or probably perpetually too that what he or she knows is the right thing. The reality remains that whichever approach or perspective we accept as the right one; we tend to believe and accept all those answers, which this accepted approach throws for us as the right one. The consciousness mechanism has been designed this way.

For example, a person who has faith and acceptance that religion and spirituality is the right approach for looking at the realism, he or she would tend to largely believe and accept that religion and spiritualism alone must have all true and right answers of all major or small questions of life and living. This is our mechanism and design.

Now, those believing and accepting that secular scientific knowledge of cosmic realism is the right one, shall feel the same way. 'What is received as real is what is accepted as real'. There can be many approaches and perspectives for looking at the realism. There are different shades and colors of consciousness and different perspectives of realism that these shades lead humans to. Everyone sticks to its choices, which seems a conscious one but has a precarious mix of the subconscious mind positioning.

Somehow, as humanity now has a good measure of knowledge about working of human brain and the resultant consciousness, it is established that the brain is the real hero or culprit in making this happen. If human brain accepts a certain framework or point of reference for the validity and acceptance of a broad value-summation, it would unconsciously lead the human mind to accept all other smaller things under the same framework or point of reference.

This mind-mechanism leads to a human consciousness in an individual where if he or she accepts religion and faith as the broad framework, he or she would innately and subconsciously tend to see every other smaller issues, events, problems, life and living choices as something essentially as compatible to his or her religious framework.

The important point is, is it right? Well, this question again shall have to be processed by a mind, or a mindset, which has been colored and inclined to a particularly 'preferred' framework or point of reference. The answers would never be easy and singular.

There looks like two key questions in such a state where there is a conflict, dualism and pluralism of answers about one question. The first is:

* Can we say that it is always profitable in such a state not to be bogged down by a fixed or fixated singular mindset and allow equal or at least equitable importance to all possible viewpoints and frames of reference?

The second question is:

* Can we say that, it seems, different frameworks or points of reference may co-exist and prevail simultaneously still, particular issue, event, problem or choice may ideally be better handled by one single framework? Some troubles the faith can handle better and still other trouble may be exclusively assigned to medical science or the brain outlook?

If this is interpreted at mind or consciousness level, the problem can be better understood. The human brain mechanism has essentially been designed for 'self' and works instinctively for individual survival and excellence. It accepts even the collective and societal checks and balances in terms of self's survival and excellence. That is why; its value-summation usually is individualistic.

The human brain has the innate mechanism to process all sensory inputs in the subjective iconic reference framework of individual's personalized value system. That is why; human mind would usually prefer personal ideas to collective wisdom. To ensure that all humans have consciousness, which is conducive and inclined towards a peaceful and co-existing collectivity, it looks right and desirable that the above two questions have an answer in affirmative.

It is observed that almost all societies, where tolerance and respect for plurality is high, it has invariably ensured very high individual freedom and level field for excellence of all. It is a very practical idea that an individual's own freedom and individuality is best ensured where and when he or she is part of a strong and powerful collective believing in and practicing plurality. A strong collectivity is the best guarantee of liberalized individuality.

The other practical part, as we have been continuously talking about is the process of dualism of consciousness finally evolving into a non-dualistic consciousness. We all can start with one belief and then grow to assimilate all other beliefs and as everyone in the collectivity does so, there shall be an evolution where a singular and non-dualistic consciousness may evolve. In the past, human civilizations have done this.

If hydrogen and oxygen remain compartmentalized and egoistically exclusive to each other, there can never be water, the lifeline of humanity. The water has molecules of both but it is neither hydrogen nor oxygen. It is a singular and non-dualistic evolution of dualistic entities, which finally evolved to shed their dualistic consciousness to merge into one.

Let there be water, let there be non-dualistic mergers and union, let water flow everywhere so that humanity survives and thrives. Let dualistic and egoistic identities be compassionate and affectionate enough to rise above 'preferred' mindsets and 'fixated' framework of references, let there be only a non-dualistic consciousness for larger humanity.

This shall necessitate a major change in our mindsets and perspectives. We have huge challenges ahead of us. Our very survival is questioned. The world is full of personal as well as spatial conflicts and strife. These are primarily because of our egoistic and subjective perspectives about right and wrong. This need to change. A compassionate and non-egoistic mind, which affectionately accepts dualisms and pluralisms, allowing compassionate assimilation of even competing ideas so that there could be a gradual evolution of humanity's one singular and non-

dualistic global culture. This change in all of us need for our own survival. If we do not change, we are sure to face major troubles for our life-living wellness.

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[The Somethingness In Nothingness](#)

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

There may not be even a handful, who would accept this tag for themselves, even when almost every human being faces this label so many times in his or her life. Actually, more knowledgeable one accepts himself or herself, more ignorant he or she stands to be labeled. This is the way our cultural mind consciousness works!

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

Often, 'ignorance' at one time presents itself as the ultimate 'wisdom' in a particular linearity of time and space for the same person. In addition, one's wisdom invariably seems 'ignorance' for other. The objectivity of the realism apart, the subjectivity and relativity of situation and position makes it happen.

Sunset in one part of the world is sunrise for another in extreme other part of the globe, even when sun actually never rises or sets. Most of 'realisms' of life present knowledge this way in our popular culture. It is the convenient way to look at reality around us. Goodness of life is like the Sun, which never ever rises or sets but we in our subjective and relative mind consciousness accept this 'virtual imagery' of the goodness of Sun.

The wise and arrived also call it a cyclic realism. Relativity and subjectivism wraps in its warm embrace almost all realism, in one time or other. The trouble is; both sunrise and sunset are realisms at one particular frame of reference. This 'superposition' (ever-presence) of realisms is

also an intricate but interesting realism. This however is tough for individuals to accept in normal walks of life.

So, can we say, there is never a 'nothingness', always a 'somethingness' and this something is always subjective and relative, enabling the engendering of the term 'nothing'.

A something, or a knowledge is the 'right' and 'best' thing for an individual but at the same time, it is the source of accusation for other that it is 'nothing' and sheer 'ignorance'. In absolute reality, even nothing is something and even ignorance is some knowledge. There is seldom a vacuum... it is not a natural state of things...!

There always is a truth; subjective and relative it may be. This is the energy, which creates and celebrates the 'label' of 'false'. One's subjective truth is other's 'false'; one's subjective 'good' is other's 'bad'. Sunrise in USA is sunset in India but from the space, a person would say both are 'ignorant' as the two terms are only 'virtual imagery' of the absolute reality of the Sun. Objectivity seems in superposition but never a vacuum.

There may be one truth or good that may truly stand as everybody's truth and good but it cannot stay as one 'objective' truth or good for all for another second as it shall fall prey to the subjectivism of energy of human consciousness. It seems, vacuum cannot stay for long, or probably, it does not even exist. It does not seem like a natural state of things for conscious subjectivism.

Is it that we live in a world that has no singular and objective realism? It is there as it must be there. It is altogether different matter that either we have not yet found it or not yet establish it. Nevertheless, what human consciousness sees and accepts as 'real' is not the objective and singular one, but the subjective one and that is why, the world we live in is seen, observed, accepted and retained as subjective multiplicity. The pluralism of consciousness of humanity makes it happen.

Consciousness is almost always subjective and truths and goodness for each individual has to be in line with this pluralistic subjectivism. This subjectivism ensures relativist words and terms like 'ignorance', 'false' and 'bad' etc. As truth and false, good and bad are in essential nature of

conflict and competition, there shall always be strife and battle for one-upmanship and supremacy of subjective truths and goodness.

The world we live in has therefore truly turned into a theatre of insurmountable conflicts and chaos. Be sure, there is no looking back for humanity... it shall always continue its journey ahead. The key question is, 'Is pluralism and subjective consciousness bad?' As we said earlier, it seems, there is nothing called 'bad'. It is just a relative positioning. So, what is objectively and singularly bad?

It is a tough question; needs to be understood. If bad is taken as something which stands against larger wellness of humanity (and not only personal wellness), then it can be safely said that the intrinsic and instinctive energy of 'narcissism' within an individual subjectivism of consciousness is what we can refer to as objective and singular bad.

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

Is it this simple! No. If it were, there would have been no ignorant on earth. We all can always know only a part of the truth or wisdom. So is every entity and individual's position and situation in the cosmos. Real intelligence is in accepting this relativity and subjectivity allowing the part truth to evolve through holism, integration and assimilation. Narcissism is definitive ignorance. The world has loads of it and this energy ensures, we have many losers, few winners.

The higher consciousness within us is one who understands and accepts this life positioning. This super consciousness has the holistic, assimilative and integrative perspective of realisms. He is bereft of the narcissism of subjective consciousness. His real intelligence is his innocence and objectivity; a sincere acceptance of the utility and fruition of every little idea and part truth, which subjective consciousnesses of seven billion people on earth engenders. We all need to change our generic consciousness and evolve it to the stage of specific consciousness, where this innocence stands tall.

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Do Not Be, You Shall Be

The journey from dualism to non-dualism is very tough. Religion as well as science says, it is not amenable and available for everyone. It is only for a few blessed ones! This, they say, is not ordinary but ordained by almighty!

The human mechanism also confirms this. Brain structure and consciousness varies and it decides the ordinary and ordained. However, the wise have also said that this tough facility is available for all, even the most stupid of all. Some wise said, “Both stupid and genius can learn; only those even God cannot make learn, who are in the pride of knowing.”

The wise says, ‘talent is important but what makes a genius is practice not patronage and lineage’. Ustaads, the gurus and wise have said, ‘the real master is perseverance of practice’. There is a famous visual metaphor said in this regard by India’s most respected poet saint, Kabir. He said, ‘The feeble rope, which incessantly goes up and down with a bucket in the well, makes a deep mark even on the stone walls of the well.’ This metaphor suggests, even the most stupid can qualify to be a genius, if efforts are sustained and persevered with.

Arriving is all about mind training to lead the consciousness to a certain positioning or situationalism of complete reception. As this happens, the dualism goes away, as it is then clear that what the greats have been talking about the wisdom may seem contradictory but actually, both the conflicting options, though looking mutually exclusive, are and remain simultaneously available. Check this:

God says, ‘Stop seeing me, you shall see’. God says, ‘Stop searching me, you shall find’. Now, there are semantic connotations also in these words, apart from the dualism, which is purely a mind and consciousness positioning. One feels the dualism in the lines as it says to ‘stop’ doing something for its ‘fruition’. We must understand why there is no dualism in it.

Semantically, the words tell you that actually, you are caught between two simultaneous actions and that is why you do not arrive at either of the two. The lack of linearity and singular focus

sways you away from fruition. When you are seeing or searching, you are amid two actions – the effort of seeing and searching and second is the act of seeing and searching. In addition, you are not clear as what you are wanting to see or search because, the dualism itself throws at you so many probable options of seeing realisms.

From the perspective of mind mechanism, as science tells us, the same is happening. You are caught amid two dimensions. The mechanism tells us that when we are in a search or looking, there are two things happening to us – first the search and second the seeing. We see so many things and naturally the brain processes all colors and shapes we see and throws to us multiple options for value-summation or what we call our subjective decision as, what we find and see is actually, what we think we are looking for.

The prescription of wisdom is also susceptible to the conflation of dualism and usually, people land on the wrong and transitional side of the wisdom, which actually shows us the absolute perspective through a transitional shade of consciousness. It may look like the prescription wanting us to opt for an action or a non-action. Actually, it is not. Wisdom just says to be aware of both the simultaneous forces and use them to arrive.

You and me cannot find or search a God or a love. It is there in whatever shape, color or positioning irrespective of our semantic and mental confusion about what and how God and love is. We get God and love not by finding or searching for it but by stopping doing it as, this leads us to be assimilated in God and Love, as both are in everything and everywhere. Here dualism stops and non-dualism is arrived at.

What wise tell us is – the dualism and conflict is not in the object or subject of our desires, rather it is within us. If we are looking for something, we are split and conflicted. Suppose, in a crowd, you get separated from your friend. You start searching him or her, looking out everywhere. You might see so many people and hundreds of faces. Finally, among those thousands of people, you find your friend and become happy.

If we ask you to tell about those people you saw while looking for your friend among the crowd; you shall be troubled. It is because, while you searched, your primary energy was to ‘reject’ those thousands, who did not look like your friend. Your mind was fixed on searching something, which your mind already had fixed.

However, when you are searching for something, which you do not know or do not have an image of in your conscious mind, like your friend's face; think what trouble and dualism you shall face. You are then searching something but how can you. It is neither tangible nor known to you. You can only search when you have an image in your mind. This is our mechanism, this is our limitation as human.

So, what your mind unconsciously does is create an imaginary or virtual 'face and body' of something you are searching for. Interestingly, your conscious self shall be unaware of this unconscious 'choice' made by your mind.

When we search for God and love; or larger wellness and goodness ideas, we do not have a firsthand info or face of God, love and goodness. What our mystical mind does is create unconsciously a virtual imagery of them. So, when we search for God, love and goodness, we are actually not looking for the 'real' ones, rather searching this 'virtual' or 'imagined' ones.

The wise tell us, this creates a dualism and conflict within. Love, God, goodness are what they are and not what your 'virtual imagery' wants to see them as. That is why, we all remain searching for them in the crowd of life and they remain 'missing' and we remain 'lost'.

The lover and faithful must understand where and what love and divinity is. If he or she thinks that a true love is only that which his or her 'virtual imagery' says and accepts, then she is actually denying and drifting away from love and divinity. Love is not in seeing and searching what you think is there for you. It is where it is irrespective of you and your love. Stop doing it and you get love. Same with faith.

Of course, the blame is not on the lovers. The cultured mind and the mechanism of brain have to do with it. Things become very difficult for a mind after the age of 25 to attune and align itself towards a completely new and alien value and belief system, against the populist benchmarks. The imagery already in mind, prompts us to create a 'virtual imagery' of all goodness and this virtual thing is the product of what cultural and subjective elements we have stored in our minds. That is why; goodness has to be ingrained in early childhood and adolescent.

Stop 'doing' it to get 'love' is not easy. This comes from *riyaaz*; painful and persevered practice. In almost all aspects of your pursuit and endeavors, this dualism would attract you to make you

adrift. You shall have to practice hard to understand the undercurrent of dualism and then use the energy of this dualism in arriving at the non-dualism.

This discerning artistry is enacted by our higher consciousness. This consciousness never rejects dualism and conflicts. Rather, it accepts the dualism in its entirety and multidimensionality. It can see both the conscious and subconscious layers of mind presenting the conflict. It understands the nuances of the same mind 'projecting' a virtual imagery and that of the conscious mind wanting the real one. This however needs practice, like all arts.

Sadly enough, people do not have either the mental willingness or strength to accept the utility and fruition of this painful and prolong process of practice. That is why the non-dualism is so rare. Dualism triumphs in this world as it is easy and amenable to average brain and resolve. There have always been greats who have told 'right' things to humanity. However, it is always met with disbelieve and distrust.

The non-dualistic wisdom often gets the label of it being debauch and hypocritical as most people cannot understand the semantic and mental conflation of the dualism. Secondly, even if they get close to it, they would seldom go beyond a lover's 'preference' for 'virtual imagery' of subjective goodness.

Usually, the lover would be happy that he or she has a lover who accepts him or her blindly and then, she happily 'stops' there. The growth and evolution in love stops too as there is a stubbornness to stick to their preferred 'virtual imagery'. Moreover, as his or her ingenuity would prompt, he or she would use all the wisdom in the defense of his or her 'preferred' action.

It is very crucial here to understand and accept that it is not the 'ignorance', which is the worst enemy of humanity. There is nothing called 'ignorance' in this world full of humans. What we have everywhere and loads of it is 'subjective intelligence'. 'Nothing' is not such a bad proposition at all. What is calamitous for humanity is 'subjective something'; the personalized 'wisdom', and the artistry of ingenuity to prove it as the cosmic and global wisdom for all. This needs to change. We all need to change, not for attaining anything external but our own life-living wellness and personal excellence.

#####

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.

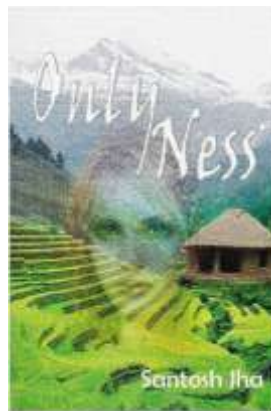
The mutuality and innocence of love and compassion always prevailed and magically worked as the catalyst in my learning and most importantly, unlearning from these people. Unconsciously,

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

Onlyness



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

Short Description:

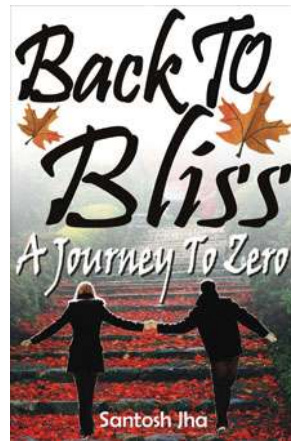
Dumped by her billionaire fiancé, a resplendently beautiful woman, the reigning royalty of Hollywood's dream factory, lands herself in all sorts of woes – hospitalization for slipping pill overdose, bad Press, peer group backstabbing and paparazzi. She escapes to anonymity at India's Yoga capital but 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.

The singularities of life have elemental eccentricities of happening and un-happening; almost as weird and randomized as love. The elements of one's own life and that of the equally precarious

milieus are both patterned as well as un-patterned. The juxtaposition of symmetrical possibilities amid the larger probabilistic asymmetry of arbitrary milieus engender such beautiful marvels of life-living experiences, which people can accept only in one way – the destiny! The true and lasting relationship can happen only between similar and generic elements. Destinies shape this way. What destiny has in store for Melissa, the empress, who finds a yogi in her new and metamorphosed life, shall be decided not by factors outside in her near and far milieus, rather by what she finally accepts as something, which is her own internal positioning of consciousness. The moment, she accepts, love shall happen and destiny shall be signed in.

**

Back To Bliss: A Journey To Zero



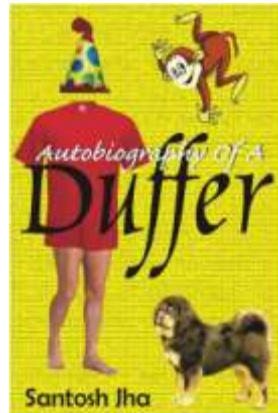
Literary Fiction: Novel: A Love Story In Contemporary Culture Of Conflicts: Word- 78,000
approx: Language-English

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



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!

**

Naked Solutions Of Dressed Up Life Woes



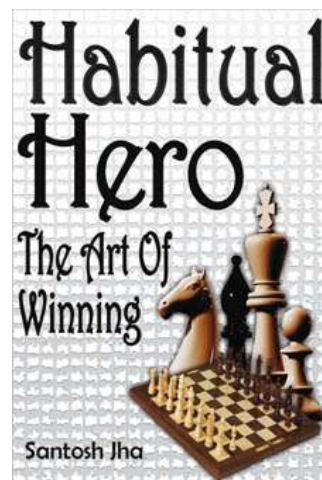
Non-Fiction: Empowering Consciousness, Life Wellness, Personal Excellence: word- 23,000 approx.

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?

**

Habitual Hero: The Art Of Winning



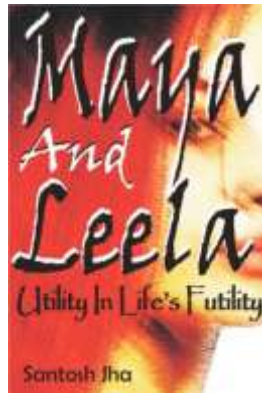
Non-Fiction: Empowering Consciousness, Life Wellness, Personal Excellence: word- 19,000
approx: Language-English

Short Description

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

**

Maya And Leela: Utility In Life's Futility



Non-Fiction: Empowering Consciousness, Life Wellness, Personal Excellence: word- 21,000
approx: Language-English

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?

**

Why We Flop In Love



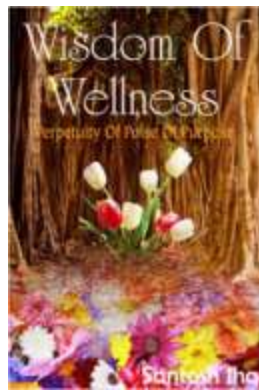
Non-Fiction: Empowering Consciousness, Life Wellness, Personal Excellence: word- 20,000
approx: Language-English

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.

**

Wisdom Of Wellness: Perpetuity Of Poise Of Purpose



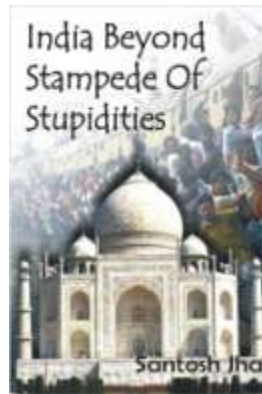
Non-Fiction: Empowering Consciousness, Life Wellness, Personal Excellence: word- 20,000
approx: Language-English

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.

**

India Beyond Stampede Of Stupidities

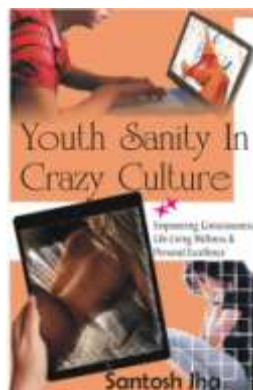


Short Description:

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: Life Choices for Wellness, Youth Issues of Sexual Behavior, Personal Excellence: word- 17,000 approx: Language-English

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: Empowering Consciousness, Life Wellness, Personal Excellence: word- 20,000 approx: Language-English

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



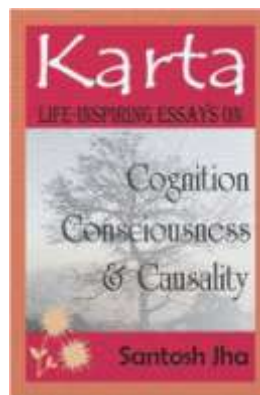
Non-Fiction: Empowering Consciousness, Life Wellness, Personal Excellence.

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



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.

**

Enter 2014 A New You



Non-fiction, Personal excellence and empowerment.

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 2014.

**

Do Write To Me.

sjwrite@gmail.com

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

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

Twitter: <https://twitter.com/sjwrite>

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