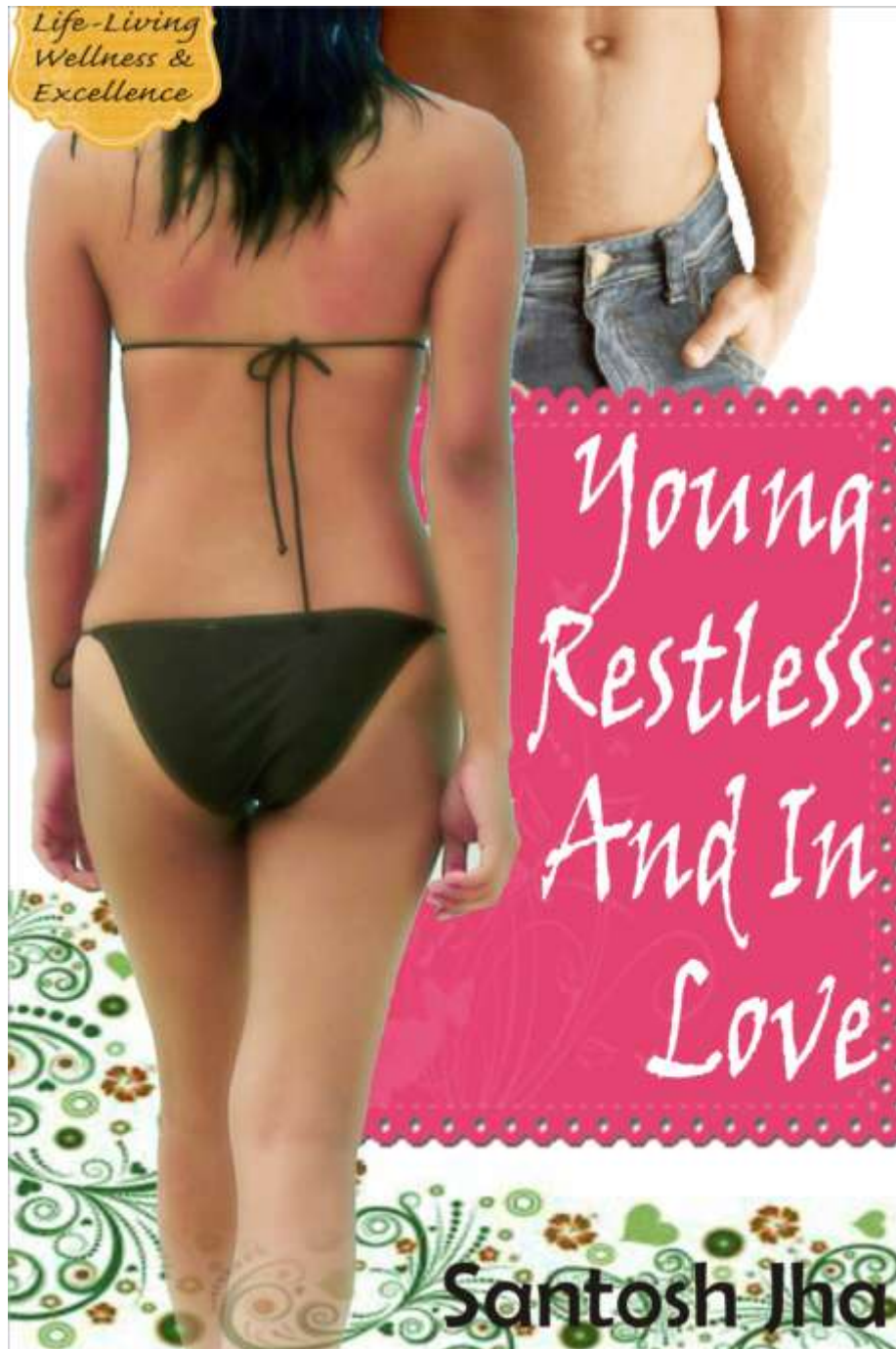


# Young, Restless And In Love

By Santosh Jha

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## **Preface:**

Words are not the ideal medium of transference of intent and content of consciousness; I have no qualms in admitting that. Any word, however well meant and well spelt, is a possible suspect of misrepresentation and a possible culprit of uncalled for vibes. 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. Writing somehow invites bit of egoistic 'self-worth' in a writer but I humbly wish to say that please accept that whatever I am saying here emanates out of my very affectionate and compassionate consciousness, desiring life-living wellness and personal excellence for all. It is a heart-felt realization that my very worthy predecessors 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. I share with you whatever I have internalized in my life. All my previous 16 ebooks have been humbly intended to be only this affectionate and compassionate sharing with you, what I have internalized in my life.

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LIFE OF COURSE IS FOR living and enjoying every minute of the living experience in all possible dimensions. However, it is always better to accept that life is for good and meaningful living and it becomes possible only when we care to know a bit more about it than our living conveniences think of. Who does not want a Ferrari or a Lamborghini in her or his house portico? Huge joy it is to have one but surely, the joys become multi-dimensional when you not only know how to drive it. More specifically; how to drive it well! Driving a Ferrari and life is not easy, surely needs a skill set!

Life is not only about possessions and joy of having plenty. It is also about handling the possessions skillfully well; having perfect understanding of how to churn out optimum utility out of every possession. That is why it is this hypothesis I am trying to take to you that life is for living and living it well but it is also about knowing it as this ultimately is the requirement for life-living wellness and personal excellence.

You are young, energetically restless and quite naturally already in love, or intend to be deep down in love. That makes a colossal possession of life. This combination of youthful energy, with the most blissful emotion of life called love and intimacy makes you a huge potential. However, this potential is too big and complex to be taken lightly. This potential, which this combination of 'young-restless-in love' unleashes, needs great amount of preparedness and ultimate readiness, before it is too late as most possessions of life usually get squandered for want of good and proper usage. In fact, this potential of the combination has the latent energy to destroy your life-living wellness, if not handled dexterously. I reason it out with you.

It is common knowledge that more powerful the energy, more care and caution it needs in handling. This is possible only when you know about the nature and mechanism of the working of the energy. Youth is major energy. Globally, all cultures pin big hopes on youth as their creative energy has major potential.

However, youthful energies need the caution most as this energy is largely reactive and usually misses channelization. The cultural benchmarks of self-worth and success the society makes you pursue madly make you restless and this in turn transforms the youthful energy into an asymmetrical and disorganized force. Moreover, you are also in love or intend to be in love, as it is not only a body-brain requirement but also a cultural benchmark of wellness and success. Love is another huge energy of potentials. The combination, 'young-restless-in love' is such a life-living situation, which lands you in such randomized probabilities, which may not be in your control. You need to gear up for randomly probabilistic multiplicities of eventualities, as you are young, restless and in love!

However, if you care to know and understand some key life-living realism, you may be in better control of your potential and may lead them better for enhanced life-living wellness and personal excellence. Just accept and understand a few key aspects of the combination of 'young-restless-in love' and you shall definitely be in better shape of things.

It is said, "Every healthy newborn is the most genius entity of the cosmos. However, it takes almost 25 years for the society and culture to make him or her a veritable stupid." The core hypothesis of this saying is – when you are young, your consciousness has loads of popular cultural element for your value judgment. Your mind consciousness is largely a function of the socio-cultural milieu you are born and brought in and that is why what you think of and accept your 'self' and the subjective feeling of 'I' or 'Me', is essentially something the ambient culture makes you. Only later, when you mature and slow down in life, you start to unlearn many of these cultural stupidities and then only, your mind consciousness has elements, which you can say is a definitive 'you'.

Youthfulness is a period of multiple 'I' and 'Me', simultaneously functioning within you and your own subjective sense of 'I' is not as evolved and matured to be

in control of these different 'Is' within your consciousness. This subjective 'I' needs to be the 'master I', presiding over all 'Is', assigning value and utility to all of them, in their respective domains of operation. We shall talk about it more when we talk about consciousness and its mechanism later.

When you are young and as there is so much cultural influence in your consciousness, you usually follow and find true utility in popular benchmarks of self-worth and success. This makes you delve deep down in the competition for possession of more resources for you. On this planet, we are already many times more than what is an ideal population situation. It is only natural that in open market competitiveness, attaining those benchmarks of self-worth and success is not easy. This makes you restless.

I suggest, you read my eBook, 'Naked Solutions Of Dressed Up Life Woes' to understand in detail about what exactly is the element of culture in your life and how cultural consciousnesses make your own subjective consciousness a confused and conflicted one. This book shall also help you empower your consciousness, leading you to enhanced life-living wellness and personal excellence.

Even this 'restlessness' is culturally induced and your young mind consciousness assigns loads of value and utility to it. You need to pamper your ego and 'self' mode to attain pop benchmarks of self-worth and success. An Indian movie actor, who is reigning pop idol for over 20 years says, "Every morning I tell myself, I am the king, the only superstar as I know, I am just an ordinary human being, with average everything. Telling this makes me go and do my job well because, if I do not pep up my egoistic self to stupid heights, I cannot do what I have been doing successfully for last 20 years." He is right in his own right as he knows that in this competitive world, where all possessions and situations are ephemeral and one's

self-worth, based on these possessions are also short-lived, one needs to keep one's egoistic subjective self popped up to feel good and keep going. However, it must be added here that this actor is very mature, not young anymore and knows it very well that these talks he does only to himself. Deep within, there is a person, the 'subjective I', not the superstar, who masters the 'I' of the superstar well and keeps him in right shape.

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

Be warned, the economy and markets are out there in open to pamper this 'me-only' attitude in all people, especially the young and restless as they are their best customer. The markets with loads of brand slogans and advertisements sell you the egoistic attitude of selfish-self. They keep telling you – 'You Are The King'. They mold your mind consciousness into such a mode by repeatedly telling you – "Be yourself". This be yourself slogan is essentially an open invite to self-centered indulgence and instant-self-gratification. This is a sure invite to a consciousness of drift with the very powerful culture of consumption. This drags you into the personality perspective, where your self-worth and success are defined by how much you possess and consume. Your self-worth becomes a market entity and a definitive object of calculability of consumptions.

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

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

In my eBook, ‘Hey Beautiful, You Are The Hope’ I have detailed the issues of neo-feminism, which may help modern women understand their priorities right in contemporary age of conflict and conundrum.

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To be in love is your bio-sociological need when you are young and your body-mind is in action-reaction mode. However, the requirement of love is also more cultural than purely biological. Most of the benchmarks of success and utility in love and intimate relationship that dominate your mind consciousness come from the ambient popular culture. Love may somehow be bio-chemical experience of mind consciousness but its expression and social exhibition take influences far more from popular cultural ideas and practices of relationship. There is loads of culture in you and you are at your dualistic best. All these are recipes for tumult and turmoil.

When you were kids, you were probably told, ‘Study hard and do well in your class. You will get all pleasures and comforts of life only when you toil now to have a successful career’. Nobody would have told you to study hard so that when you grow up, you would be in a better position to understand the conflicts of life and would be successful in discerning good and bad. People all around would have told you that if you became successful persons, you would get beautiful and wealthy wife. Nobody would have told you what you would then do with your beautiful wife. You were not trained how to love your wife well, how to make her happy and how best to become a caring and successful husband.



This mental training of counting pleasure and discounting pains defined in terms of utility, possession and consumption kills the real joys of life and living. It shortens the horizon of satisfaction; it does not allow us to be what we are born for. There is a need to correct so many wrong benchmarks of goodness defined by this chaotic populist worldview, dished out by the contemporary culture.

It is so strange; a lover says to his beloved, 'My dear, I would pluck the moon and stars and stitch them on your silk bodice, I would buy all the flowers of the world and pour them on your feet'. Strange! Why can't the lover say, 'My love, join me, be in my arms so that together we see the beauty and exuberance of the beautiful moon and stars, come and breathe the fantastic fragrances of the rose, the different flowers that God has been so kind to bestow us with. Let us pray together, thank God for such joys in our lives and beseech his blessings for making us together, allowing us the satisfaction'.

Why is this mind training to pluck a beautiful rose from the Garden of the God and tuck it in the locks of our beloved? Who trained our minds to define the worth of things based on our personal utility? Why does our mind understand pleasure only in possessing things for our personal utilities? Why success and status is defined in terms of how much we have available for our personal consumptions and possessions? Why do people value and respect a man who has million dollars in his pocket but knows no poetry, no music, no dance, no decency to respect fellow human beings and not even a language of respectability for others? Why is it that love and compassion in mind is considered a threat to individual success? This surely is our faulty mind training! This cultural populism has ingrained deep in our consciousness and we need our subjective consciousness to become empowered to understand this futility to enhance our life-living wellness and personal excellence.

Our mental training to see the world as a stage for perpetuity of action, aimed at personal acquisition, based on societal and cultural notions of utility, possession and

consumption is major trouble. This somehow engenders a consciousness in all of us, which is majorly and perpetually reactive, as against the need of being receptive. This makes us refuse to see the mechanism of cosmic realism all around us. When you are young and in love, there is loads of culture in your mind consciousness and this has the potential to land you in many troubles.

There are larger questions in our lives. Why are we born? Why and for what we live? What is the ultimate aim and end of life – money, status, power and prestige...or for that matter attaining spiritualism and *moksha* (liberation)? Since thousands of years, the questions have remained with humanity and the struggle to find the right answers. Well and good if we humans find the ultimate end of life; the final destination of all of us and most important is that we should all agree to that. However, if we see the larger picture and accept facts objectively, with whatever knowledge humanity has so far evolved and understood, we shall have to accept that all life on earth, including humans and its evolution is one huge random and multi-dimensional event-cyclicity.

On the other hand, what we humans make out of it and charter our own ways for survival, purpose and excellence is another multi-dimensional cyclicity. Both forces, though inter-dependent only at the core and having some patterns, which can be replicable, still, they remain highly and intricately randomized. The element of unpredictability, inadvertence, accidentality and asymmetricality in both largely sovereign forces of the cosmos only ensures that humanity can never ever remain in perpetuity of singular purpose, peace and order. Especially in contemporary situation, when humanity long before evolved and acquired the criticality of conscious intelligence, which is bound to lead it to ever-growing entropy (degrading randomization) and ultimate extinction in the long run.

Finding a purpose and purity of singular pattern or model of culture and virtuosity for global community is out of question. The mechanism of cosmic realism never

ever allows it. It is more impossible now. The wise can only understand that and find his or her own subjective peace. Maturity makes you understand the futility and redundancy of the intellectual concerns of life's larger purpose and the material desire of life's acquisitions. When you grow deep within, find yourself in perfect reception of love and compassion, it makes you understand that the true wisdom is not in reaching but in traveling well. May be also because, there is no destination and reaching. Love and compassion and its accompanying innocence is the greatest intellectualism, it is the best acquisition, if one defines life's purpose in terms of acquisition and possessions.

Understand love and also understand how your consciousness works. This makes you lead your life well as your own subjective self alone can make a model of subjective wellness for yourself. The world shall always remain how it has been since ages. We however can create our own subjective wellness and excellence within this world and its popular culture of meaningless utilities. You must understand how much of you is cultural compulsions and how much of you is purely your own discretionary self. This is the only safeguard against the possible catastrophe that this powerful combination of 'young-restless-in love' has the potential to unleash.

You already know how most troubles of life-living experiences happen in youth and most emanate from relationship confusion. This is the period of your mind consciousness, when there is very little of 'discerning and definitive you' in it. The predominant cultural subconscious 'you' in your 'I' and 'Me' is a sure element of trouble for you. If you care to understand how your consciousness works and what love and its mechanism is all about, you shall be in better control of your life-living wellness and personal excellence. We first deal with issue of Love and then follow it with understanding Consciousness.

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

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

Sciences may not be in a position right now to tell us in perfect details as why and how, what happens in love. However, there are huge research-backed substantiations explaining lot many aspects of the purely physical and bio-chemical mechanisms and processes of love, as human mind handles them. This surely takes away lots of mysticism, magic and marvel out of the age-old notion of love and archetypal imagery of love in society. However, it is hugely helpful in clearing the mist of confusion and chaos around the very core idea of love.

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

joy and satisfaction of movie viewing. The knowledge surely enhances our joys and nullifies the pain, as we know, at the end of day everything is back to real.

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

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

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

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

Human brain is the central mechanism for ensuring the survival and excellence of human body and it has to be accepted that the conscious and subconscious mind

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

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

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

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

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

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

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

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

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

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

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

Even before a child grows up to become an adult, he or she already accepts thousands of beliefs. However, most of these beliefs are based on his or her personal and subjective interpretations of experiences, inferences, assumptions, probabilities, deductions, inductions, and loads of oversimplifications, which the subconscious mind is expert at making. Most of these beliefs are very much part of the subconscious mind and continue to present themselves as potent referrals for conscious mind even years after. We all have heard people saying, an adult's love is very much a reflection of what he or she got in childhood. We all know, a love-deficit childhood engenders an adult with troubled love life.

All these beliefs, which a child acquires, form part of the 'self', the subjective consciousness, about which we always keep asking question as 'who I am'. Our subconscious mind starts building an image of 'self' and this process expresses itself in mystically intangible ways. We unconsciously start extending the limits of our 'self-image' in things and beliefs around us. It starts with we identifying with



our body first, then with our mind, our family, friends, neighbors, teachers, partners, the special someone and later with our career, assets, ethnicity, nationality, gender etc. As we grow in life, we identify more with ideas and issues. All these are expression of our 'self', the consciousness.

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

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

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

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

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

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

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

Those, who have a culture of violence, can go to any limit as it is said, “Everything is fair in love and war”.

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

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

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

A young father has his little daughter growing fast in a very big city of United States of America, where pop culture has taken the teenagers in perfect grip. The mother is very concerned and even tense. She worries for her teenage daughter and asks her husband, what to do to avoid any ‘accidents’. Nothing new! However, what the father of this teenage girl said to his wife is interesting. He said, “I am trying to figure out, what my daughter can do, which I cannot forgive. I love her and I think,

the sky of my affection and compassion for her shall always remain much larger than her arms can stretch for possible wrongs.”

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

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

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

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

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

mysticism, in all our behavior-actions, which are expressed in subconscious state of mind.

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

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

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

Love is essentially an extension of one's 'self' and subjective consciousness to accept and accommodate a thing, idea or person in its fold. Therefore, love basically is a very selfish and self-indulged emotion, an expression of the self's ever-present need to maintain its homeostasis. It is our higher consciousness, which assigns and aligns this 'selfishness' to lofty and noble values of life and living in societal space.

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

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

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

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

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

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

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

The person would ask:

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

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

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

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

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

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

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



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

There is no need to reject our age-old ideas about love and intimacy. Because we have already talked that all wisdoms, old or new have beautiful commonality and mutuality in all ideas of humanity. Only their approach is different. That is why, we shall talk about them in a holistic, assimilative and integrative way, accepting all wisdoms and rejecting nothing.

In my eBook, 'Why We Flop In Love', I have detailed the insight on the issue of wellness in love.

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Now, let us talk about the core issue of consciousness, as it is this consciousness, where all mysticism emanates and marvels us. Seeing consciousness from the perspective of brain mechanism and then relating our own subjective feelings with these objective facts can best present a matrix for understanding the agency called consciousness.

Consciousness is termed as "an intangible emergent property of information processing." Consciousness is intricately a two-way processing agency. First, it works as a storehouse of information, which are gathered from sensory organs. These info it matches with the 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 milieu to the brain. The brain is physical part of information processing. It is like the hardware part of computation. The mind however is the functional part, the software part. This functional part, the mind controls the brain, the physical part. Mind is the knowledge, which is memories of experiences of body's actions, stored in consciousness. The feeling of 'self', the sense of 'me' is a virtual realism as this 'self', the subjective consciousness is an intangible connect, a bridge between the physical and functional – the brain, and mind.

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

We all have empirical experience of this typical dualism of hardware-software cyclicity. In a computer, a software deliberates a particular function but the software is not designed to execute the function as it is the role of the hardware. The software shows the priorities and choices and the hard disk actually engenders the physical pathway to get the function done. Similar is the situation with our consciousness. The intangible domain of knowledge (the software part) deliberates an action and behavior priority and choice. The knowledge is a functional faculty, 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 facility of higher consciousness, which separates us from a baby or an animal. We need to stretch our consciousness by being consciously aware of all our decisions of actions and behavior. We are humans with faculty of a super consciousness, which makes us, a definitive sense of we as a body, to hold back our instincts and emotions, assess their utility in a larger sense of collective wellness and excellence. A decision, when processed in a non-reactive and receptive mode, in a holistic-assimilative-integrative perspective by our super consciousness, the specific subject within us, shall be far more amenable to our own wellness and excellence and that of the society and nation. We are in our perspectives and our perspectives are in we. Therefore, if we all understand and accept the singularity of the utility of the above-mentioned perspective in prioritizing all our actions and behavior, we shall ensure larger wellness and excellence of not only we, as an individual, but also the



collectivities of society and the nation. We continue to talk about this desirability of change in all of us in the coming passages.

Now, the same ideas we need to understand also from the perspective of the ancient wisdom, the traditional Oriental wisdom, explained in terms of *kaaya* (Body), *maaya* (external world/milieus), *karma* (Actionable duties) and *karta* (Subject).

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

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

The totality and wholeness of it is a person's culture, which sets the boundaries of his thought-action-behavior domain. As the milieus change in the course of life's randomized journeys, the patterns of its interactions with disposition alters synchronically. This energizes the incessant cyclicity of learning and unlearning, which keeps an individual's overall culture of consciousness in continuous flux.

This flux has the energy of creation and destruction, making and unmaking going in

an intertwined way. This cyclical change 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 we have possibilities to turn this virtual realism into a largely realistic one. In Indian spiritual philosophy, the ancestors prescribed a mechanism to be in exalted state of this super consciousness.

Science also explains the same mechanisms but uses different terms and frameworks. The Indian spiritual philosophy maintains that there is a continuous and complex interaction always going on between nature (external milieu) and human mind (internal milieu). It defines nature as *drishya*, something, which is seen

and observed. It constitutes of two parts – the first being the tangible factors in external environment, which includes the contemporary culture, in which a human being lives. The second part is the intangible factors of body's intrinsic nature or disposition. This intrinsic disposition has three attributes – *sato gun* (receptive mode), *rajo gun* (action mode) and *tamo gun* (inertia mode).

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

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

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

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

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

Ancient Indian wisdom called the consciousness as *drishta*, a virtual agency, which sees and observes the intelligence of a person, which his or her current consciousness lands him or her in. The consciousness has been referred to as the observer of human intelligence, which decides the matrix for any decision of life, in the larger realism of *drishya* (nature and culture). The Indian spiritual philosophy

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

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

For most of us, it is difficult to understand its true meaning as since long; we have been accustomed to collective and mutual existence and awareness of self. There is so much of contemporary culture within our conscious and subconscious minds. We are so used to our consciousness in complete collaboration and concomitance with our external as well as internal milieus that for us, an idea in the domain of total and perfect singleness and onliness is beyond even imagination. The idea, as elaborated by Indian spiritual philosophy enshrines that super consciousness is a state of being,

where there is complete and perfect lack of any connection, causality and coexistence between the *drishta* and *drishya*. The subject, the consciousness, which observes the nature and the decision-making matrices of life, becomes completely free and detached from the causality and utility of external as well as internal milieus and nature. This super consciousness is a state of singleness and onliness – the *kaivalya* state of consciousness.

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

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

This is the state, in yogic philosophy, where *jeevatma* (human soul/consciousness) unites with *parmatma* (cosmic soul/consciousness). This is what they called *yoga*, the union. The different *yogasanas* are different ways to discipline your body and consciousness to arrive at the state of *kaivalya*. This is also something, the spiritual

philosophy of *Geeta*, the chief holy book of Hinduism says. Somehow, the modern concepts of psychosynthesis and psychoenergetics also work around the similar ideas.

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

You have to use your power of conscious imagination to accept your being and self as someone, not only your body, not only your mind, not only your milieu and not even the interaction between them. You have to accept it as some super consciousness, which observes each of your thought-action-behavior matrices from a position above and aloof from all the dimensions of your consciousness and being. This enables you to hold every emotion, instinct and ideas back for a while, sit over them with an objective and independent super consciousness.

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



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

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

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

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

I suggest, you read the eBook, ‘Why Do You Want To Change Me?’ to get full insight into the mechanism of consciousness and how knowing it helps in enhancing 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.

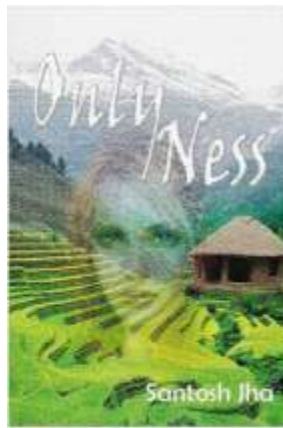
The mutuality and innocence of love and compassion always prevailed and magically worked as the catalyst in my learning and most importantly, unlearning

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:**

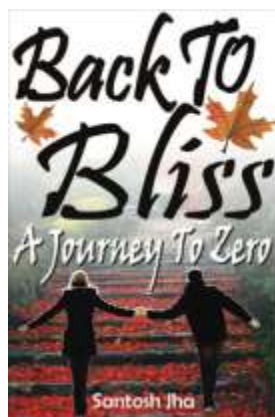
Dumped by her billionaire fiancé, a resplendently beautiful woman, the reigning royalty of Hollywood’s dream factory, lands herself in all sorts of woes – hospitalization for slipping pill overdose, bad Press, peer group backstabbing and paparazzi. She escapes to anonymity at India's Yoga capital but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



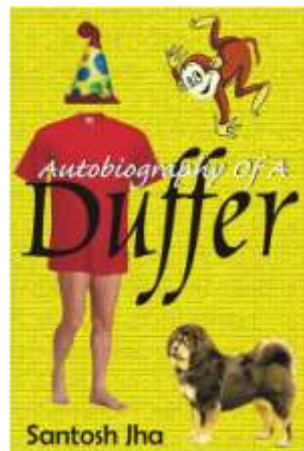
**Literary Fiction:** Novel: A Love Story In Contemporary Culture Of Conflicts:  
Word- 78,000 approx: Language-English

## 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?

\*\*

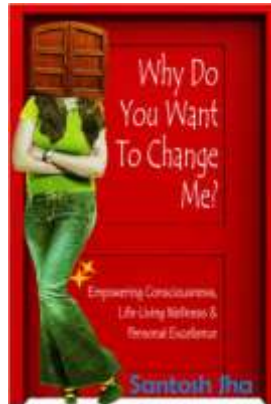
## Autobiography Of A Duffer



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!

\*\*

## Why Do You Want To Change Me?



### Short description

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

\*\*

## Naked Solutions Of Dressed Up Life Woes



Non-Fiction: Empowering Consciousness, Life Wellness, 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?

\*\*

### **Hey Beautiful, You Are The Hope**



### **Short Description**

An essay addressed to modern women of wisdom, aimed at empowering her consciousness to enhance her life-living wellness & personal excellence. As feminism enters its maturity-phase in new millennium, core ideas about true woman, her contemporary mind consciousness and fresh agenda need to be



revisited. New-age women hold keys to sanity of humanity, as she is the ‘dominant gender’ in every sense.

\*\*

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



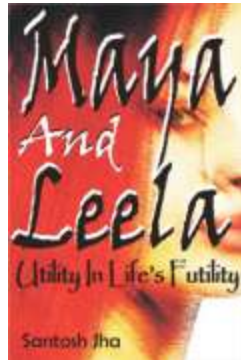
**Non-Fiction:** Empowering Consciousness, Life Wellness, Personal Excellence:  
word- 19,000 approx: Language-English

### **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**



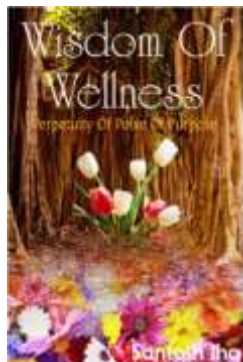
**Non-Fiction:** Empowering Consciousness, Life Wellness, Personal Excellence:  
word- 20,000 approx: Language-English

### **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

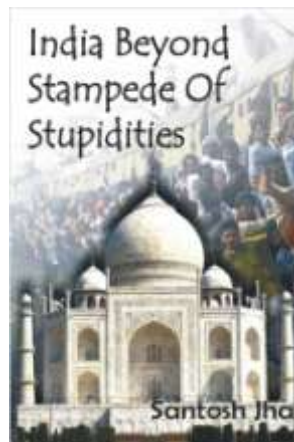
### **Short Description:**

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**

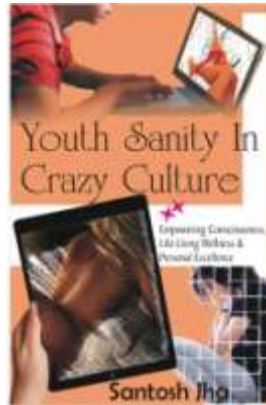


### **Short Description:**

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.

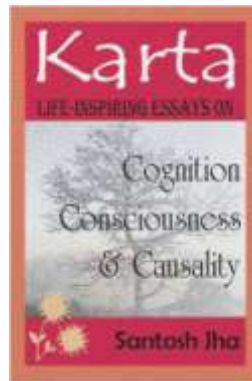
**Short Description**

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](mailto:sjwrite@gmail.com)

### **Connect With Santosh Jha**

Facebook: <https://www.facebook.com/profile.php?id=100003278213512>

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>