

THE SILENCE WITHIN  
(DRAFT I)



# THE SILENCE WITHIN (DRAFT I)

COLLECTION OF POEMS, APHORISMS AND ESSAYS

*by*

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# PREFACE

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# CHAPTER I

## APHORISMS

I tuned into the various frequencies that move into information and energy beyond time and space. This is not from me, I just tuned in and listened.

### I.1 LIFE

1. A bird that has lived all its life submerged in silence will become most disturbed by a sudden wave of thunder.
2. Truthful writing transcends judgments and self-gratification.
3. There is no way around it. In order to know yourself, you need to distance yourself from the crowd that forms your comfort zone.
4. Prayer is an expression of gratitude when you are wealthy, and a cry for help when you are poor. Prayer is an internal conversation with your being, i.e. the silence within.
5. The universe is a mother. Motherhood is a manifestation of true love. Love and compassion are aspects of feminine energy, and strength and defence are traits of masculine energy. Famine and masculinity are beyond physical definitions of gender. A man be a mother, just as a woman can be a father when the need arises.
6. Your respect for my achievements has little weight when compared to your respect for who I would be without anything.
7. Your thoughts and opinions matter. It is a perspective from your experience in the journey of consciousness. You are humanity.

8. An idea is when you cage your thoughts with a degree of certainty. An idea can change you and humanity for the better, or bring destruction. It is best to be impersonal to your own ideas and critique them, as would your enemy.
9. The resistance to retaining your comfort zone can be the seed of cowardice. The rise of evil is when society gets infected and fails to demand rights and essential freedom.
10. The greatest prison is when you tie your happiness with the judgements of others.
11. I don't think science has begun to fully answer the deep philosophical questions regarding the nature of reality, universe and consciousness. Spirituality is not about asking questions but a path that gets you the answers you seek which does not come easy. As far as Hindu spirituality is concerned, it is about the experience of higher states of consciousness, not just about reading what others have experienced. As in science, we rely on scientists but in Spirituality, you experience it all yourself and transform.
12. It is through love that you can transcend the bounds of ego that captivate you in fear, greed and possessiveness.
13. There is a higher level of intelligence that is beyond the grasp of logic. All science and mathematics are conveyed through certain foundations of logic, but the initial seeds of creativity come from a void that is undefined and spiritual. Ancient societies had more grasp of this system of intelligence. We shall rediscover it when science meets spirituality where there is a singularity of consciousness.
14. The universal consciousness is paying with pain and suffering when it experiences the world through the mind of the human being which is drenched in the ego and caged in fear through which it destroys the rest of the species along with itself.
15. Anger is a property from the mind, not of your being. When you become aware that you are more than the mind, anger will not affect you.
16. No matter how hard you try, if the sailing continues to fail, it could be because you are destined to fly. It is okay to fail and also okay to quit. You need to evaluate the circumstances from a distance, change your strategy and perspective of life, and start all over again.
17. Aloneness is prayer. Loneliness is poverty. Humility is wealth, and compassion is strength and freedom.

18. It is through faith that you shape your world. Faith is not a belief system. Faith is a communion with the beloved. You are the lover, and the beloved is the silence within.
19. You go through failure to get to the door of success. The ocean waves are composed of a ridge and trough moving in time. Life is a movement of waves, and you must carry on moving with it.
20. Do not pity the wig of the lamp for burning its life while giving you brightness.
21. Karma is mysterious in many ways. Serve humbly as you can without expectations and become the Arjuna of Krishna <sup>1</sup> and cross the ocean of attachments and *maya* <sup>2</sup>.
22. Have gratitude for every breath and every touch of love in your life. You can only plant and water, the flowers will blossom, and the butterflies will emerge when the time is right. Have patience and faith, the universe has not forgotten you.
23. Never quit just because others want you to do so. Quit only when you wish. Do not let other people's insecurities break your spirit. Focus and know your own being and have faith in the silence within.
24. We are mere beings entangled in the waves with an uncertain future and a weary past. The present dominated by *maya* of the mind and only the silence within can set us free.
25. When one makes peace with the experience of the past full of scars, the fog of *maya* will clear the mind and the future becomes certain.
26. If the clouds have gathered, let it rain. Do not waste your prayers for sunshine. Do not fight the future, as it is through your longing that the clouds gather. Be careful with what you seek.
27. The walk out of the grave to the stairs of heaven will be easier if you carry less burden in terms of attachments. Hell exists in suffering and Heaven is in enjoying the little triumphs, taking care of others with joy, and being in oneness with the silence within.
28. Do not sell yourself for mundane recognition and achievements. Success becomes shallow without the company of true friends and family.
29. Those who have not experienced drought will not know the value of rain.

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<sup>1</sup>Reference to the Bhagavad Gita

<sup>2</sup>Illusion in Hindu philosophy

30. Perseverance asks, despite the challenges, what have you done and achieved? What have you gained in the circus of gaining and losing one's breath?
31. A good student makes an attempt to learn, regardless of the teacher. A good teacher enables students to learn regardless of the ability of students and the support given.
32. The only reaction to those who talk behind you should be hard work and dedication that slaps them with your success. Never let shallow minds get in your way to success.
33. The greatest act of cowardice is in killing an ant and considering it as an achievement. Weak minds entertain themselves by causing harm to those who are weak and cannot stand up for themselves.
- \*
34. You don't need to react to criticism that forms a fabrication of reality that encloses the light. When truth fuels the light, it's a matter of time before the walls of ignorance burn down.
35. Patience lets your strength grow. Do not waste it on weak and closed minds, as they have their battles to fight. They are the thorns that are needed for your growth.
36. A rose is also enclosed in thorns. Fight your battle but do not waste the cannon shooting on walls that would naturally fall over time due to weak foundations.
- \*
37. Do not open doors to everyone. Be careful of the sweet talk as it can have harmful effects.
38. You will be very unhappy if you take someone's success as your failure.
39. The heart fulfils its thirst of beating with love and laughter and suffocated with fear and attachment.
40. There are different levels of violence. Women and men both cause each other psychological levels of violence, mostly not reported nor recognised, but major causes of depression and suicide.
41. True intelligence will make you humble. Ignorance will give you pride.

42. Some people are unkind and rude to people who they think are inferior, just because they are poor. This mentality has affected some of us negatively, and we carry the trauma in our lifetime, hard to heal. Those in power still say we carry the victim mentality, and it can also apply to a society or a country. Poverty is a disease and once the financial status is sorted, one must ensure they are not in poverty spiritually and mentally.
43. Poverty on a financial level does not mean that one is unhappy and depressed, but it does ensure that the worst in people comes out. Some people are unkind and rude to people who they think are inferior, just because they are poor. This mentality has negatively affected some of us, and we carry the trauma in our lifetime. Those in power still say we carry the victim mentality, which can also apply to a society or country. Poverty is a disease and once financial status is sorted, one must ensure they are not in poverty spiritually and mentally.
44. True friendship emerges when two people wish to continue the journey, given the different viewpoints. There could be a certain level of conflict with opinions when two personalities from different worlds meet, but that would be resolved with discussion and debate. Fake friends agree even if they do not like your viewpoint, just to keep the friendship floating to get their way through, and then you could be discarded.
45. You have changed the hands of time for daylight saving. Can you turn the axis of the earth and that of the universe next? " from my mother. I guess Poetry is in the genes.
46. I am in a state of consciousness having an experience as a person who struggles to survive in this selfish world.

## I.2 MOTIVATION

1. A stone wall stays tall and strong no matter how many eggs break on it. Become the stone wall, have faith and keep your vision, no matter what others do to bring you down. Truth will always win - don't stand back from your vision due to negativity from other people's weakness
2. There are some battles in life that you can win without reacting to external events. Your silence alone is a defence and powerful force. But holding it too long can become negative. Do not let others take advantage of your silence as your weakness. Master your emotions and win over the ego and you will win any battle that comes across.

3. A selfie becomes insignificant when your consciousness becomes elevated and expanded when you are aware that you are not just your body and mind.
4. There comes a time when you need to decide whether to spend time and energy to wind back the strings and bring down the kite or cut it down.
5. Detachment is essential to ensure a decision is made without taking the side of what you lose and what you gain.
6. The wood gets destroyed in the process as it needs to burn to produce fire and smoke. There is a cost for everything. At times, you pay, at times someone else does.
7. Do not take the well you find in thirst in a desert as a coincidence. There is a connection that interplays in the cosmic journey of life and death, which are both temporary in the ocean of maya.
8. There is a natural collision of forces through the waves, in the marriage of the waves with the sand, yet both are non-possessive, but attached
9. Do not fear the reef when you have the support of the waves. All journeys have certain difficulties. The fear of the reef will help in strengthening the hull of your ship.
10. You can create evidence and hang a man, but that does not mean that you have served the truth. Evidence is a slave of the mind when it's driven by propaganda. You will only find what you seek. What you do not seek, also exists and does not require your recognition to survive. Truth survives the wheels of time.
11. A good student attempts to learn regardless of the teacher. A good teacher enables students to know, regardless of their ability and the support given.
12. True friendship will survive the personal level of criticism, only your true friend will tell you that there is dirt on your face. It's hard to get true friends, embrace them.
13. Beware of the lion that can win a battle without roaring. Wisdom does not win battles by imposing fear.
14. There comes a time when you need to decide whether to spend time and energy to wind back the strings and bring down the kite or cut it down. Detachment is essential to ensure a decision is made without taking the side of what you lose and what you gain.

15. The wood gets destroyed in the process as it needs to burn to produce fire and smoke. There is a cost for everything. At times, you pay, at times someone else does.
16. Do not take the well you find in thirst in a desert as a coincidence. There is a connection everywhere and no coincidences in the cosmic journey of life and death, which are both temporary in the ocean of maya.
17. There is a natural collision of forces through the waves, in the marriage of the waves with the sand, yet both are non-possessive.
18. Ignorance with awareness is needed, the mind needs to escape reality from time to time, especially when reality is hard to digest.
19. The passing of the storm gives us an opportunity to test the rafters that hold our roof.
20. Your failure not only allows you to step back and evaluate your vision but also allows witnessing the smile on those faces that were waiting for you to fall. Work on your limitations - muddy streams make new pathways when it is the right time to merge into the river.
21. Do not become sad when it does not work out the way you want. The path does not matter through which the stream moves, what matters is the destination and the thirst to move mountains.
22. Do not undermine the strength of the tree that struggles in a desert with those that grow in a rainforest. It is through the rain and fertile soil that those in the rainforest are high and mighty. The one in the desert has gone through another journey. The strength lies in how one grows on their own, irrespective of external circumstances.
23. A way to measure your wealth is to check who will be there by your side when you have nothing to offer.
24. The driver is not necessarily injured by minor accidents or malfunctions of the vehicle. The greater injury is when the driver does not know about the destination and wanders in any direction pointed by any stranger with a friendly face.
25. The art of detachment is needed to forgive and move on from the bitter past.
26. It is easier to curse the past than to change the present.

27. Just as you are cautious about who enters your house, you need to be mindful of the thoughts that are triggered by people and external events. Everyone carries their own set of fears and limitations. These are essentially forms of energies that affect your mind and thoughts. This is why the wise men of the past advised that the company you keep will slowly define you.
28. Change shakes up the ego that begins to grow its roots in the environment of ignorance. Change makes its way up to light for new shoots to grow. Change is life.
29. An opportunity always lies in defeat. Remove time from the system and your defeat will become your success. Be patient, time dictates defeat and success, and they are merely a play of maya.
30. It is through the stairs of struggle, that success is born and sustainability of success is true success. Happiness is temporary, but peace can be permanent for the rider that can tame the mind in the wilderness of desires in the mundane.
31. The ears are not deaf, they have been intoxicated by the short-term memories of the mundane. Try not to lose your voice while fighting for the truth.
32. Those eyes that look down at you will drown in shame from the glow of your success. Keep moving and shining.
33. Only those who you let into your house will have the ability to either help or hurt you. Your house is a psychological construct of your mind.
34. It is better to walk alone rather than be in a crowd where you can't identify yourself.
35. Your success is the best way to pay back those who looked down at you.
36. As you climb higher, be prepared to fall at any instant, as the shock of falling can be more painful than the effects. Keep a backup for each step you take ahead.
37. The least you can do is to share something meaningful that can change lives and give light in this world of darkness promoted by ignorance.
38. Build your reality and chase it. Work hard towards it and take all the negativity by others as a source of inspiration rather than hindrance. Do not pay attention to the negativity.
39. Use your despair and losses as an opportunity to find who your real family and friends have been. Are they around you when you are about to fall, and will they come and pick you up and help you heal?



40. Most of the time, what makes you upset or angry is the knowledge that shakes your worldview and the events that challenge your resistance to change and leave your comfort zone.
41. Never run after people. Give them time, and they will come back when they realise, but be mindful that this may never happen. You must become self-sustainable, compassionate and strong regardless of what others have said and done to you. You do not need to replicate the behaviour of weak personalities, as they may have problems of their own. Note that behaviour changes with time. You need to worship strength, knowledge and wisdom and choose your role models wisely, to grow psychologically and financially.
42. Egotism is needed for career success and growth, but must maintain its distance from arrogance. You need to understand your true nature and purpose and build an identity and career around it, otherwise you would be absorbed by that of others. You would either lead or follow the pack, dependent on your nature and choices in life.
43. Try to build a career for yourself so that you don't need to escape for a break or long for weekends, your work becomes your hobby.

### I.3 SPIRITUALITY

1. Emotions come from attachments that are entangled in maya - the illusion that holds us together while we sink.
  2. When you experience the beloved through the silence within, you will become free from the chains of desire that hold your mind and entangle your heart.
  3. True human potential will be reached when science meets spirituality. In the process, scepticism is important to break any superstition, as spirituality is easily confused with religious systems that are dogmatic and prevent discussion.
- \*
4. All knowledge gained through the arts and sciences is maya - an illusion that changes with time. Maya refers to the reality that you build in your mind through the five senses, which you may be sure about but changes as you get more information. Maya is a picture that you get as a snapshot from the film.
  5. Brahman is the ultimate reality — not what you observe, but what unfolds from the experience of the silence within and changeless. This reality is beyond the mind's comprehension and the source of love, kindness and compassion.

6. Just as one cannot comprehend the value of the film from a snapshot, one cannot experience Brahman through maya. Brahman is love that you experience from within - not that which is motivated through the senses and the mind. The senses and the mind entangle you with attachments and convince you that you are in love. Maya is attachment and Brahman is Love. Maya entangles, while Brahman gives you freedom.

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7. Existence after the death of the body would have a higher level of awareness, as the spirit will not be trapped in a body that is controlled by emotions and the mind constrained to logic.
8. The memories and attachment are from experiences in mundane existence, where the body was a medium that experienced the world from its limitation through the senses.
9. The death of the body gives freedom to the spirit, howsoever, it is not free as its set of memories that emerged from the ego of the past life and its experiences. When the ego dissolves, through complete non-attachment, the spirit is free, this is known as Samadhi.

\*

10. In grief, the beloved is closer to the lover, although miles apart. In love, there are two hearts with one pace of beating. It is hard to change, but in love, the lover and beloved highly influence each other's belief systems.
11. The goal of meditation is to transcend the mind and become non-attached to thoughts, while the thoughts are active. You cannot shut down your thought processes but learn to pay less attention to them. A moment comes when you enter the state of nothingness where you have full awareness. This state is the meditative state where you are at ease and effortlessly experience your true state of being
12. The mind develops its prison and suffocates itself through attachment to the outcome of an event. An ascetic mind cannot be contained with outcomes, it does not need external events to become complete. The mind that is fully aware of its limitations is complete and hence free. The goal of any education must be to bring this level of freedom, which can enable one to reach the highest level of human intelligence and potential.
13. Rather than a barren world of reality, it's better to live in a world of imagination. Imagination cannot feed you but can keep your mind sane. It can give you

hope and also create a reality that can enable you to be fed from the barren land. Imagination created the reality where metals could fly as planes and float as ships. Imagination is a prayer to the beloved that creates reality from the silence within.

14. A weak mind finds entertainment in harming those who cannot stand up for themselves. A weak mind will laugh at the failure of others.
15. Unfortunately, our society has a high portion of weak minds and neither religion nor the education system can heal them. The challenge for religion and the education system of the future society is in healing the weak minds that create violence in our society.
16. Violence has nonphysical forms, often not recognised in the legal system. The system of law has a difficult time to prosecute those who harm you emotionally or psychologically.
17. A sad ideology makes you believe that you are doing a favour to an animal while slitting their throat for your taste of food. Human superiority for survival influenced some of the ancient religions that had rituals with animal sacrifice. In such a thought process, it is a matter of time before humanity will feed on its ruins.
18. The rose in your garden withers dry when you do not water the plant. You can blame the thorns for keeping you away, and get away with it, but the karmic footprint remains.
19. The way an event, an object or a person holds on to your attention is a manifestation of the needs of your mind or the spirit. At times, the mind is not in control of the needs of the spirit which it refers to as the 'heart'. Every entity is well-connected at a cosmic level, intertwined in the realm of time and energy.
20. Nirvana is when the lover knows that it is the beloved. There is nowhere to go and nothing to be done as nature itself plans and sustains.
21. The light from the beloved can only guide the path of the lover.
22. Expression loses its value when you give complete freedom to it. One must think and evaluate before one expresses.
23. It takes a sophisticated education system to produce a mind that can instantly distinguish responses to external events as the status of the body or mind, that is distinct from the being.

24. The body is a slave of time. The mind ages with knowledge and experience. Both are vessels of the being - the silence within.
25. Chaos and turmoil give colours to the universe. We suffer and rejoice as needed in our path, defined by our pursuit of the mystery of time and space. Absolute peace is the cessation of life and existence.
26. Your eyes have constraints, although, with a lens or microscope, your vision cannot grasp Brahman. The mind helps you live in maya. Even if computational support is there, in the end, the mind constrained in logic creates its own world that drifts from true reality. Some of the scientific and philosophical schools validate maya – calling the universe an illusion, i.e. the matrix. In order to get Brahman, the mind needs to quieten down, in a pin drop of mental silence, you can experience Brahman - the silence within.
27. The problem is that you have been struggling in the world which has been created by other people's beliefs, systematised into pseudo-religions. With the power of belief, you can create your world.
28. The reality of today is a fusion between the experience of yesterday and the hope for a better tomorrow. Even if today made the brightest day of the calendar, the shadow of yesterday would blur the vision and make this day ordinary. Experience with awareness of the present enables you to take a sip of truth, overthinking the past and future are examples of the maya flirting with the mind.
29. It is through pain and sorrows that the mind and ego surrender to the spirit. They will lead you to your beloved.
30. You are a passenger in a vehicle that generates thoughts. The crisis is that the thoughts think of themselves as the passengers. You are not an identity formed with a collection of thoughts. You are not an identity given by other vehicles. You are just a passenger. Seek to know your true identity and you will find peace.
31. Self-awareness enables us not to be controlled by the world created by our mind which is Maya, but to focus on the world, which is real, Brahman. The mind is a prison as it diverges our attention to thoughts that it creates rather than being one with Brahman. Meditation enables one to become aware of the mind and experience Brahman.
32. We are living in Maya. We are living in the Matrix. Maya is an illusion. Brahman is real.

33. Evolutionary theory does not suggest that all happened just by chance. Simulation of evolution where there is random evolution without external control would make life impossible.
34. Evolutionary biology does not claim that life begins without any external intervention. Its goal is to understand life, not explain how it begins in the first place, as that is where science ends and philosophy begins.
35. Moreover, science does not claim that God and higher (divine) intelligence does not exist. Science is a method of investigation to get to the truth. It does not claim that it knows all the truth, it investigates to get closer to it. One must define and question what is truth or what an experience is also the limitations of the mind and the definition of God.
36. A seeker of truth - should study the basics of literature - literary theory, philosophy, scientific methods, and religion and then objectively work towards the truth.
37. Creativity is a spiritual process. The mind only replicates the ideas from its environment. Creativity is a voice from the spirit. It is a gift from your Karmic past that recognised the creator within.
38. I don't see any need for a holy book of an ancient constitution engraved with myths that employ psychological tactics and guilt where someone had died for your sins to save you from hell. The system of ethics and the Universal Declaration for Human Rights have advanced to such a level, that you will find some of the rules prescribed in holy books as immature.
39. Do not respect any book just because it's called holy, respect it when you find wisdom in it.
40. True religion provides the path to ego-lessness, kindness and compassion.
41. The truth is a mystery that creates, sustains and controls, beyond time, space, cause and effect.
42. Mainstream religion is not about God, but about the people who create God in their own image.
43. We grow up to contribute to humanity. Most don't group up, they just grow old as they are entangled in the web of selfishness.
44. Time is an illusion and reality is just a perception. We breathe in the ocean of maya.

45. Life of Jesus and crucifixion can be seen as a form of emotional blackmail that tries to make one guilty. The motivation to convert others based on the tale that the son of God died for your sins is not entertained in an educated society. We need a better narrative for religion and spirituality for a literate society. The dogmatic concepts appealed to uneducated and tribal societies, who had their own challenges and appealed more to rules given from heaven. The educated society would appeal more to regulations derived from reason, backed by science and philosophy. Therefore, rather than saying Jesus died for your sins, it would be better to emphasise his teachings about love, kindness and compassion.
46. I feel that the process of evolution will not end until self-awareness comes to a singular purpose. In this way, the creation will experience itself and the creator simultaneously.
47. One of the concepts that I try to avoid visualising is time travel. Then also the state of the universe before the big bang. Logic sinks in itself.
48. I am in you when you forget the I in you, the lover whispered to the beloved. When I am no more even the silence becomes a presence of you,' the beloved replied with a look deep in the eyes. I need your shadow to guide my footsteps that have been lost in the storm of my ambitions. I tend to be satisfied in life yet incomplete, I do not wish to fill this inner void but rather be lost and merge in it.
49. The spirit floats like a cloud there is a fine line between your dream and reality where the spirit manifests as it pleases. The gravity of fears and limitations pulls the body down you were meant to fly without wings they have turned you into a soldier who works like a robot based on instructions from their society that calls those who follow their crowd - civilised who chose to discard their wings will you do the same? Follow the voice within, do not betray the beloved that drives you from within your mind the lover beloved is your spirit.
50. Selfless action is true sacrifice as per the Bhagavad Gita.

## I.4 MINDFULNESS AND MEDITATION

1. The mind is non-physical but connected with the body that ages with time. If you bring the mind to a meditative state, it will not age with time and burn itself out with a lack of energy. Non-attachment to the thoughts and non-identification of and no external experience is the highest meditative state.

2. I feel I am out from the crowd, not because I am special or have done anything that others could not, but because I am a seeker for deeper truths that govern life and existence. I hope that the next decade can empower me to get closer to those answers, although it brings me no material success, but fulfilment of my destiny and purpose.
3. Within the lover, resides the beloved. Awareness emerges from the silence with the sphere of consciousness that employs the body and mind as vessels that change with time.
4. Creativity is an expression of spirituality. Mediation does not need to be limited to non-activity, it can be part of a creative process and work. The original Sanskrit term, "dhyana" refers to mindfulness and focus. It can be applied to any activity, where one is not in the activity and is non-attached to thoughts. The doer and the act become one in mindfulness.
5. The greatest illusion in life is when you identify yourself as your body. Similar to a driver confusing themselves with the car. Your body is the carrier in the journey of life. Death gives you a chance to change your body for a fresh start to continue your journey. Just as a car needs maintenance, you need to maintain your body and mental health with mindfulness.
6. Love does not only live in romantic relationships. True love is the relationship between the mind and being, i.e. consciousness with awareness. Once this relationship is established, then you can love others. Otherwise, it will be a temporary and chaotic state of love where you can be emotionally and mentally affected and do the same to others.
7. We have celebrated many birthdays of the body, have you ever celebrated that of your spirit? You have taken out time to satisfy your body's hunger and desires, have you considered the thirst of your soul? You have been a slave to your mind's ambitions, a puppet in the circus of thoughts and wants, have you taken care of the spirit and listened to the silence within?
8. Excessive make-up and AI-generated art are becoming unbearably ugly. We need to celebrate and be proud of our natural appearance and art. We need to celebrate the imperfections that are natural and take a step back from changes to our body, that can fuel narcissism.
9. Ancient art and spiritual-philosophical poems do not give answers to questions about the material universe but can enable you to ponder and tune with the universe. The awareness of this truth would be when true meditation and mindfulness begin. This is when the ego of science and logic about life and the

universe diminishes, and you know that you know nothing and knowledge, but have a lot to realise from full of uncertainty dependent on time and technology. Mindfulness of the silence within can enable you to become content with life, and then the search ends, you know your purpose.

10. Your resistance to withstand the truth is due to your attachment to hold on to your comfort zone. You are a plant that can grow when exposed to light. The truth is the light of knowledge. You can't find it in mundane education offreed through corporate university systems. You need to go deeper into yourself, to wake up from the intoxication of the consumer-based selfish and greedy society. Every desert has an oasis, hard to find. Mindfulness of the silence within will guide you there.
11. Meditation is a prayer free from needs and wants and a communion with the divine universe via the silence within.
12. In meditation, the love becomes one with the beloved.
13. I barely teach, I only show the path for you to learn by yourself. Existnce is an education system of its own. We do not need to go to school if we tune to the silence within.
14. God and Devil are within you. Life depends on what you fuel through the information you take, the company you keep, and the experiences you get and how you solve your problems.
15. You don't need to be in a quiet place to get peace. If your mind is entangled, even a peaceful place will be stressful. Spiritual wisdom gives you the strength to attain peace in an environment of stress. You don't need to leave your day-to-day life for spirituality, but with time, it will transform given that you take refuge of the silence within. You can be spiritual just as you are when you can become a master of your mind, emotions and ego.
16. If you are in control, with awareness, emotions can guide you to know more about yourself.
17. I do not look for truth in the historical religious figures of the past, they are just guides for the present; that is now, at this moment. At present, the living divine presence is within, all we need is to tune in.
18. The mind only misses a person or an object when it is in need, and the thought triggers the landscape of memory. The spirit is detached as the mind forms attachment for the survival of the body, and associated emotional needs.



19. Do not ask for forgiveness just for the sake of it to mend relationships. You cannot paint a rusting iron rod and believe that it is new. Pain that is hidden would slowly create further problems as you suppress your anger and sorrows. Meditate, contemplate, become aware of yourself and be in tune with the silence within.
20. You will have a unique set of fears as you walk in a unique path. Face them and free yourself from their cage.
21. Personality changes with knowledge and experience. The Atman, i.e. the silence within, remains the same.
22. The mind is the lover, and the beloved is the spirit that is a projection of the silence within.

## I.5 LEADERSHIP

1. Ethics should not be based on what the majority accepts, but on what is humane. If the majority is influenced to support the corrupt, only an ethical framework based on reason and the common foundation of humanism can free society.
2. A politician survives by gathering a crowd. A guru dismantles any following through knowledge of self-enquiry and realisation. The traits of a guru are present in a visionary leader who leads by example with a humble nature but the ability to roar like a lion when the need arises.
3. You can easily fall in love with politicians. Your ego gets destroyed by the guru. You are shattered before you find the meaning that defines you through your guru.
4. The laughter of your opponent on your fall will lay the steps of your ladder to success.
5. True education is not an entertainment or training system for the workforce. In my view, technical training is not an education system but a vocational system. Universities have moved on from an education system to a vocational system to suit the needs of the workforce. The education system is something through which you gain freedom from the clutches of mind and ambitions. It is not necessary to be friends with your guru. In the beginning, your parents are your guru and there is a line that needs to be drawn to fully educate yourself.

6. The weak leaders will find your success a source of insecurity. Strong leaders will provide you with support and motivation, as they know that success has a set of scars, as the road upstream is not free from the rabbles and thorns. Weak leaders try to retain their positions, while strong leaders make subtle positive changes without power and position.
7. It takes a certain level of intelligence to debate and critique on an intellectual level and not attack the opponent personally. Abusive terms used in any debate show that you have lost the debate. The Bhagavad Gita says that intellect is higher than mind and emotions, but it takes a lot of effort to reach the level of intelligence where one is impersonal in a debate.
8. Democracy ensures that the empty vessels that make the most noise push their way through in the world where there is a scarcity of deep thinkers who are humble and wise.
9. In a group, laziness depends on how hard other members work. If others are not performing, your lack of performance is normal and your strength is a sign of true leadership.
10. Have the strength to walk out of the restaurant if you do not like the price. Do not live a life to please others at your discomfort.
11. The field of research and higher education should be a feature of your personality and you fall in love with it. The area of research will define you first and then success will follow. Don't walk on this path just for the sake of it or for mundane gains, seek true knowledge.
12. You graduate from the university of life when you have taken control of selfishness, fear and anger. This university keeps unfolding events as exams for you to try over and over again over many lifetimes.
13. A weak leader will eliminate the creative and intelligent minds who provide criticism. A leader cannot grow without criticism.
14. True respect is not earned by power or material success but with the ability to serve and the wisdom to respect others irrespective of their social class or contribution.
15. Intelligence is when you critically evaluate people and processes around you. Wisdom is when you apply it to yourself. Growth unfolds when you take responsibility for your own weaknesses and learn from the past.

## I.6 KNOWLEDGE AND EDUCATION SYSTEM

1. We are getting used to a system where those with little formal education have more depth in knowledge than formal degrees. In developed countries, there is a gradual decline in jobs for university education, especially in areas of arts and humanities.
2. Some things cannot be taught, e.g. especially in areas of arts and humanities, you can be taught writing skills and technical skills in areas of creative arts, but to become a poet or artist, we need to learn and practice, and the qualities we are born with and the circumstances, we go through make an impact in shaping our voice.
3. A researcher should seek knowledge, just as a dry well seeks water to fulfil the thirst of travellers. An academic's role is to seek and discover knowledge to fulfil the needs of a society suffocating in darkness. The true seeker has an utmost desire for selfless contribution to knowledge to uplift society in different fields. A self-serving seeker can only be a pseudo-academic.
4. I don't see any difference in knowledge between science art literature, philosophy and spirituality. These are all parts of a tree where we have the leaves, trunk, branches and roots of different forms of knowledge. We need to get out of the view that the society and those who have limited knowledge of science, philosophy and religion have created. We need to get out of the well to see the entire tree. Don't just cling to a leaf and call it truth or label it as scientific knowledge.
5. The more we know through science, the more dangerous we can become through technology. Unless humanity has the humility to know, it keeps itself in the dark.
6. Concepts about the creation of the universe in the Vedas are essentially the root of philosophy. The root of science is also from philosophy. Religion is composed of science, philosophy and humanism - delivered with mythology, fables, art, music, poetry and songs. The concept of zero and infinity that gave rise to decimal and binary number systems came from the Vedas through the spiritual realisation of the highest truth.
7. Although international accreditation in university programmes of developing countries is a way forward, it does not reflect on quality. Several international institutions that accredit programmes do it to make money. Only accreditation should not be a measure of the programme, but its international exposure, industry attachments and graduates' success make major differences.

8. The future of education should bring science and spirituality to a unified field. There needs to be a clear distinction between mythology, theology, and philosophy in the expression of spiritual and religious texts. Rather than just focusing on science and technology, we need a balance with history, poetry and literary theory, art and humanities.
9. Education marks the path for the future development of the country. Fiji has been blessed by its education system, as its tertiary institutes and programmes are continuously being recognised for quality in the international community and workforce. The challenge for Fiji has been to retain its workforce which has been draining to the nearby developed shores in search of better remuneration and working conditions. Cooperation with India can establish ties where the education system is further enhanced and the challenge of retaining our graduates can be overcome with smart investments that attract the international community and industry. India's involvement can be crucial at this stage of need, as the country is going through the face of healing from past coups and scars that affected its economy.
10. A good supervisor motivates you when you feeling down, pushes you when you get lazy, pulls you up when you fall, listens to you even though things don't work out and believes in you when the world gives up.
11. A genius emerges from the combination of dedication, humility, intelligence, perseverance, knowledge and wisdom. A genius is not born but raised by the circumstances.
12. History is partly fictional, not a fact unless you time travel.
13. An education system that trains you to be part of the industrial and information revolution is mundane and needed for survival. It is similar to the knowledge that a cow has for grazing, which is purely for survival. An education system that enables you to step out of the selfish boundary and become selfless is spiritual. This education system would make you human, and this is the goal of spirituality.
14. The ultimate truth does not change, our weak interpretations change given evidence (facts). A scientific theory is based on facts.

## I.7 SOCIETY AND CULTURE

1. These days, when there is nothing to offer, it is easier to expose yourself physically for attention from society. Objectification has been mislabelled as empowerment when it is a form of abuse that fuels sex crimes.

2. Glorification of the body and beauty through gymnasium and cosmetics is much easier than working on the needs of the mind and the spirit to raise awareness and level of consciousness in the ocean of maya.
3. The consumer culture has made the world shallow, it cannot drown further as this is the rock bottom. In a spiritual community and culture, it would be an insult to be judged by your physical appearance. However, nowadays, it is an accomplishment to gain attention through objectification and exposure on social media, while the mind is unsettled and empty.
4. Shopping can be a relaxation and also a mental health problem, depending on whether you can control or are being controlled by the brainwashing by the media. The world is full of unwanted junk manufactured to be sold, and not be used or recycled later.
5. There is no education higher than poverty and knowledge of self-awareness through meditation.
6. The best part of social media is that you can communicate without chatting. This is a plus in busy schedules of life for those who are travelling and you make true friends, but out of touch due to distance and timelines. You only have the time to like each other's posts, which essentially translates to Namaste - the spirit in me, recognises that in you.
7. Emotional blackmail can be the most violent act that is free from the physical level of violence. The non-violent resistance of Mahatma Gandhi was based on emotional blackmail, with examples such as extreme fasting with fear of death to get the opposition on their knees.
8. Truth does not change, even if the majority ignore it.

## I.8 LOVE

1. When the seeker finds the feet of the guru, the door to knowledge is opened.
2. Winning a lottery does not make one a businessman. Going to the temple in times of need does not make one spiritual. A true friend visits his friends not only when in need, but also for support when they need. Unexpectedly, we expect the divine to help us when in need and forget when we are not in need.
3. If you know that the light will fight darkness around you, fuel it at will. If you have a slight fear that it can burn your house, contain it before it gets too late. The beloved can either make or break the lover - a cautious walk will save you from burning but destroy the spark that fuels love. Love is not a business.

4. Respect and trust are manifestations of love.
5. Love demonstrates the duality between the mind and the spirit. The mind decides whether to like or dislike someone. At times, the spirit falls in love and the mind gets insecure as it did not play any part in the decision-making process. Love transcends the mind and its foundation of reason, as love is an attribute of the spirit.
6. The beloved resides in a canoe floating in a pool of thoughts, which is moved by the vibration from the selfless heart in symphony with the mind. The eyes of the beloved sparkle from the laughter of a naive child. The child is unafraid of drowning in fear and insecurities that encase the matured mind. The lover finds the beloved after drowning in the pool of self-awareness. Love is a blessing and an opportunity to connect and experience the divine.
7. Love does not happen only once in life, but many times and often with the same person and experience. You fall in love over and over again if you are spiritually blessed and guided by the silence within.
8. Love is spiritual ecstasy that transforms the mind and fulfils your being. The ego says that you fall only once in life, while the spirit rejoices over and over again. The ego tries to glorify love with expectations and attachments and when all fails, the ego strengthens itself in regret and possessiveness. Those who win over the ego will fall in love over and over again.
9. A mother represents creation. The energy of the mother powers all creative people. A mother's love is powerful and selfless. Compassion is an attribute of the mother, and feminine energy is the mother's strength.
10. You like someone voluntarily, as your conscious mind is active, and you are in full control of yourself. When you fall in love, it is involuntary as your spirit is active, while the mind may be trying hard to find out what is happening in an elevated form of consciousness.
11. Only a warm heart will be comfortable in serving with compassion. Spiritual knowledge can give you the strength for unconditional love and compassion.
12. You will have a sad life if you depend on love from others without loving yourself. You cannot give love to others if you cannot love yourself. You must change your attitude towards life and open up to the light within to love yourself. Spirituality is the depth of knowledge that makes you content and love yourself even amid a storm. You cannot find this knowledge in the shelter of material science. Loving yourself is not the same as narcissism, which comes from excessive love for yourself and ignoring the needs of others.

13. I wonder if it is worth wasting so many flowers for Valentine's Day when their purpose is to feed insects and bees and are vital parts of the ecosystem. It would be better to present a pot plant than a flower which dies over time.
14. True friendship emerges when two people wish to continue the journey given a difference of viewpoints. There could be a certain level of clash with opinions when two personalities from different worlds meet, but that would be resolved with discussion and debate, without any jail time. Fake friends agree even if they do not like your viewpoint just to keep the friendship floating to get their way through, and then you would be discarded.
15. Love emerges when desires die. Desire is the need of body and mind and love is a voice from the spirit, i.e. from the silence within.
16. Those who come and go with love leave an impression on your life. You are defined by knowledge and experience and your beloved makes a significant attribute of your personality. You must choose your beloved who can be a person, activity or God.
17. Do not hold a grudge on people through words they express in anger or frustration, the emotions come and go.
18. Only if I could have been there for you, you would not have left. I am vacant, and in need of time travel, so that I am at your feet.
19. When your relationship with someone strengthens, your comfort zone increases and you ask for things as needed and sometimes demand. The beloved will make it a duty to serve without questioning, which is an expression of love. You don't question in faith, you follow as you have found what you are seeking. Those who have not found will question and react.
20. When your relationship with someone becomes stronger, your comfort zone increases and you ask for things as needed, and at times, demand. The beloved will make it a duty to serve without questioning due to faith, which is an expression of love. You don't question in love and faith, you follow as you have found what you are seeking. Those who have not found will question and react.
21. Human beings are connected through experience that leads to attachments and breaks them when apart. Love is blamed due to lust, attachment, possessiveness and greed.
22. Do not let the negativity in others drag you down. Break free from any chains that have been hidden in the name of friendship that keep you from flying and reaching your full potential.

23. I walk in the fields in the evening recalling your whereabouts, falling onto your footsteps that once stood in between the perfect blossom of tiny yellow flowers. I recall the last time you nodded at me outside the hospital talking to me, without any words, that it was an honour knowing each other you never returned home. I walk toward your empty house and move in and around circles winding into those memories as a child clinging - to you my beloved into the days when father and son rejoiced in the tree house, and ran into the fields, when you spent all the cash for my bicycle and spoiled me with ice-creams.
24. According to the mundane world, love and faith are transactional. You barter love and the visit to the temple is also transactional. I believe that love is sacred and divine. It is an involuntary act and unplanned and solely survives with selflessness. As a student of the Bhagavad Gita, in my world, these are not transactional. I would give a glass of water or wine regardless of me being offered by others. This is karma and a natural way of thinking as a monk who tries to survive a transactional storm in the terrain of the mundane.
25. The picture you may paint about the person based on comments on social networks would differ when you meet, as social media is just the tip of the iceberg. This would also apply to some of the people you thought you knew - you see the world as you want to see it. This is a classic example of Maya vs Brahman in Hindu Philosophy. You will know more as you engage in an activity involving cooperation and respect, and when wealth is involved. Finally, a mark of true friendship is when two people with conflicting worldviews remain friends after an argument.
26. If you seek the joy of someone else by ignoring yourself, then you are in love. At times, you can be in love with a group of people objects, activities or experiences. Love is selfless and free from ambitions. It drives artists and scientists a vessel for creativity. Love is a form of wealth that you can only safeguard with humility and compassion. A form of light that fuels only by spreading to others, unconditionally. Love is the core energy that drives humanity and the best way to define spirituality. Love is an experience of the depth of your being. Love is an involuntary prayer in the temple of the silence within.
27. In love, there is immense strength from the spirit and this is why you tend to rely more on your intuitive decision-making process. Most seek love in a relationship and expect it to become a remedy to overtake their misery built by their fears and selfishness that breeds loneliness. Love is not a remedy to cure weak minds, and hence these expectations being unfulfilled bring further misery.



28. Only those whom you love the most can hurt you the most. When you open your door and give away the keys to your beloved, think again if they deserve it. You are never in love with a person but with the shadow of your perception of the person. When the sun sets, there is no shadow to be seen. Only the moonlight of knowledge can guide you. Be patient, with time you will understand that love is an experience that was born from - within you. You kept chasing the person while ignoring the beloved within.
29. You can employ a person with expensive gifts, fear, attention and power. You can win their hearts with faith and humility.
30. Only those whom you love the most can hurt you the most. When you open your door and give away the keys to your beloved, think again if they deserve it. You are never in love with a person but with the shadow of your perception of the person. When the sun sets, there is no shadow to be seen. Only the moonlight of knowledge can guide you. Be patient, with time you will understand that love is an experience that was born from - within you. You kept chasing the person while ignoring the beloved within.
31. Union of souls is not only for survival but for transformation. When you are in love, you are mostly open to absorbing knowledge from the beloved. The union of the soul refers to the state of consciousness where two egos merge into one, where your joy and sorrow become one.
32. It takes great strength to listen and act on something, without questioning someone or something else that does not interest you. Love and faith give us the strength to invest time in things that would not be intellectually interesting.
33. Try to embrace the moment when the seed grows into a plant that flowers but do not try to hold the hands of time with your attachment to the flower. There is no future for the plant when you get too attached to the flower as it cannot bear fruit for future seeds. All beings have their path in the hands of time, our attachment drives us to cross their path and stop them from growing.
34. You were here for the shelter and light guiding our growth now that you have gone, I carry your light I live in the spectrum of moments with you time is unreal, I experience your being your memories with redefine my path and personality.
35. Love is a transcendental experience that cannot be defined. You can only know the effects, but cannot know the cause. You only fall in love. Love is not a relationship, but an experience to know and become divine. Love is the transcendental experience that enables a bond. It is not voluntary, and hence one cannot

plan to be in or out of the well that contains this transcendental experience. Here, you fall and drown and become alive.

36. If it's the promises and expectations in the name of love that have hurt you, the awareness of true love will enable you to heal. It is possessiveness that makes you pick and hold too firmly the rose petals in your fist. The rose belongs to the garden, it has a natural purpose there which enables it to survive and have a meaning. Love gives you the power to freely give. The ego with arrogance tries to become dominant and possessive, making love suffocate like a fish out of water. The ego and insecurity would make the lover destroy the beloved and crush the soft petals of love.
37. Don't confuse jealousy with possessiveness. Jealousy comes from weakness, while possessiveness is an expression of the ego that tries to be dominant and dictatorial.
38. Regardless of the amount of knowledge present, without love and faith, there will be ignorance and intolerance. Love opens the road to understanding. This world is crying for love in its journey on the material plane of existence.
39. Love is a universal religion. It does not need you to believe in anything external, as the source of strength is internal and unknown. Love provides a direct experience where you lose yourself and gain at the same time.
40. In love and devotion, you will see God as your beloved and your beloved as God.
41. Love dependent only on physical and psychological attraction can fade as both the body and mind change with time. However, psychological attraction would last longer than a physical one. If two beings have the same frequency range and have been tuned, then love would last a lifetime.
42. The mind becomes a slave of the spirit when in love. It takes time for the mind to take control and then falls in the trap of attachments and expectations and confuses it as love.
43. A cloudy day does not mean that the sun has not risen. Love remains a treasure when hidden.
44. Each time you tumble and fall in the well of love and devotion, you do not remain the same. You can come out of it with compassion, damaged, and develop fanaticism and hatred depending on the factors and the forces that prevailed and your level of consciousness.

45. Is it love that brings the bird back home where it was caged once? Psychological dependency forms the foundation for love to blossom. Love makes you feel at home and safe. Psychologically, you have been caged in the quest of possessing along with desires and fears - these are the cages. Love breathes with freedom, and possessiveness crushes its spirit. Even if the cage is open, attachments will not let you walk out freely.

## I.9 HINDUISM

1. Beware: the media and corporations have laid their trap to turn Diwali - the festival of lights, into the festival of shopping for things you don't need. These include firecrackers and other unnecessary items. Diwali has a spiritual significance that highlights humanism. Do not be carried away with media junk propaganda. Use your resources to bring smiles to those faces that cannot be celebrated due to hardship.
2. The goal of a Hindu Havana ceremony is to show gratitude to nature and the energies in the universe. The mantras are not recited to please the different representations of numerous Gods but to become a ladder for transcendence, into meditation where you drown in yourself.
3. Beware: the media and corporations have laid their trap to turn Diwali - the festival of lights- into the festival of shopping- for things you don't need. These include firecrackers and other unnecessary items. Diwali has a spiritual significance that highlights humanism. Use your resources to bring smiles to those faces that cannot be celebrated due to hardship.
4. Hari is the set of knowledge that can guide you out of ignorance into the light. Om is the light that is born out of nothingness guided by nothingness while being everything.
5. It was through desire that the universe was born, where consciousness created matter for an expedition of life that becomes aware of consciousness again. The journey of Atman with Brahman. Hari is the wisdom that shatters Maya to experience the unnamed eternal consciousness
6. Dharma defined through philosophy is subjective to duty, ethics and the essence of moving in the direction of your being. Dharma practice can only happen when the awareness comes into place through your higher being. Dharma is not about following mere philosophy or religious teaching, but reasoning and engaging with karma.

7. Monotheistic religious traditions can enable the ego to strengthen; when you say only your God is great, you are praising yourself, and this fuels narcissism and related mental health problems. Monotheism can lead to narcissism and it is evident in religions that embrace it. The goal of Hinduism is to enable self-realisation, and hence the divine is expressed through pantheism and polytheism. The philosophy of polytheism and pantheism enables one to fight the ego.
8. Lord Rama represents leadership and compassion beyond mere relationships. Ram Naami a tradition intact for thousands of years, and it does not matter whether you celebrate day or night, as long as it can positively transform you.
9. The mind is born as the "I" emerges, and when the brain dies, the mind dissolves and the "I" is merely an identity linked to imprints of emotions and attachments to action (karma) of the subtle body. The subtle body is known as Jivah and the Self is Atman, which is also known as Brahman in the Advaita Vedanta school of Hindu philosophy.
10. The term Selfie is misused for "Facie." Your face does not define you, it is a mask of the Self. Your face will age with time and change, but the Self will remain unchanged. The changeless aspect of the Self is also known as the Truth in Hindu philosophy as defined by Adi Shankaracharya.
11. Spiritual journal begins with realisation - the problem is alcohol, the problem is addiction. From the Bhagwad Gita perspective, you should be in control, not by them or any forms of additions in the material world. Some people get addicted to television, shopping, parties and so on and are controlled by external entities. The Gita teaches you to be free but not isolated from the material world, similar to the great swan living in the pond and not getting wet by the water.
12. The beauty of Hinduism is that it accepts atheism as long as you know your Dharma.
13. Ramayana is a sacred Hindu book of literature that employs narrative poetry expressing history, mythology and theology with deep spiritual meaning with emphasis on humanism. Do not take it as a book of facts, as its goal was not to be a history book, but a book of spirituality and philosophy. The Valmiki Ramayana, which is the oldest version, was written in Sanskrit while the event is more than five thousand years old at a time when much older versions of Sanskrit were around. The Ramayana was sung for thousands of years before it was written down. Similar to the concept of open source software, Hindu texts were open and interpreted and translated into dozens of languages and various

versions of the text are available and some of the events are told differently. The goal is not to debate about facts related to an event but to understand the message and symbolic meaning that writers tried to portray. The transformation of Ramayana into series and movies would take into account some of the versions and hence there are biases and conflicts in how different events are depicted. There is no one true Ramayana as truth cannot be expressed in words alone.

14. Hinduism is polytheism, monotheism, atheism and beyond these concepts as well that cannot be defined but experienced in states of meditation that are central to this religion.
15. The teaching of Jesus Christ was already known in India and retaught by Buddha with the principles of Sanatan Dharma. It has been a matter of discussion, and there is some historical evidence <sup>3</sup> about Jesus Christ being a graduate of Nalanda University in India.
16. You can get enlightened with spiritual myths, they would be more valuable than history books as religious myths in Hinduism contain anecdotes and aphorisms with themes about dharma and Karma.
17. Hindutva is an identity developed in India that is unique and ancient and continues to evolve. Hindutva is a defence for those who have blind support for Aryan Invasion Theory despite scientific evidence against it. Hindutva is beyond religion, it is based on the culture and philosophy of Bharata. Hindutva is a movement that has roots within Hindu history for thousands of years. It survived and encapsulated Hinduism under Mughal and British oppression. Hindutva is the theme of the Bhagavad Gita and the key lesson given from Krishna to Arjuna. You need to stand up for your rights and protect your culture and religion, and this is called Hindutva.

## I.10 SOCIETY AND CULTURE

1. I think we have laws and forms of punishment that were used and derived from medieval and feudal systems. They do not reflect the industrial and information age, rooted in individualism and capitalism. We need to question and evaluate the punishment given and stop wasting taxpayers' money on prisoners when they are not harmful to society. Various crimes, especially those that are not serious, should not lock down prisoners. We need a business case for rehabilitation with advanced technologies including artificial intelligence and ensure that the families of prisoners, nor the government, are at a loss.

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<sup>3</sup><https://ocoy.org/original-christianity/the-christ-of-india/>

2. Spirituality is an aspect of humanism that gives one the wisdom to use science with humility to make decisions that improve humanity. The goal of humanism is to cultivate a society where decision-making is engraved with compassion, humility, and ethics.
3. There is a difference between survival for food and that where you think that you have God-given rights over animals and plants. This way of thinking has been promoted in some religions, and thus there has been destruction to the planet. In future, science and spirituality will merge and such a way of thinking will be seen as a dark religious past of mankind.
4. You can't live without causing some form of harm. Even as a vegan, you would be uprooting and killing a plant. You may be in a house that is built after killing a tree. Live, but have respect for the plants and animals that were killed for you. Nature does not belong to you.
5. It is not the model of the phone you carry or the car you drive that determines your value. It is through the touch of compassion you have for those in need, although you are going through difficult times. The steps you take in feeding others when you are hungry yourself – define your real beauty. Your physical appearance is a gift from your parents and ancestors, you cannot have an ego and arrogance for inheritance – that is a weakness.
6. Valentine's Day is one of the rackets of consumerism along with other marked days for celebration, where they brainwash consumers to purchase gifts to weigh their relationship.
7. There is a difference between criticism and insult and one has to draw the line. The extremists see criticism of religious practices and laws as an insult and use it as a motivation for terror to save their weak faith.
8. The people to fear the most are priests, pastors and politicians since they have made a business case for spirituality and governance.
9. The problem is not just leaders, but the capitalist system that keeps a small group of elite rich and the majority suffer in poverty even if they work hard. We need an updated form of socialism, so pay scales to be distributed based on contributions to the essential needs of society rather than unwanted entertainment that negatively influences society.
10. One should not be ashamed of being poor, it shows that some selfish people are in power and the system is weak.

11. Media teaches you to follow fashion, popular but toxic celebrities, junk food and clothes, and trust your government in return for freedom of expression, which is quietly suppressed.
12. You can't give power to the corporations that brainwash people with mass media. There is no free choice in the racket of consumerism and capitalism. Democracy is just a show to make people think that they have the freedom to decide, when physiologically they are slaves of addiction marketing and propaganda.
13. Most like to follow the crowd, as the general population is weak and also cannot reason on their own. This is why you see shallow forms of art and entertainment getting popular. Then, the general population mimics it in the name of fashion, even taking loans, paying more money for little clothes and fighting for their identity in the name of human rights, while being ripped off by consumerism.
14. Considering the resistance to accepting the possible marriage of Jesus, we need to be aware that Buddha, Krishna, Rama and many other so-called Godly figures were married and had children. Being married does not mean that one cannot reach a high state of spiritual evolution. Furthermore, some of the world's top leaders, billionaires, artists and philanthropists have been married. Marriage is an education system of its own as it allows one to get experience in understanding people and being sensitive to their needs. No wealth or material achievements can replace family.
15. You can employ a person with expensive gifts, fear, attention and power. You can win their hearts with faith and humility.
16. Losing weight is not hard if you can learn how to change your diet and balance work and gym time. Being a good person, and remaining so, is hard when the world around you is not. Stay strong on the surface and humble within. Remember the nature of Bhole Naath.
17. Social media is a mechanism that enforces the prison of the mind. You can like and love each other's status, end up never meeting in real life, and may forget each other without realising it. It is the moment of connection that matters. Life is a moving train and we meet in carts and move on.
18. Sex is not only for procreation but for pleasure and relaxation. As per Kamasutra and Tantra texts, sex is also used for meditation so it's not a sin, but a spiritual process that can create life.

## I.II RELIGION

1. The problem with certain religious texts is outdated concepts that do not apply to the present. The society has evolved significantly in the past thousand years, and the major religious texts were written beforehand. The church and the temple cannot operate like a business that converts and runs with a system of tax enforced by guilt. This is why there is a void in humanity, and we cannot get the young and educated society to the temple. True religion is in prayer, compassion, and acts that are selfless and these are changeless.
2. Science ends and philosophy begins with questions such as the creation of the universe, time and space and the transformation of energy. This is when spirituality comes to fill in the void to understand these with meditation and once realised, you express it as art. Spiritual mythology is a form of art that utilises the language of poetry to express what cannot be expressed with logic. This is how the ancient sages of India wrote philosophical books rendered with mythology, such as the Purana's and creation myths were written in other holy texts.
3. Religion is born out of culture, tradition, and education system. Culture is also born out of religion. Religion is stagnant as defined by their holy books if it wishes to be stagnant but culture will keep growing with time. Religions will have several groups as text can also be interpreted in several ways.
4. Raising awareness about controversial verses of the holy books that promote abuse and terrorism is also community work. We need to wash and rinse humanity from such verses that promote fanaticism, violence, abuse of women and children, and violence against homosexuals.
5. To worship out of fear is not spiritual but mundane.
6. Buddhism, Jainism and Hinduism are not dogmatic religions, they are dharmic paths defined by ethics and philosophy. Any actions in the name of dharma may be religious, not dharma.
7. The highest form of consciousness has different names and representations given in other cultures, with various myths and legends and governing philosophical systems that encompass religions today.
8. Humans need humility and understanding that they do not have over the life of any other living being, whether plant or animal. A spiritual path recognises this and causes minimal harm to others for one's survival. This is the true religion, and the religion that causes division and terror in society is a poor form of politics.



9. Religion is supposed to prevent moral decay, but some religions of today promote it through hatred for homosexuals, and non-believers, abuse of women's rights and barbaric systems of law.
10. Future vegan society would be the effect of a high state of awareness. An education system that has awareness of that level where pain and torture cannot be justified for meat as food. Commercialised religions would eventually vanish in a truly educated society and science and humanism will take over. This has already happened in ancient India as their ancient spiritual systems prescribe veganism with high sense of awareness for nature. Examples include schools of Hinduism such as Vedanta and Yoga, along with Buddhism and Jainism.
11. Why would you let humanity live at the risk of interpretation of holy books that are dusty, irrelevant and ambiguous? We need to reform and rewrite verses that incite violence and abuse.

## I.12 ARTIFICIAL INTELLIGENCE AND CONSCIOUSNESS

1. The current state of machine consciousness is similar to a parrot trying to replicate everything that you teach. Creativity is an essential component of consciousness. Self-awareness is also another critical component that most intelligent beings who claim to be conscious may not have or something difficult to achieve. Data science and analytics will further help in machine consciousness and it will come to a point where you do not know if the parrot is replicating someone or talking. However, reaching a state of natural consciousness will be difficult for machines as creativity and self-awareness are not just biological, but also spiritual.
2. Complexity and creativity have been tools in the evolution of life which has been directed by cosmic consciousness. Nothing can just be born out of nothing, logic needs a first cause for existence. In the modern age, with science and technology, individual consciousness sits as a layer surrounded by ego on cosmic consciousness. When the ego breaks, the duality of natural and artificial intelligence merges into a refined holistic theory.
3. Compassion is an attribute of knowledge, culture and wisdom. Intelligence is physical, wisdom is spiritual, and you get it when you have awakened to a certain level. Humility is another attribute of wisdom. You can't expect these from merely intelligent people. Intelligence is similar to the central processing

unit of a computer. Hence, the set of experiences is data, and when processed with awareness, it becomes wisdom.

## I.13 SCIENCE AND PHILOSOPHY

I.

### I.14 TO BE EDITED –

1. True religion is humanism, and it will exist for civilisation to exist. The rest are pseudo-religions that will vanish as education systems get truly integrated to examine and understand belief systems.
2. In a forum of religion and philosophy, those who are engulfed in faith will certainly be hurt by defending theological (mythological) tales. However, those tales have symbolic meaning and depth that allows one to learn lessons. They also contain allegories that express ultimate realities that cannot be expressed with logic.
3. The crest of joy is not possible without the trough of sorrow. Life is a wave. It needs joy and sorrow to existence. Do not get attached to them.
4. Your life is a product of your own decisions that depend on the knowledge and power you have. Seek quality scientific and spiritual knowledge, then you can give strength to a better decision-making process.
5. There was a rose in the garden. You found it beautiful and thought to possess it. You picked the rose from the garden. You found it pleasing and amusing and got attached to it. You kept it by your bedside for the beauty and fragrance. Day by day, the rose wilted from the thirst, and the petals fell in your possession and then you blamed God for not giving you the love you deserved.
6. A stagnant life will get the intelligent and creative mind bored.
7. Power can be channelled for the greater good of oneself and society. In the case of knowledge that lacks humility, money and power will lead to destruction. Power needs love and humility to be sustainable.
8. Attention and special treatment are the 'price tag' of love these days.
9. Humans are polygamous animals, as nature has the mechanism of diversity. This is why modern monogamous marriage has a hard time surviving. Society

has moved from extended to nuclear families and monogamy further struggles. The gap in support from members of an extended family takes a toll on marriage. Extended families supported monogamy.

10. Sex is instinctive and a need for the survival of the species. Sexual activity that brings one to a tranquil and meditative state refers to the union of souls and is known as one of the paths of Tantra.
11. Sex creates life and a vessel from the creator to sustain life. Sex is sacred and spiritual, while pornography has made sex demonic.
12. Unexplained spiritual events should be questioned with respect, but blindly accepting them is dangerous. Certain elements of religious practices and culture emerge from superstition. There is a lot more harm done than good with superstition.
13. Nihilism and Atheism are part of the spiritual journey. When the mind and spirit are facing each other, their communion will happen with faith and devotion that naturally takes place - it cannot be forced.
14. Sacred and religious texts used poetry, history, art and science to express what people discovered in the past. This does not mean that current discoveries and expressions are inferior and against God.
15. Any verse in any religious book (including Hinduism and Buddhism) that is against women, non-believers, gays, creativity and intelligence should be revised. These verses have politically changed over the years to control the masses. The goal of religion is to free the mind, not to control it with fear and ignorance.
16. Desires of the mundane will usually lead you to the cliff, where you hang with the thread of hope. Do not let your life be ruled by ambitions and desires.
17. Any songs and poems I write, along with the paintings I make, may soothe the agony of this heart and recreate the touch of your spirit in the memory of time, but it will not let my being travel back in time and spend a moment with you. This world is full of lies and illusions, but there is one truth that you have gone ahead in that journey that defines the truth of life. I must respect that and behold this bleeding heart with faith.
18. The tree that was about to be defeated by the heavy cyclone winds will always remember the earth that held its roots as if it stood by its side - saying, I will never let you go.

19. Freedom of Religion does not give the freedom to hate other groups and discriminate against them. United Nations should review the Rights to Freedom of Religion and enforce a certification process so that sacred beliefs and holy books do not pose a danger to humanity.
20. Those who are true devotees will follow their holy book blindly with faith and trust. Will you question your beloved when in love? If a holy book contains cruel and violent verses, then enforcing them is an act of faith. This is why religions have been the cause of wars and violence, as they contain verses that are contradictory and promote the ego with narcissism and violence.
21. The heart falls in love. The ego tries to label it as extraordinary. Love is a natural, momentous, ordinary phenomenon that makes one achieve alternate states of consciousness. The ego struggles when you are in love.
22. A secular state is not against God; it means that all representations of God are respected, and all religions are equal.
23. In friendship, the bridge you build by sharing the load from the bricks of sorrow is stronger when compared to that of joy.
24. The different scientific methods are products of analytic philosophy. Science and philosophy do not oppose but complement each other.
25. We need to revamp our education system in the future. It is less industry-focused and contributes more to human development and mindfulness, enabling maturity and wisdom in problem-solving for humanity.
26. Those who have nothing intellectual to say about an issue will usually personally attack. Leadership after knowledge and community development will need to ignore the weakness of the mass population who personally attack and are incapable of making their own decisions.
27. It is hard to be spiritual while remaining religious. Religion is a systematic approach, while spirituality is a natural intuitive state of the being trying to become aware of itself and transform. Religion is a social system made by man for control, while spirituality is the natural state of being.
28. In the Mahabharata, Karan gets into a situation where he can't do anything as he is bidden by an oath to support Duryodhan, although he does not agree with his actions. Karan is deeply troubled and goes to his dad to find a solution. His dad says that in such a situation, when you can't do anything and to get peace for your heavy heart, you have only one choice, daan - "to give selflessly".

29. Human beings are sexually polygamists and spiritually monogamists. Evolution brought diversity with polygamy, hidden under the cover of monogamy.
30. Those who are overprotective of their ethnic identity and culture are aware of its weakness in the hands of globalisation, modernisation and time and are afraid to lose it. One must embrace change and keep flowing with time, as stagnant water eventually gives a foul smell.
31. There was a turn in history when the masses were oppressed and given minimum freedom of expression. Now we have come to a turn when the masses make so much noise that it is hard to hear the voice of truth and wisdom from the few who can fight this darkness with their light.
32. As a Hindu, I am proud to be born in a religion that accepts atheism and non-theism, where mindfulness is the highest form of prayer.
33. You will not learn from the wounds that heal without leaving the scars. The scars are your certificates and degrees. The wounds become the education system in the journey of life. Suffering with awareness makes you grow.
34. Prayer is a form of meditation. In prayer, you use words that become steps similar to mantra recitation to climb up the ladder of higher consciousness.
35. Do plants think or just have awareness? Awareness and thinking are not the same. In my view, awareness is an element of the spiritual component that drives living beings. Thinking is a process from the brain, and it helps animal plan their future as they are mobile.
36. True wealth is in the bond from a friendship that stands by your side in the days when you are weak and lost. I embrace true friendship.
37. Modern slavery: either you are in control of your wants or desires, or they control you through your limited knowledge or that imposed by society.
38. Do not try to imitate those who have shown to be successful in their path of material pleasure. Seek within, understand your true nature and walk the path that gives you joy, although others may label you as unsuccessful.
39. The frog becomes aware that it has been living in the well only after jumping out of it. The frog would defend to be part of the well if enough resources are available for survival. Similarly, we all have been born into a religion, nationality and ethnicity. We inherit perspectives from others without knowing, and we get brainwashed by mass media and social media. You will only become aware of your true limitations when you get out of the well. If you return to the well, then it will be through love and understanding, not fear and ignorance.

40. Mindfulness and meditation provide self-awareness, transforming knowledge and experience into wisdom.
41. This journey is not about how you change the world. This journey is about how you change yourself - your perspective through wisdom to understand the world. The world is perfect as it is, and all have their journeys to undergo certain levels of pain and suffering. You can only help them awaken but do not take the responsibility of changing their path, as their path is there for a reason.
42. The actual freethinker is the one who meditates. You cannot have an active mind and say you have been freed from thinking. Meditation is the process through which you become unattached from the thinking process, aware of the wholeness that defines this existence.
43. I define religion as a set of knowledge that gives you direct experience of the truth so that you raise your state of consciousness and know your purpose. In this definition, God is not needed, and a belief system is not needed, but meditation and mindfulness are essential. Religion, in this case is not in escaping the present and living in the past, but in living at the moment with knowledge from the past and the present. Science is the foundation of religion in this definition.
44. You do not remember people by their looks, but by their actions and the relationship you develop with them that determines the level of trust and the connection. Rather than spending more time on the looks, it's good to spend time building strong relationships with trust that express itself with kindness and compassion.
45. Darkness is the absence of light. The default of the universe is darkness and life has emerged from light. The purpose of life is to become aware of the light to become one with the darkness, which is the absolute truth. Darkness is light in a non-manifested state. We need darkness as much as we need light. Light is the lover, darkness is the beloved.
46. An easy life does not enable you to grow spiritually. The path laid for you has a reason and must overcome the difficulties to grow. Do not run away from problems, as they will unfold in different forms till you solve them.
47. I worship the sun as a scientist by profession. The sun drives life, and this understanding and acknowledgement of the dependency we have as a species is profound. We need to think deeper about worship; it is not blind faith. It's deep respect, not due to fear but due to love.
48. I have been searching for the missing piece that makes this rainbow complete. Without you, it is either rain or shine, and this rainbow is non-manifested. I

- sing in your song and drown in your voice and laughter. I found in my being as a child, through you, I found myself.
49. Without darkness, can there be light? We need each other to exist.
50. Note to Self. The worldly desires have entangled my mind in their web. I shall return to you sooner or later.
51. The downside of complete freedom and expression, and democracy is that the room becomes so noisy, with empty vessels making the most sound. You cannot hear the depth and wisdom from the few intellectual minds who are true at heart. Your mind begins to absorb the junk from the empty vessels of social media and mass media, and in the process, you fail to give importance to wisdom from the seers.
52. It's better to go on your journey alone than with a team that slows you down.
53. We shall die sooner or later, but our ideas will live. We are the writers and scientists who make the future world.
54. Day and night are lovers who cannot be together and cannot survive apart.
55. Each time I meet you, I am a different person, yet the same. Time has withered the skin, but the witness within remained the same.
56. Facts cannot be used to represent states of consciousness. This is why spiritual literature uses mythology (theology) to express the strengths that the human being has the potential to reach. Those who seek the strengths worship them as Gods. In devotion, the seeker eventually becomes all that is sought.
57. The Puranas are not historical facts, but mythological (theological) tales that portray elements of history using symbolism. The goal should be to learn from the message behind the tales. The Hindu calendar is the oldest in the world, and if the writers wished to portray the history as facts, they would have given the exact dates and their names, but they had a different goal.
58. There are many perceptions and one truth in many forms.
59. Keep seeking - you won't remain the same when you seek knowledge and walk the path.
60. The term 'science' has been so overrated that now you find areas of philosophy and art being validated through science. This will undermine the power of limitless thinking, creativity and innovation.

61. Reincarnation is life on a journey that repeats itself to learn and elevate its level of consciousness over time. Spiritual evolution is the result of the learning process, and enlightenment is the goal.
62. Science is easier as it explores the material world. The world of consciousness cannot be weighed and told, but only experienced directly. The acquisition of data is different for metaphysical experiences and events.
63. You can only direct the traveller to the well; the thirst will only be fulfilled by the traveller.
64. If the world wishes to live in ignorance, there is no need to tell the world about the source when you can experience it on your own. The rest of the world does not need to experience the spiritual universe as we do; they will all get their turn when they truly seek.
65. As the lovers and devotees dance in ecstasy, the judgmental mind of the so-called civilised society struggles with depression.
66. Tuning into the universe or the spirit of nature and listening to its intuitive message is not the same as superstition. Superstition is an activity of the mind imposed with fears that react with an imaginative defence and calls it spirituality and religion. Spirituality gives the strength and knowledge to tune within and break free from the ignorance of superstition.
67. It is time that determines if something is impossible.
68. The sad art of teaching is to realise that you must do minimal for them as they do minimal for you. It's rare to find genuine learners, and when you do, you can properly teach.
69. We have barely 70 years of financial history in the history of mankind. This indicates that, based on the current cost of living and income, future generations will have a tough time owning a mortgaged house by the age of 40 and beyond.
70. Aptitude tests check where the person can work in a field. If you are working in business, the test can be biased in components that test ethics and arithmetic. If you wish to be a software engineer, the test can look at aspects of creativity and problem-solving. The test for leadership can have aspects of maturity, ethics, knowledge of politics and international relations, stress management, people management, negotiation skills, and problem-solving.
71. At times, rules need to be adjusted as per the situation. We need to revisit old rules and policies with evolving technology.



72. Political parties should give some hint of how they will reach the goals that they outline in the manifesto. Anyone can give a manifesto, but it will be deliverable only when we can provide the means, at least have an idea.
73. Homosexuality is between two beings who are of the same sex. Don't just constrain it to a sexual activity. Love remains the same and does not have a different flavour when it comes to heterosexuality.
74. Always remember, love is involuntary. You cannot truly love through a mindset of give and take. You are only blessed to be in love. You do not have the power to enter and leave as you please. It is selfless, which means that love has made you stronger as you find joy in losing. Love is a spiritual and sacred experience.
75. You may be a millionaire in the material world, but under the poverty level when it comes to the spiritual world. Those who do not find joy in giving and sharing are below the poverty level, as it defines a weak mind that is only trying to survive. The world is suffering as the majority are under the poverty level when it comes to the mind and spirit.
76. The brain is the hardware for the mind, which acts like the software. The mind is a thinking machine. It can make one restless, and it's defined by the foundations of culture and value systems in the society where the mind grows. The spirit communicates with the mind through intuitive feelings. Spirituality provides knowledge that helps one to understand the mind so that it can be in tune with the spirit, the silence within, from where creativity emerges.
77. A day without prayer for the beloved makes the devotee restless. Love is the essence of God. Lovers and devotees are free from the mind and servants of the spirit. The mind is like a river that is broken in the flood of needs and wants; only love transforms.
78. The thirst next to a well defines the one drugged by love in need of rehab. The mind takes one back to control of the civilised world, where the spirit struggles without water after jumping out to grab the rainbow.
79. The divine nature of religion is expressed by art through those who experience the divinity. Art and religion emerge from the same place as you and me. We have not created or discovered anything scientific on our own, but have been guided spiritually. We get intuitive guidance from the spirit and logical guidance from the mind. It is the ego that denies this and claims that science exists on its own when it's an illusion, also known as Maya.

80. Art is free from philosophy, guided by intuition from the silence within. We cannot define intuition with the cage of thinking, since the mind has its limitations in logic.
81. Only with awareness can one recognise the light. Without knowledge, you will not know the difference between darkness and light. Without humility, you will ignore them.
82. The ego uses ignorance to maintain itself. The ego struggles like a fish out of water when one becomes Self-aware and absorbs knowledge. Humility becomes a natural feature, and there is peace.
83. Spiritual growth comes to you when you make an effort for others to grow.
84. I am trying to light up the world with humane knowledge. I am trying to wake up the sleeping world that has ignored how our attitude and carelessness have harmed the planet. I am trying to teach the true meaning of love and life; this book is just a medium.
85. Are you religious by culture or through the values of the religion that is defined by its text? There is a high so-called religious population out there who claim to be religious but fail to read and understand the message of the texts and go on practising cultural values without questioning them. The caste system in Hinduism is an example of this, which is anti-religious but has become a cultural social system that is slowly breaking down. However, the goal of the caste system was to have marriage among families with similar trade practices.
86. Meditation is a silent prayer where you get into a space that is free from needs and wants. In this space, you are one with the wholeness that defines you.
87. Faith is a relationship that comes into being with love. Faith is not the element that takes control of your mind; it is a ladder that connects the lover (within) to the beloved (eternal). Devotion is the highest form of love. A devotee is a lover, and faith helps them to reach the beloved.
88. A fact is a perception of truth constrained with time. You cannot experience the truth when bound by time. The universe is an organism that expresses the truth with different variations as it is distorted with time.
89. Faith does not mean that you take myths as facts and argue that it is the truth.
90. You can be philosophical, scientifically, mathematically, be smart, but a self-centred being. Academically, you can climb the ladder of success with little development in terms of the consciousness that defines humanity. True beauty

is neither given by the mind nor body, but is the essence of personality and spirit.

91. In the so-called 'real world' driven by the consumer culture and defined by capitalist society, success is measured by how much material wealth you acquire in your lifetime. In the world of consciousness, success is measured by the effort you have taken to overcome your ego and weaknesses such as anger, selfishness and greed. Success is measured by acts of compassion.
92. So what if I try and nothing happens?" I was once questioned by someone when I motivated them to stand up for human rights. "Then you are not someone who lives for themselves only. You become a human rights activist. Someone who cares about making a change and transforming humanity. It does not matter if your cause has not got any results - what matters is what you have done." Are you just like the rest who live for themselves or one who can make a change?
93. In love, we explore the world of consciousnesses that have little meaning in the world of the mundane. The desires and lust drag us back to the mundane and the flower that once blossomed withers away. We blame love for our grief that comes from unfulfilled expectations after crushing it with arrogance and possessiveness.
94. This is the age of the ego and arrogance backed up by dogmatic religions and the capitalist economy, fuelled with consumerism that sustains itself with mass mind control through media propaganda.
95. A guru does not just impart mundane knowledge but also gives the student the ability to grow spiritually, elevating the level of consciousness. Faith links the student with the guru. Faith enables the student to absorb energy and knowledge from the guru and also ensures that the mind is silent and not distorted during learning and growth.
96. The lover and the beloved are connected with faith, and the one with the dominant energy will affect the course of the other. The energy can be either negative or positive, and therefore, one must be careful when in love. Love does not follow the instructions of the mind, and hence, you are not in control of whether it blossoms or withers with time.
97. Dharma does not mean you blindly follow the actions of characters in spiritual literature, but question and learn from them.
98. Wisdom does not weather or age with time since the spiritual truths that govern life remain the same.

99. You can fully listen only when your mind is silent.
100. I thought I was looking for you when I was finding myself. We are both from the same place, but we took different paths. We are meeting again as if we never departed; when a drop meets the ocean, there is only one identity.
101. Apparently, the religions that promote ego and are dogmatic sell better the immature state of the education system, media and popular culture that promote individualism.
102. When my body and mind are tired, I recognise more of you. The analytic mind creates dust around you. When the mind is tired, the dust is cleared, and I experience more of you. I am your reflection; I am the devotee; you are the devotion; I am the lover; you are the beloved.
103. We are all telepathically connected; this is why very similar ideas and technological inventions emerged in isolation, in different parts of the world and at the same time.
104. I am a wave that seeks refuge at your shore. I glance from a distance between you and me, the hands of time move, fast and slow as it pleases, similar to the changing weather, there is no guarantee that I can merge with you. A wave will break; it will not remain when it meets the shore. A lover does not remain the same with the beloved.
105. In a consumer-based society, in some cases, marketing and customer reps are similar to the butcher who slits the throat of a lamb after some pampering. How junk is marketed is overwhelming and slowly poisoning the mental and physical health of our society.
106. It is easier to get into a rage with violence and harder to stand up for your rights in a nonviolent manner.
107. Mindfulness refers to meditation, being in a meditative state where you are free from your thoughts. Free thinking is an aspect of mindfulness.
108. This is the age of democracy, not the days of Chiefs and Kings. We are not in the Middle Ages, and such a type of politics hinders our democratic processes. Leadership is not a birthright but something that you show with experience and evidence of past contributions. Those who have given evidence of racism in their speeches should not be allowed to run for election.
109. The major problem of the current civilisation is that it gives sanity to the world of materialism and consumerism and insanity in the world of spirituality and

- consciousness. It keeps destroying itself with the thirst for uncontrolled material desires.
- 110. A prayer creates energy fields that can perform miracles. A miracle is, essentially, all that we thought was impossible becoming possible in a short time.
  - 111. The ultimate truth cannot be fully defined by the representation of physical entities or logic. Whether you say truth is one or many, it has nothing to do with the truth, as one and many are merely concepts in the mind about physical entities. Truth can be one and many at the same time, nothing and everything. There can be a theoretical universe where the same entity exists in the same form in many places.
  - 112. A free thinker would not be caged in the identity of race, ethnicity, nationality and religion.
  - 113. Atheism will not remain with free thinking, as it will give way to science and logic, which question the existence of the universe without a cause. There is no scientific foundation for believing that the existence of the universe began without an intervention. Dogmatic religions will also fall apart with freethinking.
  - 114. Bowing down and touching the feet of elders in Hindu culture has a deep symbolic meaning that is part of their religion. It keeps reminding the ego to keep to a limit and give respect to experience, relationship, knowledge and wisdom. There is a spiritual significance where the mind and spirit bow down to seek spiritual strength from the elders and are given when the spirit truly seeks - when one bows down not to merely fulfil cultural practice, but to recognise the God in others.
  - 115. It's the same truth, expressed in many ways. You can use mythology (theology) to express the truth, but when you make it look like historical facts, then there is confusion and conflict in religion.
  - 116. A guru is not just a teacher but someone who spreads light to wake up humanity. A teacher and professor focus on mundane knowledge for survival in the material world, whereas the role of the guru is to help us understand spiritual knowledge and elevate our level of consciousness.

## CHAPTER II

### POEMS

#### II.1 THE OCEAN AND THE STORM

I am missing the moment that passed  
pondering if the wave reached the shore.

Eventually, the storm dies within the ocean  
I have lost the battle of  
– turning back the hands of time  
The memories of my beloved haunt my dreams.

In the battle of Maya and reality  
I pinch myself and find  
the days turn into weeks  
without you, was it real ?

I fall at your feet, knowing there is no return  
I have been defeated by the hands of time.  
I sink and drown in the ocean of regrets.

## II.2 THE OCEAN AND THE STORM

I am missing the moment that passed  
pondering if the wave reached the shore.

Eventually, the storm dies within the ocean  
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I sink and drown in the ocean of regrets.

# CHAPTER III

## ESSAYS ON SPIRITUALITY AND LIFE

### III.1 PRAYER VS MEDIATION

THE EFFECT OF A PRAYER is outward while that of a mantra <sup>1</sup> is inward <sup>2</sup>. Prayer is a form of communication with a higher level of consciousness, often referred to as God in the Western context. A prayer can be seen as a communication with the divine about needs and wants, and at times it is done out of fear so that a mishap does not happen. The fear factor of prayer became a tradition in several mainstream religions, including Christianity, Hinduism, Buddhism and Islam [?].

The purpose of the mantra is to invoke a subtle energy system within us to fine-tune with the colourful silence within. Just as a ship rusts when wrecked, the mind rusts with imprints of negative experiences, which can be seen through mental health problems, including depression and anxiety [?]. The invocation with mantra is a means to file away the rust that captures the mind, and in the process, it also frees the mind from its clutches of negative impressions that pull it down.

The mantra is a series of steps to a temple on the hill, and one must not dwell only within the step but walk beyond and enter the temple, embracing the silence within. The invocation with mantra is for the mind — it serves as a gym and beauty parlour. It is hard for many to go out without dressing and taking care of their bodies. However, in my view, modern education and culture have almost ignored the mind and the

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<sup>1</sup>Hindu, Buddhist or Jain Mantra refers to a sacred utterance, including a numinous sound, a syllable, word or phonemes such as Om "Namah Shivaye" that gives salutations to Lord Shiva.

<sup>2</sup>The term inward in this context refers to the mind and consciousness in contemplation during meditation



spirit, as their purpose was to serve the corporations rather than to liberate them from their clutches.

The mind is glorious with material pursuits, while the spirit thrives with kindness and compassion. It is a fact that the human brain cannot exist without the body, but this may change in the future, given technological evolution [?]. It is perceived that the mind cannot exist without the brain by neuroscientists, while it is being challenged with evidence of out-of-body [?], near-death [?], and reincarnation scientific studies [?]. However, I would argue that the brain entangles the mind with an identity and its own needs and wants, and the mind tries to enslave the spirit with its material quests.

You are not the brain. You are neither the body nor the mind. You are more than what you see in front of the mirror.

### III.2 SPIRITUALITY VS MATERIALISM

Materialism is all about gathering and clinging to possessions as we age, and this can become a neurological condition as we end up giving our time and ruining our mental and physical health. Spirituality is about letting go of material possessions that are not needed, relationships that do not enable growth, and even letting go of ambitions that entangle the mind in prison. Spirituality is all about living with basic needs, acknowledging and enjoying existence.

Materialism gives growth to a capitalist civilisation, science, and technology; whereas spirituality gives inward growth and teaches one to coexist and co-enjoy existence. Spirituality is practised with creativity, meditation, selfless service, and activities that enrich the mind and spirit.

I am not saying that the creativity from spirituality cannot give rise to scientific advancements; it will, but in a natural way that will not do more harm than good.

### III.3 STRUCTURAL DAMAGE IN THE EDUCATION SYSTEM

The face does not define the mind and personality, nor do the latter reflect on the spirit, but they are all interconnected. The face is merely an overlap of facial features by our ancestors [?], mostly resembling the parents, but the mind and personality are usually unique, but also influenced by upbringing. The face and body have little effect on the mind and personality, especially for spiritualists, but the connection is stronger for the materialists. We are in a phase of civilisation where a lot of effort is being made on the face and the body, but the least is done about the health of the mind and spirit. We do not remember people by face, but based on our interactions and experiences. Life

is a fast-moving train, and we are all passengers on different journeys that sometimes overlap.

The ego gets fooled by those who praise the body and the face while being enslaved by lust and desire. The body needs to procreate, and the mind wants to question and hide under the shadow of the ego that strengthens itself with ignorance. The modern education system, as a corporation, sold ignorance as education, and the ego strengthened itself further. The so-called modern and mundane education system, designed to suit the industrial and Information age with consumerism, is pseudo-education which will do far more harm than mainstream or pseudo-religions. In a spiritual society, self-centred-ness is seen as a mental illness and in a consumer-based society, it is valued as independence and success.

Unfortunately, the foundations of our education system are mainly from the industrial age, and the current impact of technology has hidden the rust that will cause massive structural damage to our society. To heal and improve, we need to pinpoint sections in our social and knowledge structure, that have rusted and contributed to the mental health crisis, especially for the highly educated and successful.

We need to stop chasing the light and realise that the sun is there for us all, irrespective of our social values and structure. If Jesus returned, the revised Sermon on the Mount would need to address the issues relating to the structural damage.

### III.4 NATURE AND EXISTENCE

There is an invisible process that aids nature and existence, and only a small part of it can be explained by modern science. We need to be aware that our understanding of the universe is based on our limited sense organs, and we process and evaluate information with our minds. As a scientist, I am very careful not to make general statements about a given study, since we are mostly having limitations that deal with the collection and documentation of data. You can also call data facts or evidence, and science is about humbly seeking.

The limitation of our sense organs in capturing data, and the mind in processing it, has been the underlying philosophy of Hinduism, Buddhism and Jainism. These religions teach us to seek without bias and also highlight that there are many ways to reach the destination, and no one path is correct or the best.

### III.5 EVOLUTION AND INTELLIGENT DESIGN

As a scientist, I see evolution as a form of intelligent design. It is silly and illogical to think that complex lifeforms came about without a design process. Complex systems cannot just randomly pop out of nothingness.

We need to study permutations and combinations and grasp the basics of statistics, optimisation and machine learning to understand natural evolution and complexity. Simple life forms, such as single-cell organisms, would need to have billions of parameters to make them evolve on their own and survive. You can't go from point A to B without a Google map these days in new city areas, imagine how hard it would be for an organism to survive without mind and consciousness and how they come about in the first place, out of nothing. There is no universe, and randomness magically pops out a universe, and randomness creates an evolutionary process. Well, this randomness sounds like God to me, and it would be hard for an atheist to deny it. Evolution theory does not explain the mind and consciousness.

The mind-body problem [?] and hard problem of consciousness [?] remain open. As an expert in machine learning, optimisation and evolutionary computation, which falls under the umbrella of artificial intelligence, my argument has been from the possibility view of creating artificial life that can procreate on its own and also self-repair.

In my view, randomness can't create complex lifeforms on its own, and we can show that experimentally and analytically, i.e. a grid search of a billion parameters or a heuristic search of a billion parameters that defines a basic form of artificial life would not be feasible. Therefore, the search for model parameters that simulate a basic form of life (such as an ant) with random search or with an evolutionary heuristic search would be very difficult. If you have an optimisation problem with a billion parameters and an error function that can't define life well, then this will run forever. This refuses the assumption that existence and life are a random process.

We need to address problems faced by people who think they know science and behave like fanatics. This being said, I think evolution myths in most religions should not be taken literally; they have symbolic meaning. You also need to understand the problem of scientism, which has penetrated academia and popular media as a new normal but a form of fanaticism .

### III.6 STRONG AND INDEPENDENT

Through the modern education system, we have given too much importance to the term "independent." Being strong and independent is a symbol of success and freedom, but in my view, this is a form of weakness that potentially breeds loneliness and depression.

In developed countries, due to consumerism and capitalism, societies have moved from dependent extended families to independent nuclear families with modern education-supporting individualism. This is a double-edged sword. The alarming rate of depression, mental health problems, and loneliness are well-known in societies that strongly promote individualism and independence.

It is okay to remove unscientific and dogmatic aspects of religion, but a suicidal mission is to remove the culture of dependence and trust from major religious thoughts that have laid the foundations of humanity. Dependence and trust provide support for extended families and support the growth of a healthy society where people take care of each other. Independence fuels individualism, which can accelerate forms of narcissism, and this is becoming well-known through social media and popular entertainment culture.

For example, in Asian societies, youths complain about 'village aunties and uncles' who invade people's privacy and try to do matchmaking for youths, etc. This is from a tradition of care and support. Now these people have retired and left a huge vacuum as people can't find partners, and there is a massive risk to major economies with low birth rates and ageing populations. Youths do not see the value of marriage and children since there is a vacuum left from dependence on culture and society, to independence in lifestyle.

I would caution the terms 'strong and independent' to be used in conjunction. Although it is good to be independent, it is important to have a dependence on family and friends and develop lifelong friendships, with trust, and love. Independence and individualism with secrecy are signs of a weak and mentally unstable society. The terms 'strong independent women' and 'alpha male' etc should be used with caution as these, in my view, fuel narcissism and related personality disorders.

Therefore, it is okay to be dependent - but you must evaluate whom to be dependent on - it may be a certain philosophical thought, religious or spiritual identity, or your family, partner and friends. Being dependent should not be seen as a sign of weakness. It should be promoted to fight independence, loneliness and depression. We need philosophy, humanism, spirituality and religion more than ever needed, in the age of abundant information and social media.

### III.7 FAMILY LIFE

I know single men in their 30s and 40s who have a reckless career and are on grog/cigarettes/alcohol, and also those who are managing these and really successful in their careers. But both categories are looking for women, and, similarly, women are looking for men. Loneliness is a real problem [?], and the dream to begin a family is something many successful people live with and can't achieve.

Having a family is a blessing, and feminism, along with the education system and the media should promote it, not promote a single lifestyle where one is lonely and sad. There are extreme cases where one is successful and happy being single and enjoying alone time and is transforming the world, some as monks, educators and business people. Therefore, having a family is not backward; it does not mean one is unsuccessful and can't have a career.

Taking care of a family is tough and a career of own. A successful career may be empowering and give independence, as no one is here telling you how to live and spend your money, but it is a double-edged sword. A successful career may come at a cost of family and genuine friends, but there are empowering factors in our lives. At the end of the day, the current - fast-changing technology-based world is quite new, only a few decades old, but humans have lived in a specific way for thousands of years. Humans have been having a specific set of cultural and traditional values - and spending time with family was essential. I do not think that social media can fill the gaps with family in one's life.

There was a time when having a career was more difficult than having a family. Now, with globalisation and economic growth, establishing a family, finding and connecting with the right partner that resonates with your frequency, is the greatest challenge. In Indian society, a traditionally arranged marriage ensures that parents can short-list and connect partners for their children. This also got abused by parents who began forcing children, but in India, the traditional system of marriage still exists, where parents intervene with the help of experts to find partners for children, who ultimately decide. Furthermore, raising children in the age of mobile phones is tough.

An educated society that despises religion would easily fall for materialism and become a victim of corporations. There is a mass of people who are controlled by pseudo-religions and pseudo-science and this brings even a greater challenge.

We need universities to come up with programs that address these challenges. We need programs such as Master's in Leadership and Family Values where you have courses in psychology, child psychology, meditation, ethics, health and well-being and others so that we can train parents to manage families and also single people to manage their lives.

In the workforce, we have so many activities such as workshops about technology, leadership, mental health etc all relating to work. But when it comes to facing a family, most of these are missing, along with support groups. There is a huge vacuum in developed countries and communities where there is a lack of religion or non-participation in church or temple events. The community support group that helps in raising a family is missing. The education system needs to address this gap through science and the humanities, so problems such as loneliness can be addressed. We need the education system to review its degrees, let go of outdated research and come up with programs that address the dynamic world of technology and emerging human conditions. The key purpose of a university is lost, and all you have is a technical college, not a university!

### III.8 SUCCESS STORIES

Sharing your success stories with ambitious friends and colleagues may lead to you losing them from your inner circle. Note that it's natural for people to get jealous and offended by success stories, and it is usually that people would see that as a failure on their part since they would be silently competing with you. It is hard for people to digest that everyone has a different journey and different career paths have different requirements and measures of success.

Therefore, you may end up having a smaller inner circle over time, this is nothing wrong, but it can be avoided by not oversharing your success and ensuring that you uplift those who strive for greatness in your inner circle. I would maintain my inner circle who have been there during my tough days - and accept them for their weaknesses. We are not perfect, and at times we would unintentionally hurt others. It is best to review the inner circle occasionally and remove those who are toxic and bring you down. A bit of jealousy and disagreement are needed for friendship, but do not entertain toxic behaviour.

Not everyone is supposed to support you in everything you do. At times, it is good not to get the support so that you can reflect on the path you taking ahead. Strong leadership implies that you keep moving although you lose the pack behind you.

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# CHAPTER IV

## ESSAYS ON EDUCATION SYSTEM

### IV.0.1 EDUCATION 2.0

We need to evaluate the goals of our education system, given the change in technology via AI and automation in the coming decades. We need to think outside of the box to combat climate change.

The current system is a fragment of colonialism, which remains especially in developing countries with colonial roots. A century ago, assessment in the education system was based mostly on testing memory and little on the ability to solve everyday problems. Now we need to enable students to use readily available information in their pocket or phones and solve problems. We need to teach students about strategies to search for the right information. We need to teach students to learn by experience, to grow with the knowledge and apply in daily lives. For instance, writing essays about the harmful effects of plastics does not have much effect on the person if they do not change their habit of using and discarding carelessly.

I believe that both school and university education need to change in the coming decades drastically. We need an emphasis on lifelong and experience-based learning. We need project-based assessments where the subjects need to integrate practicals from primary school. For example, students should know about the basics of agriculture, and reforestation and engage in projects driven by students to make an impact on the environment and climate.

I believe we can take a step further. In developing countries that have a lack of workforce for environmental protection or for reforestation; we should use school and university students in programmes that have forestation, cleaning up of mangroves,



seaside and beaches, and solutions for homeless and for the elderly. Why should we not let our students take care of the lawns of the elderly or disabled in the neighbourhood as credit for a project course? In Chennai, India, there has been a massive water shortage crisis. Such a system would ensure that such a crisis does not take place where students work together to build wells, water tanks or other related solutions, such as transporting water from rivers or wells. All these projects can be part of school and university assessment systems. Why should we have two months of university/school break, while the environment is being destroyed or the poor are suffering? We waste so much food, in schools, universities, supermarkets, cafeterias and so on, while our poor struggle on the streets. Why can't students create projects that reuse and redistribute food waste?

More emphasis needs to be given to the social sciences and humanities. The industrial and information age, infused with capitalism and materialism, has given the most focus on science and engineering. This is not science about nature for the passion of learning, but the science that looks at making profits with engineering products and materials to fulfil the needs of a consumer-based society. The value of the university system has lowered so much that top global tech companies have removed the university degree as a requirement for key scientific and engineering jobs.

We need to question why are professors and lecturers forced into teaching extra hours, merely repeating content readability available online on YouTube or on MOOCs. Can't the universities make use of them and enable students to learn from them on their own and work on projects for the greater good of humanity? These highly qualified professors and lecturers should be motivated and given more time for research to lead student project groups, and programmes to enable humanity to combat the upcoming and present problems that can lead to our end.

The future of education is in experience-based learning, the problems are readily available, and rather than wasting students' valuable time and intelligence in a mindless bookish system, it's about them changing the world. Let's begin by making students plant billions of trees and clean the streets so that they are well aware of the future and become more mature and responsible.

By all means, the fundamental and theory part in education should remain, just the assessment should move from memorising concepts to problem-solving and critical thinking with an emphasis on arts and humanities. Open book and open internet exams are needed in specific courses or subjects.

These innovations should be done collectively at the ministry/govt level, where projects for community and environment need to be vetted and assessment criteria defined.

## IV.1 ANTI-RACISM POLICY IN UNIVERSITIES

The issue is complex since microaggression and racial discrimination can be subtle, and it is often that both the perpetrators and victims are often unaware of when such cases take place.

We need strong support groups at the school, faculty and university level to tackle such issues and also implement policies. I think an easier part is to review the policies that cover the recruitment and promotion of faculty and professional staff i.e. when committees are selected, if a coloured person is being interviewed, is there cultural diversity in the committee? Furthermore, what sort of racism and microaggression checks are in place when reviewing student grievances, along with student feedback coming out of student satisfaction surveys? It is hard to detect comments from students that feature subtle racism and microaggression, and we need workshops and discussions about handling student satisfaction surveys.

Furthermore, we need diversity in leadership that reflects student and faculty diversity at our universities. Cultural/ethnic diversity in leadership is certainly a gap that needs to be addressed, similar to gender diversity and recruitment procedures and policies can address these issues. Finally, we need to recognise the diverse set of contributions by scientists and philosophers in other parts of the world, apart from the Eurocentric view of the world. We cannot deny that our current university system is Eurocentric and while everyone knows about Newton, not many know about Archayra Pingla and Archaya Aryabhata who contributed heavily to the development of the binary and decimal number systems we use today. Now we see that, at least in Britannica and Wikipedia, the decimal number system has been recognised as Hindu Arabic numerals, but has our education system recognised this? Acknowledging such diversity - and promoting it could be a way to address racism and microaggression in my view.

## IV.2 HINDI EDUCATION IN FIJI

Hindi is one of the many official languages of India but spoken by the majority of Indians. More than 500 million Hindi (with Urdu) speakers as the first language [1] and probably another 500 million a second language, hence in my estimate, more than a billion people speak Hindi. Only in Tamil Nadu which is a state with 60 million people, politicians are against Hindi [2], while the rest of India takes Hindi either as a first or second language. The Indian government tried to make Hindi the national language of India but facing difficulties [3].

A major limitation is that Fiji Hindi does not have enough books to be taught as a language, nor do teachers have qualifications, such as Bachelor of Education in Fiji Hindi (they do have Hindi major in Bachelor of Education). In my view, there are a number of inconsistencies and it cannot be considered as a full academic language; however, there has been research done to document Fiji Hindi, grammar and a lot of effort has been done by a limited number of academics [4]

Nobody suggests that Fiji Hindi should not be recognised or not spoken. Pure or Sudh Hindi should be the main language as a subject in Fiji schools, and Fiji Hindi can be part of it. Fiji Hindi is needed, especially in the case of teaching a spoken language to indigenous (iTaukei, Rothuman) or Chinese students, who also attend Indian or Hindu schools.

Fijian government tried to implement Hindi and iTaukei language as separate mandatory subjects in all schools but failed since they don't have enough Hindi and iTaukei teachers. Fiji Hindi does not exist as an academic language to teach, its a spoken language and will remain so unless there is a massive literature (novels, newspaper, etc) and research in Fiji Hindi. One way ahead in recruiting teachers would be to increase the pay scale for Hindi and iTaukei teachers, and then you will have more graduates in these subjects.

I am aware that there is some work done in terms of linguistics and structure of Fiji Hindi, but there are limited literature and not much advantage in making it a written language in terms of using it for global communication with Indians worldwide. The matter is not about whether Fiji Hindi has a structure or not, but about teaching it in schools and implications of it, especially for Hinduism — as there is no Hindu text in Fiji Hindi. Everyone has an opinion about it, and we must listen to all groups, not just a single group of academics.

As for sacred Hindu texts, there exist translations in my languages including English [5]. I as a Fiji Indian do study the Bhagwad Gita in English apart from Hindi since at times some Hindi terms is a bit too hard to get as I have not done enough Hindi classes in secondary school. You can translate Bhagawad Gita in Fiji Hindi and other texts as well, but they will lose the essence. Especially in case of the Ramayana [6], since its a poem which is sung as Kirtans in weekly Ramayana events by Hindus. Note that the Hindi version of Ramayana, known as the Ramcharitmanas [7] is not a translation, but a poetic depiction of Ramayana from Sanskrit in Hindi by Tulsi Das [8]. It loses its essence when translated in English and will also do when translated in Fiji Hindi. Moreover, Ramayana and Gita in Fiji Hindi will not sound formal and will not be taken seriously and this is why most Hindu organisations are against it.

I believe that Hindi as a subject should be amended a bit to incorporate Fiji Hindi. Fiji Hindi is a spoken language, it does not have enough literature nor research to be taught as a language on its own. I think Hindi classes can incorporate Fiji Hindi with examples about spoken and written Fiji Hindi, and a nationwide curriculum can be

developed irrespective of ethnicity and religion. I think all Fiji students should take Hindi and iTaukei languages in schools just as they take English and mathematics. This will help in Fijian reconciliation and unity. Those that have missed can easily take them as electives at the university level. Universities can provide iTaukei and Hindi as general subjects. There is no use in doing mandatory courses in the university such as Pacific philosophy and consciousness etc when you don't understand Hindi and iTaukei languages and respective cultures.

Apart from Hindi, the government should provide funds for Telugu, Punjabi, Tamil and Bengali languages to be part of possible degrees that study Indian culture and diaspora. Furthermore, other Pacific languages, such as Rothuman, Samoan, Tongan and Chinese languages such as Mandarin and Cantonese need to be taught at the university level for possible teaching in primary and secondary schools.

Hindi is the language of the future for Indians and for the world!

# CHAPTER V

## ESSAYS ON SOCIETY AND CULTURE

### V.1 MEAT EATING AND ANIMAL SACRIFICE IN HINDUISM

Eating meat was part of Vedic India. Hindus - especially tribal Hindus and working-class Hindus (Sudras) have been sacrificing goat/buffaloes in Kali/Durga Pooja. In Fiji, we have many families who have this tradition as part of their history. The purpose of sacrifice was essentially to share whatever diet one is having (the best) with the people, through sacrifice to the Gods. The important part is sharing food with people. Only Brahmins were not meat eating - the Bhagavad Gita does not say not to eat meat, nor does the Ramayana, nor any of the core texts (Rig Veda and Upanishads).

[Manokara et al.(2021)Manokara, Lee, Kamble, and Krumhuber]

[Sathyamala(2019)]

One can argue that vegetarians are less prone to cancer, but they also get cancer from various other means. Vegetarian food is usually very high in calories, and it is common to find people who get overweight with a sudden diet change. Furthermore, gastritis/acidity and other forms of food intolerance are common with a vegetarian diet – excessive beans and dairy in the diet do not help people with intolerance. Being a meat-eater does not mean we eat every day and every meal. Hindus throughout history were meat eaters, usually once or twice a week, and this is followed in many parts of rural India. Based on the Bhagavad Gita, one should focus on Karma and Dharma. It is violent to kill an animal for food, but it is also violent to kill a plant

for food, and unless you are on a strict grain-based diet where no plants are killed or harmed, please stop judging others. Animal sacrifice in Hinduism

The major reason the Hindu scriptures do not want to force mundane rules, especially when it comes to sacrifice is that Hinduism is based on the principle that Atman and Jiva are the core behind all life forms. Hence, pulling out a cabbage is a form of violence as you take a life, just as killing an animal for food. Hinduism promotes nonviolence, but the texts know that violence can't be fully eliminated. Every moment, we are killing microorganisms. It is impossible to be alive without harming others, in some way, we would hurt other people's feelings as we may not meet their expectations. This, too, is a form of violence. We can lower the level of violence we can control, but that does not mean you go against your nature, dietary requirements and your culture. We usually witness new-age Hindu groups forcing vegetarian diets on non-vegetarian Hindus and claiming it to be spirituality or something the key texts have prescribed, which is not true. One must continue with Karma and Dharma and their lifestyle and make changes to diet with knowledge about malnutrition and obesity etc with the change of diet.

Sacrifice is usually part of a Hindu ceremony, where we give what we have by sharing with the community in the form of Prasad. Non-vegetarian Hindus, especially the tribal communities, sacrificed animals during certain Hindu festivals and shared the meat aka Prasad with the community. All forms of food must be respected, along with all forms of sacrifice and cultural viewpoints in Hinduism. Hindu texts such as the Gita, the Upanishads, the Rig Veda and the Ramayana do not prohibit meat eating since it was common with Hindus back when they were written. These texts promote ethics or dharma and depending on time and situation or cultural setting meat eating is Dharma. Hinduism is an inclusive religion, a way of life.

The problem is not with meat or alcohol but with attachment, entanglement and identity (ego). You can be a vegetarian and also consume Tamasic foods, i.e. food that makes you feel a certain way psychologically, with lots of sugar, causing aggression, mood swings, and health problems. Hinduism does not dictate diet - it just promotes diet that causes minimal harm to other beings. The Sattvic diet is not necessarily a vegan/vegetarian diet, and plants also have a life - we are also causing harm by pulling and killing a plant for food.

## V.2 SACRED NATURE OF HINDU WEDDINGS

We would accept that all religious and cultural activities need to be respected, and Hindu marriage has a history spanning thousands of years. Hindu marriage is a religious event with hymns from the Vedas. One needs to know that in Hindu religious events that have Havan, alcohol and meat are not allowed. Hinduism is not against

them, but certain things are done at certain times. This is why there is a reception event after a Hindu wedding, where people have non-vegetarian meals and alcohol.

There is a certain way a Hindu bride behaves during the wedding as defined by tradition, and hence the term Dulhain. There is a cultural tradition for the Dulha <sup>1</sup>. We do not go to a Hindu temple intoxicated with alcohol; similarly, the Mandap <sup>2</sup> is a temple. The couple can have a party after the wedding that includes alcohol and a non-vegetarian diet. Note that cultural misappropriation is a form of racism. There are other forms of Hindu religious and cultural events protected by UNESCO, such as the Durga Puja. Hindu weddings should also be protected as it is IP (intellectual property) of Hindus. Aboriginals in Australia have their culture protected. Similarly, Hindus need the protection of their religion and culture, and cultural misappropriation should not be entertained.

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<sup>1</sup>Bridegroom

<sup>2</sup>Mandap is a sacred place in Hindu wedding

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