

## **Chapter : 2 The Way of Life/ Jivan Darshan in Bharatiya Knowledge Systems**

### **Introduction:**

Bharatiya Knowledge Systems, or Jivan Darshan, offer a comprehensive way of life rooted in ancient Indian wisdom. It encompasses various dimensions of human existence, including physical, mental, emotional, and spiritual aspects.

“The Way of Life” or “Jivan Darshan” in the Bhartiya Knowledge Systems refers to the holistic philosophy and approach to living that is deeply rooted in Indian traditions. It encompasses various principles and practices that guide individuals in leading a purposeful and balanced life.

This concept emphasizes the interconnectedness of all aspects of life, including the physical, mental, emotional, and spiritual dimensions. It encourages individuals to align their actions and thoughts with higher ideals, promoting self-awareness, self-discipline, and ethical conduct. The goal is not just personal well-being, but also the betterment of society and the environment.

Key elements of Jivan Darshan include concepts like dharma (righteous duty), karma (action and its consequences), moksha (liberation), and the pursuit of knowledge and wisdom. The Bhartiya Knowledge Systems recognize that there are multiple paths to spiritual realization and personal growth, accommodating different temperaments and beliefs.

In essence, Jivan Darshan teaches that life is a journey of self-discovery and continuous learning, where individuals strive to achieve harmony within themselves and with the world around them. It emphasizes compassion, mindfulness, and a deep sense of interconnectedness, fostering a sense of purpose and fulfillment in one's life.

### **2.1 Way of life as Bharatiya Knowledge Systems:**

The Bharatiya knowledge system is deeply rooted in the ancient wisdom and philosophies of India. It encompasses a wide range of disciplines and practices that have been passed down through generations. The way of life in Bharatiya Knowledge Systems, also known as Sanatana Dharma. It encompasses various aspects of human existence, including physical, mental, emotional, and spiritual dimensions.

The Bharatiya knowledge systems also emphasize the interconnectedness of all beings and the importance of living in harmony with nature. They promote environmental consciousness and advocate for sustainable living.

Bharatiya Knowledge Systems emphasize principles such as Dharma (moral and ethical values), Karma (the law of cause and effect), Yoga (physical and spiritual practices) Yoga, as a part of this system, is not just about physical exercises. It's a way of life that integrates body, mind, and spirit, Ahimsa (the importance of non-violence) truthfulness, and non-possessiveness, Seva (selfless service), and respect for nature.

Ayurveda is another important aspect of the Bharatiya knowledge system. It's a traditional Indian system of medicine that focuses on maintaining overall well-being. Ayurveda emphasizes the balance between mind, body, and spirit. It uses natural remedies, dietary guidelines, herbal treatments, and lifestyle practices to restore and maintain health.

Vedanta, a philosophical and spiritual tradition, explores the nature of reality and the purpose of human existence. It encourages self-inquiry, self-realization, and the pursuit of wisdom. Vedanta teaches that the ultimate truth lies within oneself and guides individuals on a path of spiritual growth and enlightenment.

By following these principles, individuals can lead a balanced life, nurturing their physical well-being, intellectual growth, emotional harmony, and spiritual evolution. The Guru-Shishya Parampara (teacher-disciple relationship) is highly valued, as it allows for the transmission of knowledge from one generation to another.

Through Jivan Darshan, individuals can strive for self-realization, inner peace, and a harmonious connection with themselves, others, and the world around them. It provides guidance for leading a purposeful and fulfilling life, aligning one's actions with higher ideals and contributing positively to society.

The concept of "Way of Life" in the Bhartiya Knowledge Systems is deeply rooted in the philosophy, spirituality, and cultural traditions of India. It encompasses a holistic approach to living that emphasizes the interconnectedness of all aspects of life and aims to guide individuals towards a purposeful and balanced existence.

Here's a more detailed exploration of this theory:

1. **Dharma (Righteous Duty):** Central to the Way of Life is the concept of dharma, which refers to one's moral and ethical duties and responsibilities. Dharma varies based on an individual's age, role, caste, and stage of life. Following one's dharma ensures that actions are in harmony with the cosmic order and contributes to the well-being of society. It teaches us to be honest, kind, and respectful and to live in harmony with others and the natural world.
2. **Karma (Action and Consequences):** The theory of karma teaches that every action has consequences, and these consequences are tied to the individual's future experiences. Good actions lead to positive outcomes, while negative actions result in suffering. This belief encourages individuals to act selflessly and responsibly.

Here are 12 principles that are often associated with the laws of karma:

1. **The Great Law:** Whatever we put out into the world comes back to us.
2. **The Law of Creation:** We are responsible for our own reality and have the power to create positive change.
3. **The Law of Humility:** We must accept what is in order to make positive changes.
4. **The Law of Growth:** We can only change ourselves, not others.
5. **The Law of Responsibility:** We must take responsibility for our own actions and their consequences.
6. **The Law of Connection:** Everything in the universe is connected, and our actions affect others.
7. **The Law of Focus:** We should focus on the present moment and not dwell on the past or worry about the future.
8. **The Law of Giving and Hospitality:** By giving to others, we receive abundance in return.
9. **The Law of Here and Now:** We should focus on the present moment and not dwell on the past or worry about the future.
10. **The Law of Change:** Change is inevitable, and we must embrace it in order to grow.

11. **The Law of Patience and Reward:** Rewards come to those who are patient and persistent.

12. **The Law of Significance and Inspiration:** The true value of an action is determined by the intention behind it.

These principles remind us to be mindful of our actions and the impact they have on ourselves and others.

3. **Moksha (Liberation):** Moksha is the ultimate goal of human life in many Indian philosophies. It represents liberation from the cycle of birth and death (samsara) and the realization of one's true nature. It involves practices like meditation, self-reflection. The Way of Life encourages individuals to seek self-realization and spiritual awakening to attain moksha. Moksha is about finding union with the divine and realizing our true selves.
4. **Pursuit of Knowledge and Wisdom:** Learning and wisdom are highly valued in the Bhartiya Knowledge Systems. The pursuit of knowledge is seen as a means to understand the self, the universe, and the interconnectedness of all things. This knowledge leads to self-awareness and personal growth.
5. **Yoga and Meditation:** Practices like yoga and meditation play a significant role in the Way of Life. These practices help individuals connect with their inner selves, achieve mental clarity, and develop self-discipline. Yoga encompasses physical postures (asanas), breathing techniques (pranayama), and meditation practices that promote physical, mental, and spiritual well-being. Meditation cultivating inner stillness.
6. **Ahimsa (Non-Violence):** Ahimsa is the principle of non-violence and compassion towards all living beings. It is a key component of the Way of Life and guides individuals to treat others with kindness, empathy, and respect. It encourages individuals to practice self-discipline, engage in charitable acts, and cultivate a deep sense of compassion towards all living beings, Seva (selfless service), and respect for nature.
7. **Harmony with Nature:** The term "Harmony with Nature" refers to a principle of amicable and holistic co-existence between humanity and nature. The Way of Life recognizes the interconnectedness of humans with the natural world. Living in harmony with nature and respecting the environment is an integral aspect of this philosophy. It is used in several contexts, most prominently in relation to sustainable

development and the rights of nature, both aimed at addressing anthropogenic environmental crises.

**8. Satsang (Company of Truth):** One of the definitions of Satsang-(the Sanskrit word sat=true, sanga=company) is to be in company with an assembly of persons who listen to, talk about and assimilate the truth. The experiences with mass observations and prayers in different settings by followers of different spiritual traditions made me reflect on these processes. Associating with individuals who seek truth, knowledge, and spiritual growth is encouraged. This helps individuals stay on the path of self-discovery and upliftment.

**9. Detachment and Equanimity: Detachment-** The Sanskrit word vairagya means “detachment.” Detachment (vairagya) is very significant in Hinduism, Buddhism, and Jainism. Detachment refers to a lack of physical or mental attachment to the objects of the world, as well as to your own mind and body, as well as to your accomplishments, traits, renown, name, and status. It’s a state of being unattached to the tangible world. It can also be characterised as a mental state of mind in which all attachments to the materialistic world are released. Vairagya is also related to letting go of feelings like pride, ego, aversion, inferiority and superiority complexes, false identities, and fear.

**Equanimity-** It is a state of psychological stability and composure which is undisturbed by the experience of or exposure to emotions, pain, or other phenomena that may cause others to lose the balance of their mind. The Way of Life teaches the importance of detachment from material possessions and outcomes. Equanimity in success and failure helps maintain inner balance and prevents attachment to transient things.

**10. Service (Seva):** The Sanskrit word ‘Seva’ is a beautiful word that comes from root words ‘sah’ and ‘eva’ meaning ‘together with.’ It conveys the act of ‘selfless service for the other.’ Whatever it is that one does for the benefit of others, without expecting anything in return is ‘Seva.’ Serving others selflessly is a fundamental principle of the Way of Life. It cultivates humility, compassion, and a sense of interconnectedness with all beings. Seva means serving others rather than focusing solely on our own wants or needs. It is a reflection of our higher nature and part of our true purpose as human beings – to help one another. The foundation of seva is love and devotion for the Father. The desire to do seva comes from within and is motivated by love. Seva is first and foremost about the attitude with which we serve others – of love, humility and selflessness.

Overall, the theory of the Way of Life in the Bhartiya Knowledge Systems is a comprehensive guide to living a purposeful, ethical, and spiritually enriching life. It integrates various philosophical principles, practices, and values to support individuals in their journey of self-discovery, self-improvement, and the realization of their higher selves. It also offers a comprehensive approach to life, encompassing physical, mental, and spiritual well-being. These knowledge systems also incorporate rituals, ceremonies, and festivals that celebrate various aspects of life and the divine. By following the principles and practices of these knowledge systems, individuals can lead a purposeful and fulfilling life. It also provides a sense of community and allow individuals to connect with their cultural and spiritual heritage. It provides guidance on how to lead a fulfilling and balanced life.

## **2.2 The Implicit Concepts in Bharatiya Knowledge Systems. - Birth, Death, Rebirth, Law of Karma, Idea of Sukhha, Ideal of Life, Paap - Punya, Moksha.**

Bharatiya Knowledge Systems encompass deep insights into various implicit concepts. Let's explore them one by one:

**1. Birth:** It signifies the beginning of an individual's journey in this world, the process of coming into existence.

An example of birth in Bharatiya Knowledge Systems is the celebration of a child's birth with rituals and ceremonies. This marks the beginning of their journey in this world and is seen as a joyous occasion for the family. The child is welcomed into the family and community with blessings, prayers, and rituals that vary based on regional customs and traditions. It is believed that each birth brings new hope, potential, and opportunities for growth and learning.

**2. Death:** It represents the end of one's physical existence and the transition to the next phase.

Death is seen as the culmination of one's physical existence in Bharatiya Knowledge Systems. It represents the transition to the next phase of existence, beyond the limitations of the physical body. An example of death in this context is the observance of funeral rites and rituals. These rituals vary across different regions and communities, but they generally involve honoring the departed soul, offering prayers, and performing last rites to facilitate the soul's journey to its next destination. The concept of death in Bharatiya Knowledge Systems

emphasizes the belief in the eternal nature of the soul and the continuation of the soul's journey even after the physical body ceases to exist.

**3. Rebirth:** This concept suggests that after death, the soul takes on a new life in a different form.

Rebirth, also known as reincarnation, is a concept in Bharatiya Knowledge Systems that suggests the soul takes on a new life in a different form after death. An example of rebirth is the belief that a person who lived a virtuous life may be reborn into a higher social or spiritual status in their next life. Similarly, someone who led a life filled with negative actions may be reborn into a lower form of existence. Rebirth is seen as a continuous cycle of birth, death, and rebirth, driven by the law of karma, which states that our actions in this life and past lives shape our future experiences.

**4. Law of Karma:** It emphasizes the idea that every action has consequences, and one's actions determine their future experiences.

The Law of Karma in Bharatiya Knowledge Systems emphasizes that every action has consequences, and these actions determine our future experiences. An example of the Law of Karma is the belief that if we perform good deeds and act with kindness and compassion towards others, we are likely to experience positive outcomes and happiness in the future. On the other hand, if we engage in negative actions, such as harming others or being dishonest, we may face negative consequences and difficulties in our future. The Law of Karma encourages individuals to be mindful of their actions and to strive for virtuous behavior in order to create a positive and fulfilling life.

**5. Idea of Sukhha:** It refers to the pursuit of happiness and contentment in life, both on a material and spiritual level.

The idea of Sukhha in Bharatiya Knowledge Systems refers to the pursuit of happiness and contentment in life, both on a material and spiritual level. An example of Sukhha is finding joy and fulfillment in simple pleasures, such as spending time with loved ones, pursuing hobbies, or connecting with nature. It also involves seeking inner peace and spiritual growth through practices like meditation, self-reflection, and serving others. The concept of Sukhha encourages individuals to prioritize their well-being and strive for a balanced and harmonious life that brings happiness and contentment.

**6. Ideal of Life:** It encompasses the principles and values that guide a meaningful and purposeful life.

The ideal of life in Bharatiya Knowledge Systems encompasses the principles and values that guide a meaningful and purposeful life. An example of the ideal of life is following the principles of Dharma, which includes living a righteous and ethical life, fulfilling one's duties and responsibilities, and treating others with respect and compassion. It also involves seeking personal growth, knowledge, and self-realization through practices like meditation, yoga, and self-reflection. The ideal of life encourages individuals to lead a life that is aligned with their true nature, values, and purpose, ultimately bringing fulfillment and happiness.

**7. Paap - Punya:** Paap refers to actions that are considered sinful or negative, while Punya represents virtuous and positive actions.

Paap refers to actions that are considered sinful or negative, while Punya represents virtuous and positive actions. An example of Paap is engaging in dishonesty or causing harm to others, which can lead to negative consequences and suffering. On the other hand, an example of Punya is practicing kindness, generosity, and helping others, which can lead to positive outcomes and happiness. The concepts of Paap and Punya encourage individuals to be mindful of their actions and strive for virtuous behavior in order to create a positive and harmonious life.

**8. Moksha:** It is the ultimate goal of liberation from the cycle of birth and death, attaining spiritual enlightenment and union with the divine.

Moksha, the ultimate goal in Bharatiya Knowledge Systems, refers to liberation from the cycle of birth and death. It is the attainment of spiritual enlightenment and union with the divine. An example of Moksha is when an individual, through dedicated spiritual practices and self-realization, transcends the limitations of the material world and achieves a state of eternal bliss, free from the cycle of rebirth. Moksha represents the highest level of spiritual liberation and fulfillment in Bharatiya Knowledge Systems.

## **2.3 Social Viewpoint in Bharatiya Knowledge systems.**

In the social viewpoint of Bharatiya knowledge systems, there is a strong emphasis on interconnectedness, community, and harmony. It recognizes the importance of collective well-being and the interconnectedness of all beings. This perspective values the integration of individual and societal needs, and emphasizes the role of dharma (duty/righteousness) in guiding social interactions. It also promotes inclusivity, respect for diversity, and the idea of Vasudhaiva Kutumbakam (the world is one family) which emphasizes the interconnectedness of all individuals. The viewpoint promotes treating everyone with kindness, compassion and equality regardless their background.



In addition, it also emphasizes "lokasangraha," which means working for the welfare of society. It encourages individuals to contribute to the betterment of society through acts of service, philanthropy, and promoting social harmony. Women are also highly regarded in Bharatiya society, as they are considered the foundation of the community and are respected for their contributions in various areas.

Overall, the social viewpoint in the Bharatiya knowledge system emphasizes community, unity, compassion, and the welfare of society. It encourages individuals to live in harmony, support one another, and work towards the greater good.

It is rooted in the idea of "dharma," which encompasses moral and ethical responsibilities towards oneself, others, and society.

In Bharatiya society, the concept of "varna" or social classes plays a role in the social viewpoint. The four varnas - Brahmins (priests and scholars), Kshatriyas (warriors and rulers), Vaishyas (merchants and farmers), and Shudras (laborers and service providers) - are believed to have distinct roles and responsibilities in society. This system aims to ensure harmony and balance in the functioning of society.

Furthermore, the social viewpoint emphasizes the importance of community and collective well-being. The idea of "sangha" or community is cherished, where individuals come together to support and uplift each other. This can be seen in various social institutions such as joint families, community gatherings, and festivals that promote unity and togetherness.

The Bharatiya knowledge system also values the role of education and knowledge in society. The pursuit of knowledge is seen as a means to uplift oneself and contribute positively to society. This is reflected in the emphasis on the Guru-Shishya (teacher-student) relationship, where knowledge is passed down through generations.

Overall, the social viewpoint in the Bharatiya knowledge system revolves around the principles of dharma, varna, community, and knowledge. It promotes harmony, collective well-being, and the fulfillment of one's responsibilities towards oneself and society.

## **2.4 Co - existence of Nature and Human Nature, Manifold Paths of Upasana, Value of Harmonious Existence- Ritam.**

The theory of co-existence between nature and human nature recognizes the interconnectedness and interdependence between humans and the natural world. Nature and human nature are like two intertwined threads of a beautiful tapestry. Nature, with its awe-inspiring landscapes, diverse flora and fauna, and intricate ecosystems, provides the foundation for our existence. Human nature, on the other hand, encompasses our thoughts, emotions, and actions that shape our individuality. Nature encompasses the vastness of the natural world, including the elements, ecosystems, and all living beings. Human nature, on the other hand, refers to the inherent qualities and characteristics that define us as individuals. It emphasizes that humans are an integral part of nature and should strive for a harmonious existence with it.

In Bharatiya Knowledge Systems, there are manifold paths of Upasana, which refers to the practice of worship and devotion. These paths offer various approaches to connect with the divine and cultivate a deep spiritual relationship. By engaging in upasana, we develop a deeper understanding of the interconnectedness between ourselves and nature. We begin to appreciate the intricate web of life and recognize our role as caretakers and stewards of the environment. By immersing ourselves in upasana, we develop a profound understanding of the interplay between nature and human nature. We recognize that we are not separate from nature, but rather an integral part of it. This realization fosters a deep sense of reverence, gratitude, and responsibility towards the environment. Some examples include Bhakti Yoga, the path of devotion and love for the divine; Karma Yoga, the path of selfless service; Janana Yoga, the path of knowledge and wisdom; and Raja Yoga, the path of meditation and control of the mind. Each path offers unique practices and techniques to attain spiritual growth and realization.

When we embrace harmonious existence, we become mindful of our impact on the environment. We make conscious choices to reduce our ecological footprint, conserve resources, and protect the fragile ecosystems that nurture us. In doing so, we contribute to the preservation and well-being of the planet for future generations.

The value of harmonious existence, known as ritam, is highly regarded in Bharatiya knowledge systems. It encompasses living in accordance with the natural order and cosmic harmony. It emphasizes the importance of balance, respect, and sustainability in all aspects of life. By aligning ourselves with ritam, we can contribute to the well-being of both ourselves and the natural world, fostering a harmonious co-existence. In summary, the coexistence of nature and human nature, the diverse paths of upasana, and the value of harmonious existence guided by ritam invite us to deepen our connection with nature, honor its beauty and wisdom, and live in harmony with the natural world.

## 2.5 Idea of Vasudhaiva Kutumbakam

The idea of "Vasudhaiva Kutumbakam" is a Sanskrit phrase that means "the world is one family." It promotes the concept of universal brotherhood and the belief that all humans are interconnected. It emphasizes the importance of compassion, tolerance, and unity among people from different cultures, religions, and backgrounds. It encourages us to embrace diversity and work together for the betterment of humanity.

Vasudhaiva Kutumbakam is a beautiful concept from Bharatiya Knowledge Systems. It means "the world is one family." It emphasizes the idea that all human beings are interconnected and should live in harmony, peace, and mutual respect. It promotes the understanding that despite our differences in culture, religion, or nationality, we are all part of a larger global family. This concept encourages us to treat each other with kindness, compassion, and acceptance, and work towards the well-being and upliftment of all beings on this planet.

It promotes the idea that we should treat everyone as members of our own family, fostering peace, harmony, and respect across cultures and borders. This principle encourages us to recognize and celebrate the inherent oneness of humanity, transcending divisions and promoting a global sense of kinship.

"Vasudhaiva Kutumbakam" is a Sanskrit phrase that translates to "The world is one family." This concept embodies the idea of universal brotherhood, interconnectedness, and the shared essence of humanity. Here's the theory behind it:

**1. Interconnectedness:** The concept recognizes that all beings on Earth are interconnected and interdependent. Just as members of a family are connected by bonds of love and responsibility, the entire world is interconnected through shared experiences, resources, and the environment.

**2. Unity in Diversity:** "Vasudhaiva Kutumbakam" emphasizes the unity that transcends cultural, religious, ethnic, and geographical differences. Just as a family is composed of diverse individuals, the world is a tapestry of cultures, beliefs, and backgrounds that contribute to its richness.

**3. Compassion and Empathy:** The concept encourages individuals to treat others with compassion and empathy, recognizing the common human experiences and struggles that unite us. It promotes understanding and support for one another, fostering a sense of global community.

**4. Responsibility for the Whole:** Just as family members share responsibilities for the well-being of the family, the idea of Vasudhaiva Kutumbakam emphasizes the responsibility of every individual to contribute to the well-being and harmony of the world. This includes caring for the environment, helping those in need, and working towards peace and justice.

**5. Cultural Exchange and Learning:** The concept promotes the exchange of ideas, knowledge, and cultural practices between different parts of the world. This exchange enriches our understanding of one another and helps break down barriers of ignorance and prejudice.

**6. Global Citizenship:** Vasudhaiva Kutumbakam encourages individuals to transcend national boundaries and identify as global citizens. It inspires a sense of shared responsibility for the entire planet, transcending parochial interests.

**7. Promotion of Peace:** By recognizing the world as one family, the concept promotes the values of harmony, cooperation, and peaceful coexistence. It fosters an environment where conflicts can be resolved through dialogue and understanding.

Overall, "Vasudhaiva Kutumbakam" is a philosophy that invites individuals to expand their sense of belonging beyond their immediate community or nation. It encourages us to view all living beings as part of our global family, promoting a sense of oneness, mutual respect, and a shared commitment to creating a more just, compassionate, and harmonious world.

## **2.6 Bhartiya Vangmaya and Implication of Wisdom in Social Life:**

The concept of "Bhartiya Vangmaya" refers to the rich and diverse literary, cultural, and intellectual heritage of India. It encompasses the vast spectrum of Indian literature, including ancient scriptures, epics, poetry, and philosophical texts.

Bhartiya Vangmaya, or the Indian literary heritage, is a treasure trove of diverse texts. For example, the ancient scripture Bhagavad Gita teaches valuable life lessons. It also teaches us about the importance of righteousness, duty, and the pursuit of knowledge. These teachings provide a moral compass for navigating social situations and making decisions that are beneficial for both ourselves and society as a whole.

Bhartiya Vangmaya is a vast collection of literary, cultural, and intellectual works in India. One example is the Ramayana and Mahabharata, an epic that explores profound human emotions and ethical dilemmas, conflicts, and dilemmas that are relatable to our own lives.

By observing their actions and consequences, we can learn valuable lessons about loyalty, forgiveness, empathy, and the power of love.

The implication of wisdom in social life is that the teachings and wisdom found in Bhartiya Vangmaya can guide individuals in leading a virtuous and fulfilling social life. It emphasizes values such as compassion, respect, and harmony, which are essential for maintaining healthy relationships, fostering unity, and contributing to the overall well-being of society. By incorporating the wisdom of Bhartiya Vangmaya into our lives, we can promote a more inclusive and enlightened society.

In summary, Bharatiya vangmaya is a treasure trove of wisdom that offers guidance for navigating social life. It provides insights into morality, relationships, and the importance of unity and diversity. By exploring and embracing the teachings of Bharatiya vangmaya, we can lead more fulfilling and meaningful lives in society.

## **2.7 Four Purusharthas of Bharatiya Knowledge System. - Dharma, Artha, Kama, Moksha.**

The Four Purusharthas of the Bharatiya knowledge system are Dharma (righteousness), Artha (material wealth), Kama (desire/pleasure), and Moksha (liberation/spiritual fulfillment). These purusharthas represent the different goals or pursuits that individuals can strive for in life.

**1. Dharma:** Dharma refers to one's moral and ethical duties, righteousness, and the path of righteousness. It encompasses principles and values that guide individuals in leading a virtuous and righteous life. It encompasses following societal norms, fulfilling our responsibilities, and acting in ways that are beneficial for ourselves and others. Dharma guides us in making choices that align with our values and contribute to the greater good. It also act as a moral compass that guides us in doing the right thing. It's about following our duties and responsibilities towards society, family, and ourselves. Dharma teaches us to be honest, kind, and respectful in our actions, and to live in harmony with others and the natural world.

An example of Dharma in Bharatiya Knowledge Systems is the concept of Ahimsa, which means non-violence. It emphasizes the principle of not causing harm to any living being, both physically and mentally. Practising Ahimsa involves treating others with kindness, compassion, and respect, and avoiding actions that cause suffering or harm. It encourages individuals to resolve conflicts peacefully and promote harmony in relationships and society.

**2. Artha:** Artha refers to the pursuit of material wealth, success, and prosperity. It's not just about money, but also about achieving financial stability and fulfilling our material needs. It emphasizes the importance of fulfilling one's economic wealth and material needs through honest and ethical means. It involves the pursuit of economic well-being, financial stability, and the ability to provide for oneself and one's family. Artha also encourages individuals to work hard, engage in productive activities, and make wise financial decisions to attain a comfortable and secure life.

An example of Artha in Bharatiya Knowledge Systems is the concept of "arthik pravrutti" or economic activities. It encourages individuals to engage in occupations or professions that align with their skills, interests, and values, and contribute to the overall well-being of society. The pursuit of material wealth and success is seen as a means to support oneself, one's family, and the community, while also practicing honesty, integrity, and ethical conduct in all financial dealings.

**3. Kama:** Kama refers to the pursuit of desires, pleasure, and enjoyment. It recognizes that we are human beings with emotions and passions, and it encourages us to enjoy life's pleasures responsibly. It recognizes the importance of finding happiness and fulfillment in life through various means, such as pursuing passions, forming meaningful relationships, and indulging in pleasurable experiences. It recognizes the significance of fulfilling one's emotional and sensual desires within the boundaries of righteousness and moral conduct.

An example of Kama in Bharatiya Knowledge Systems is the celebration of festivals and cultural events. These occasions provide an opportunity for individuals to indulge in joyful activities, music, dance, and other forms of artistic expression. It allows people to experience pleasure, connect with their emotions, and find enjoyment in the beauty of life. It is important to note that the pursuit of desires and pleasure is balanced with ethical conduct and respect for oneself and others.

**4. Moksha:** Moksha is the ultimate goal of the Bharatiya knowledge system. Moksha refers to liberation or spiritual enlightenment. It is the ultimate goal of life, where one seeks liberation from the cycle of birth and death and attains union with the divine or ultimate reality. It is achieved through practices like meditation, self-reflection, and the pursuit of spiritual knowledge.

An example of Moksha in Bharatiya Knowledge Systems is the practice of meditation and self-realization. Through dedicated spiritual practices, individuals seek to transcend the limitations of the material world and attain a state of liberation and union with the divine. This can involve deep introspection, self-inquiry, and the cultivation of spiritual virtues such as

detachment, surrender, and devotion. The ultimate aim is to realize one's true nature and experience a sense of oneness with the cosmic consciousness.

These Four Purusharthas provide a holistic framework for individuals to lead a balanced and purposeful life, encompassing moral duties, material pursuits, emotional fulfillment, and spiritual growth. They remind us to live with integrity, strive for material well-being, find happiness in our desires, and seek spiritual enlightenment. By embracing these purusharthas, we can navigate life's journey with purpose and fulfillment.