

Q1 He who has a Why to live  
Can Bear almost any how.

Ans "I know of no better life purpose  
than to perish in attempting  
the great and impossible."

[Friedrich Nietzsche]

(German philosopher)

A Great philosopher Friedrich Nietzsche  
famously said if someone has a strong  
purpose for living, they can  
endure almost any hardship or  
difficulties. Here word "why" represent  
person driving purpose in life, while  
"how" refers to various challenges in life.  
This purpose provide strength  
and determination to overcome  
obstacle.



Our Life is filled with full of suffering. This Suffering would coexist until our breathing is going. We saw the life of "Lord Rama" full of suffering and challenges. Despite having ~~the~~ King of Large kingdom he Bear all problem and challenges.

The Purpose of Rama's life gave Strength to spend 14 years of hardship in for jungle journey was carried with lot of challenges. He had strong "Why" purpose to live which helped in bearing almost all difficulties and known by Name

"MARYADA PURUSHOTAM  
SHREE RAM)"

Sometime Meaning of "Why" (purpose)  
of life in individual is Unknown.  
Ambiguity in mind make person  
weaker from inside. & ultimately  
they surrender to small challenges.  
To solve this mystery  
a great reformist Buddha left home  
in search of finding purpose of one's  
life. The un-hidden purpose lies  
within individual inside. There is only  
need to realize purpose which  
give motivation to tackle situation  
That's why Buddha Said "  
"Appo Dipo Bhava" means "Be the  
own light of your darkness"

Many a Time, the purpose of individual  
is cleared in his mind, But due to  
some hurdle and impediment in society  
~~too~~ this purpose couldn't give  
much result. our society has  
entrenched with various social evils  
of Caste rigidities, gender injustice.

The story of BR Ambedkar was full of challenges. But  
his motivation and resolution helped  
enabled to give him to fortitude.  
overcome challenges and worked for  
removal of discrimination on  
basis of Caste, sex etc.  
These social Anomalies  
is biggest challenge. Another Social  
Activist Kailash Satyarthi dedicated  
his life with purpose of preventing  
Child Labour and gave education.

A great philosopher Victor Frankl, emphasised significance of finding meaning and purpose in life. In his influential Book "Man's Search for meaning", shared his experience and lesson <sup>Learned</sup> the ~~lesson~~ during time in Nazi Concentration Camp. He stated "who had strong "why" could endure and find hope in most challenging circumstance.

Nelson Mandela

story was challenge and struggle of 30 years in jail. He fought for racial equality, human right and end to apartheid. During his journey of 30 years, had gone through suppression, exploitation.

Many times he didn't get desired outcome ~~and~~ and felt loosened. But his patience, goal and motivation kept him struggling for so long period. As result ~~of~~ Endurement converted into victory and became first black president.

If might be possible sometime that despite having transparent purpose of life still not getting desired outcome. At that we ~~need~~<sup>do</sup> not need to loose patience and keep looking to find solution. A small ant carry piece of lead on its back and try to climb wall. Despite rolling down numerous time, but its purpose and goal made her to find new path to climb and reach destination.



A Story of purpose, A Story of  
Challenges, A Story of determination  
A story of old Man "Dassarth Manjhi"  
Known by Mountain Man, belonged  
to small Village in Gaya Bihar.  
We all know how he cut whole  
mountain with a single hammer & chisel.  
This sound seemed little impractical.  
But it is true. His purpose of  
Life was cleared. Despite Numerous  
challenges he didn't bow down  
against even a Mighty Mountain  
It shows how a clarity in one's  
purpose can help in crossing obstacles.  
The Time has arrived  
where each individual require  
to figure out purpose of his life.



Finding ultimate forth of life would make them free from suffering. However, Challenges in journey can be Tackled in building a strong resolution in our lives.

In 21st Century it is very high Time we Need to discover purpose of Buddha we Need to discover purpose of Rama we Need to discover purpose of Ambedkar we Need to discover purpose Mandela All Purpose of life would help in enduring Challenges of life and give meaningful life



(Q2) Post Truth is age where facts  
are optional and Narrative rule.

Ans

" In a time of deceit,  
Telling the truth is  
a revolutionary Act "

George Orwell

The debate over truth and its realisation  
has been centre of discourse for centuries  
The recent era is about Post Truth.

The meaning of truth has been modified  
where facts become optional and  
Narrative and propaganda begin to rule  
Recent ~~example~~ of presidential  
election in USA is sheer example of  
dominance of Narrative over facts. A  
Narrative was spreaded by Donald  
Trump during election Campaign

He gave slogan; "America first". Thus Narrative created prejudice ~~negative~~ belief in mind of local population. Narrative of "Cultural identity crisis", ~~immigrant~~ policies due to influx of migrants created ideology of populism in favour of Trump. Without Checking facts and data, people started believing on his "Narrative" ~~and~~ which gave advantage to him in election. This shows that how a "Narrative" eliminated over facts in this post.

### Truth era:

The profile of Truth has been twisted in this post era. Everyone is spreading truth in his own choice or desire. To start with foremost question is "What is Truth"?

Truth is state or Quality of being  
in accordance with fact or reality.

If it is objective and accurate representation  
of information or knowledge. But  
this added to new question as What is  
fact, reality. To explain this  
many factors came to solve problem of  
Truth. They are ideology, Religion,  
philosophy and Science. Every factor  
has own argument and counter argument.

Starting with first  
factor is ideology. It gave a Lens to  
see world. Many political ideology  
came to explain Truth or reality.

e.g. Liberal Thinker gave Narrative of  
Liberty, for them individual Liberty is  
most important

Another socialist thinker  
gave Narrative that society is most  
important. For that equality is main  
factor than Liberty.

Ideologies explain truth on basis of perception, belief. It is more related to power structure.

e.g.: Post World War Two ideology Capitalism and Communism spreaded Narrative spreaded

Both ideology spreaded their own narrative and suppressed reality or facts, which ultimately convert into power structure

At some time, when ideologies began perpetuating, it become propaganda for division, exploitation, polarisation.

Therefore they are not able to reveal Truth.

Rise of China, e.g. - This World is full of Mystery. Truth of unlocked Mystery is still unanswered. In our ancient past we considered; Nature, rain, flood as supernatural power. as we do not find answer.



Abrahamic religion (Christianity, Judaism, Islamic) claimed to represent Truth. They said God is omnipotent, omniscient and benevolent. This truth is absolute Truth. They gave Narrative of "Absolute Truth". This Truth overcomes ~~the~~ other ~~the~~ reality, facts and leaded to religious fundamentalism eg: Terror attack, 9/11 attack.

Baghdadi

Now another factor philosophy gone loco. Philosopher started questioning in finding ultimate reality of world. Philosophy Consider Critical Analysis of facts rather giving any Narrative. It focused on Logical eg argument and connection.

eg: Feminist Thinker Simone De Beauvoir book "Second Sex" explained ultimate Truth of women ie "She is not born, She is made"



• The era of 21st Century become era of post Truth. With evolution of Technology the Concept of Truth has been modified or changed. Real information is not being conveyed to us. Evolution in Technology has created Layers, where modified form of Truth as per own desire is being delivered.

eg: Social Media ~~role~~ two plays most important role in creating false Narrative.

It is most Convenient medium in post era to set propaganda and hide ultimate Truth. Spread of fake news on WhatsApp, facebook

It Create situation of false Narrative and lead to misunderstanding

There is famous quote "Bad Knowledge is more dangerous than No knowledge"

It Can Create situation of Conflict, negative belief and in extreme Case result in riots.

Recent example of Tension between India-Maldives. A Narrative was created by ruling party in mind of citizen of Maldives against India. Local people started demanding demanding withdrawal of Indian force from Maldives. This false Narrative of Maldivian government helped them in winning election. This shows that how people ignores facts or reality and started believing Narrative.

The Status of Television media has been downgraded. Role of Media has changed from watch dog to Consumerism. They began to deliver Content with Consumerist mind without any critical thinking.  
eg: Race of TRP has been started between media channel. A Propaganda and Narrative has developed by Media suppressing ~~so~~ truth and facts.

eg: Danger of Voice cloning, deepfake, AI are biggest challenge to find Truth in post era.

The realisation of ultimate Truth <sup>is</sup> post  
era has become challenge. Every body  
has ~~this~~ his own Limitation regarding  
perception of Truth. Truth is not  
absolute fixed, dynamic and subjective  
concept. Hear is everything we are  
made to believe someone perspective.

This is reason why Buddha Said  
"AH dipo Bhuv" mean "Be the own light".

Truth is hidden in  
individual choice how they live,  
make choice, what is right or wrong  
that has to govern by wisdom.

This wisdom is known through  
experience what is right or wrong.  
It is beyond mere intellectual  
knowledge.

There is famous slogan in Guta  
" When you reach level of Wisdom  
means and end become one "

We Need to ~~re~~ rediscover Gandhiji

We Need to rediscover Buddha again

We Need to ~~re~~ rediscover our Conscience

purpose, truth again and  
this can be done only we realised  
by discovering wisdom.

Q3

"To live is to suffer, to survive  
is to find some meaning in  
suffering"

Ans

"Suffering is not holding you  
you are holding suffering"

Buddha

A 29 year boy left his luxurium life  
and started wandering in search of  
truth of Cause of suffering in world.

During journey, he was unaware of  
ultimate reality of truth. Many question  
came in mind of Buddha. During  
period of austerity, he had to gone  
through lot of suffering. He was  
just surviving along alone at far distance.  
This surviving helped Buddha to find  
meaning of suffering. He discovered  
cause of all suffering is desire and attachment.

He revealed four Noble Truths of life that suffering is part of life but it can be ended through disciplined life. During his six years of search for truth, he had gone through various suffering in form of demon Mara who attempted to renounce his meditation. Buddha ultimately overcome suffering, ~~and~~ became enlightened by finding ultimate reality.

Before departure of Buddha from house  
he was living to suffer, but after  
renunciation, he survived for six  
years to find meaning of suffering

During his Course of suffering  
he discovered ४ four Noble Truths

- ① World is full of suffering
- ② The Cause of suffering is desire
- ③ The suffering can be end.
- ④ To end suffering one must follow  
eight fold path

This eight fold path cause end of  
suffering and attain enlightenment.

Similarly one of Lord Buddha's  
Contemporary Mahavira left home at  
age of 30 in search for finding truth  
of cause of suffering. He meditated  
for long 12 years. The journey was  
full of extreme austerity and suffering.  
and finally attain "Kaivalya" being  
enlightened. Here "Kaivalya" denote  
"complete Knowledge" or "Supreme Wisdom"

It Completely Liberated from suffering,  
a cycle of rebirth to attain "Moksha"

It is state in which individual gain  
control over his emotion, desire, thoughts  
and get Completely liberated from  
cause of suffering.

The Rise of Buddhism  
and Jainism led to find Cause of  
suffering happened during Later Vedic period.  
As time continued, there was another  
surge of more Liberal Bhakti movement.

Movement originated in  
deep South and gradually spread to North.  
Many social Anomalies (like Caste rigidity,  
discrimination) was cause of suffering  
during during Vedic period. It  
Created Complexity of hierarchies  
within religion.

Saints of Bhakti Movement had promoted "Bhakti or Devotion") a means of

→ ultimate truth or solution of all suffering of individual. It transformed society by promoting love, equality and devotion to god.

- Honesty The end of all suffering is depended on honesty and truthfulness of individual devotion to god.

Similarly another liberal ideology of sufism propagated love and devotion are ultimate way to remove all suffering. It focuses on finding truth within through purification of heart.

We know about story of Chandragupta Maurya, the first empire builder of India.

Before incident Grandhip was living his life and was unaware of suffering of people. His suffering of discrimination ignited his mind. He questioned himself, and thought about suffering of racial discrimination individuals who are surviving with this suffering. This incident had made to ponder and find cause of suffering of individual. Grandhi ji in experiment with Truth say, " You can wake a man only if he is really asleep, no effort that you make will produce any effect upon him if he is merely pretending sleep". Thus Truth and destroying force behind truth is Subjective.



He was King of very large Kingdom in Magadha and Captured entire North His life suffered series of War.

This suffering made him ruler of such a large area. At end of his life he relinquished all belonging and went to South to achieve liberation. He survived like a Jain Monk, lived a life of ascetic to find ultimate truth of suffering.

On Going ahead, the greatest ruler of India "Ashoka" THE GREAT" Came in rule. Massacre of Kalinjar War changed mind of Ashoka. Suffering or sorrow of War compelled him to find cause of suffering.

Immense Suffering Caused Ashoka leading to renounce Violence and embrace Buddhism. He propagate propagated Concept of "Dharma" meaning peace and non violence, ultimate truth to end suffering.

The suffering of individual goes parallel with life. From past to present, form of suffering has changed, but it still persist and will continued in future.

The life of Mahatma Gandhi was full of suffering. Despite belonging to high class family, on reaching South Africa, travelling through train threw out of Train because of his race.

It is very high We need to rediscover  
Buddha's philosophy. The Ultimate  
Truth lies within oneself. The Cause  
of Suffering coexist with Truth.  
This is reason why Buddha  
said "AH Dipo Bhar", Meaning  
Be the own Light. on similar Note  
Mahavir philosophy of "Kairvalya"  
gives ultimate truth to find Cause  
of all suffering Suffering.

on the high Note  
keeping View of Buddha & Mahavir  
Let's pledge to follow eight fold path  
Let's pledge to follow five vows  
Let's pledge to revive thought  
of Buddha, Mahavir, Gandhi

