

A man with dark hair, wearing a blue long-sleeved shirt and an orange shawl with a pattern, is sitting on the ground in a forest. To his left is a large, dark-colored Buddha statue in a meditative pose. The background is filled with the roots and trunks of trees, creating a dense, natural setting.

There is a constant struggle between logic and intuition. Intuition emerges from deep within, from the undefined. Logic tags along with evidence and the scientific method. The intuitive voice easily gets polluted by the mind with its set of fears and a predefined belief system. One needs to transcend the mind and its logical constructs in order to experience the ultimate reality. Being with your inner self is meditation, that is, 'Being at Home'. You must return from the destinations where your thoughts have taken your being, return to your centre, return to your home.

Being at Home is a collection of poetry, notes and expressions that enable one to have a spiritual understanding of life while retaining the scientific foundations that govern it. The writings lay a scientific path of spiritual transformation where one understands the purpose of science, philosophy and spirituality that are the rivers which merge into the ocean of consciousness.

Being at Home

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A close-up photograph of a plant with green, serrated leaves and several small, white, daisy-like flowers. The background is a soft, out-of-focus green, suggesting a natural, outdoor environment.