

Culture And Science \rightarrow Life

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Success

- The ones who laughed over others, time stood and laughed over them.
- Everybody can own success.
- Success must be your own.
- Only those can own their mind who are successful ones by culture.
- * → Man after two rabbits catches neither → Confucious
- * → Everybody's Man belongs to no one.
 - ↳ Be with you yourself, first of all listen to your own mind.
- Teachers are the people of influence and influence spreads with time.
- Once you will be for your yourself, you will be there for entire mankind.
- Carrying you own mind at all times \Rightarrow Success for culture.
- Success according to culture is to be yourself.
- Once you keep carrying your own mind, you will always be improving in yourself.
- Success for culture is deciding the "what".
- * Success Accd. to Science
 - Tendency of belonging strictly to one field.
 - Success Accd. to Science is understanding how the things work.
 - Science, technicality is also required for the people of literature.
 - Success for Science is deciding the "how".
- Newton Books??

- Culture and science together make for civilization.
- Is India a flourishing civilization??
- "Interconnected thinking" is the best thing provided by humanities.
- What do you find in thoughts??

Thoughtzone of human being is mind.

- In Upanishad's human beings are understood to be having five sheaths
- ↳ (अन्न कोष) Anna kosh
- ↳ (मन कोष) Mana kosh (Mind)
- ↳ (प्राण कोष) Prana
- by science ←

Nadi (नाड़ी)

↳ energy conduits

Chakras - Yogic Science ← dependent

evolution

Yoga is not exercise. It is accomplishing flow of energy which make you feel free through "Nadi".

- (चित कोष) Chitta kosh (Soul Consciousness)
- (ii) Samadhi (Union of ultimate spirit and human spirit)

- Medical Science in India ⇒ Ayurveda.
- Neuroscience has discovered "Mana kosh".
- And 3rd Kosh has been accepted by world and science and neuroscience is doing research on it.
- 1860, Charles Darwin told us our forefathers are "apes".
- It is only 'Anna kosh' dies at time of death, all

• ~~Dot~~ ~~Degree of freedom~~

- Cosmic energy is the reason of our discovery, accord to
- western science.
- "Mana" and "Prana" are sort of solidification of energy.
- "Prana" accepted by theory.

st essay

"Sadhna" by Tagore.

- साधना → greatest feat a human being has to do
↳ comes from साधन (→ something that should be known)
↳ Truth

साधु → who knows first and undertaken साधना

- Gita consider we human beings as co-workers of God.
- साधना → achieving progression of life.
- Progression for human life is progressing "mana kosh" to "Prana" to "Chitta" to "Samadhi".

→ H.J.I. Winter (Historian who discovers science of India)

↳ (i) We standardize (standardization).

→ India achieve standardization from Harappan culture.

↳ Love for personal hygiene
↳ separated bathrooms 5000 years ago.

cii) Harappan culture has "manholes with covers"

गटर

- Right hand should be very active and charming for doing research.
- Barter = exchanging of things
- Barter's system
- All weight system for weightning shows that we are even advance in maths a 5000 years ago.
- 3 fields to which world is making a return to India
 - (i) "Astronomy": Even NASA is getting interested to what India see in sky, stars.
 - (ii) "Mind Body Medicine" has seen a revival now.
 - (iii) Your understanding and appreciation for "Environment"
- ज्ञानं विज्ञानं सौमित्र is opposite to Cambridge tendency
- The first observation comes from "Rig ved" which was written in 1500 B.C. (3800 years ago).
- "Rig ved" states behind all the changes in the environment, we have something unchangable.
- Behind all the changes in the environment something unchangable is "ऋत (Rita)".
- More established field is "Cosmology". (2500 years ago)
- New world of exist is witness, which gone beyond the matter.
- Indians had learned to map the skies and ready to put it down in thesis or treaty (academic book) in 500 B.C.
- "Jyotisha Vedanga" (500 B.C.)
 - Jyoti → what your life is all about, what force life is giving you.
- "Jupiter" is the planet that is playing a great role in environment with "Saturn" in line as told by horoscopes.

Kindle edn

Earth
Water
Fire
Air
Akash

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- 2500 years ago we predicted there are 365 day days in a year.
 - Related to cosmology, it is "Surya Prajnapati" (200 B.C.)
 - It is in "Surya Prajnapati", we found earth to be round, before that considered as flat.
 - There are 7 oceans and 7 continents on earth also discussed in same book.
 - Rotation of planets is from east to west is also in same book.
 - *** → "Purmanu" discussed in Maitri Upanishad's (Book)
 - Every matter is comprises of 4 elements
 - Another Book Vaisheshika, Abhidharma, Hridaya
- 3rd century A.D.
translated by china

8-8

- Kautilya → Arthashastra
- ** → The world is taking a renewed interest in Engineering, Agriculture and ideas for them are supplied by the book, 'Kautilya's' - Arthashastra 321 B.C.
- Irrigation, Agriculture, Mechanical devices are in Kautilya's book.
- Mechanical devices called zila (Mantira).
- Projectiles, missiles as weapons of war and in architecture, monuments were 40 miles in perimeter.
- Revolving water cycle type sprinklers, "Varu'antira" called
- Varu'antira - water sprinklers
- Engineers were called "Yavana" in past acc. to Kautilya's book.

Rigved → 1500 B.C.

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→ Your treatment for diseases are being recorded in
"Atharvaveda → 1000 B.C.

→ All diseases are psycho-somatic cause.

→ illness — psychosomatic cause.
↓
acc. to mental condⁿ

→ Medical science is of two types

(i) Charak Samita — 2nd century A.D., Peshawar
↳ genius of medical science.

(ii) Susruta Samita — Kasi (Benaras)
↳ very strong evolution.

→ Dr. David Seigel's aware (book), → Harvard medical students
↳ own set up of wide network of clinic
↳ heart cell function act independent to the brain.
and independent of body cells.

→ Elder child of any parents are the most loved
ones and more attached to them by feeling acc^d
to brain the heart working independently of brain.

→ Human being exist in two zones :

(i) Centre of Consciousness

(ii) Centre of feeling (Heart)

→ Feeling and psychology of a person has a
supreme position in Indian Medical Sciences.

→ (वृत्ति) Vritti → what is the psychological order of a person