



Celebrating
7th Anniversary

Holistic Science of
Life & Living

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HOLISTIC SCIENCE RESEARCH CENTER

Soul Incarnate

A. M. Patel (1908 - 1988)



Holistic Science is both holistic and scientific. The knowledge aspect of soul or self is Holistic and the relationship of the soul with the external is explained on scientific basis except that this science is 'Inner Science' and deals with human life from the gross to the subtlest levels. The knowledge of one's Real identity as Pure Soul and its role in the relative worldly happenings within the physical body, which includes mind, speech and body itself dispels the numerous wrong beliefs, doubts, puzzles and ignorance.



Ardent seekers of Inner Happiness: Jai Sachchidanand!

I am overwhelmed with joy that our Holistic Science Research Center is entering its seventh year after its grand inauguration on April 27, 2009. And with the release of its 5th volume today, this quarterly E-magazine, "Holistic Science of Life & Living" is entering its second successful year. While expressing my heartfelt gratitude, I am very proud of the Director, Dr. Balaji and his team along with the Executive President, Mr. Harish Shah of the Core Group, and the Board of Trustees of Vitrag Vignan Charitable Research Foundation, for their extensive hard work bringing this Science of Human Life & Living to the people of the world at large. This being very vital for the eco-friendly functioning of the entire Nature what we see and experience around us, is encompassing every living form! Shri A. M. Patel known as Dada Bhagwan, the founder Holistic Scientist has so graciously revealed the 'Laws of Nature' to the people of the world in such a time of scientific advancement, which is applicable in every field of our day-to-day life viz. Food, Medicine, interpersonal interaction and Business.

Now, for the benefit of the entire humankind, I appeal to all those fortunate ones who had the rarest opportunity of meeting Him and Knowing this Science, to send their experiences as to how this Science has changed their life at home, at work and in the society, basically handling our own individual mind-speech-body-self in a very amicable and balanced way, which is helping us handle everyone whom we come across the same way! Let us reveal this Science

through our own live example as truly working at the core of every belief, every religion and within every individual, being part and parcel of every living heart! Let our Heart rule our head and not vice versa... I believe that this word of experience would definitely remove all our inner differences we have today based on religion, nationality, education, and economic development ultimately making us as members of One World – One Family...

*Blessings —
Kanudadaji*

(Kanudadaji)

Holistic Scientist Kanubhai K. Patel

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Editorial

Dear Readers,

Today's World is suffering from unrest due to various causes like poverty, regional problems, increasing natural calamities, spreading violence, terror & war etc. Every nook and corner is affected with such problems. Everyone is in search of happiness and pleasure but it is not traceable due to internal deficiencies, due to lack of peace and inappropriate way of individual's style of living. The instant solutions of such problems may create other new problems and the grief and unrest may accentuate.

The inner satisfaction and peace of mind is necessary for dealing with a state of unhappiness and unrest. The Holistic Science offers inner peace in mind and soul and leads to blissful living free from all worries, opinions, clinging to one's conceived and conditioned design, insistence for any matter and fanatic search for justice for external happenings of the world.

Soul Incarnate Late A. M. Patel (1908-1988) popularly known as Dada Bhagwan has explored a new vision for the conquest of the world of woes and worries within. This path is known as Holistic Science of Inner Living that shows us means of attaining inner happiness and freedom from all woes of life. This Center is exploring the possibilities of enabling the humanity to help themselves to enrich their life through the means of

Holistic inner Science of Life and Living.

This 5th Volume of Holistic Science of Life and Living is in your hands in which we have presented blessings by our Inspirer HDH Shri Kanudadaji followed by wonderful contributions by experienced writers on the topics like Advancement towards Humaneness, Divine Connection, Doctrine of innumerable probabilities, vision etc. in the philosophical aspects and also about Money and Safety aspects in human life.

On the 27th April 2015 the Institute is completing 6 years of its journey and entering in 7th year. We are thankful to all the readers and everyone who have assisted us in any form in this journey.

Your feedback will be appreciated.

Balaji Ganorkar

Emergence of Man As Man: Oneness of Human Family

Late G. A. SHAH*

Einstein, a great scientist has propounded a famous equation: $E = M \cdot C^2$. This equation was a result of his theory of relativity that has brought about a great revolution in terms of our perception of the beginning and functioning of this Universe.

In this equation, E=Energy, M=Mass and C^2 = the square of the speed of light. Light travels at a speed of 1,86,300 miles per second. Therefore, $C^2 = 1,86,300 \times 1,86,300$ miles. The equation means that whole mass and light are converted into energy. The mass or the material does not perish but gets only converted or transformed. Our collective and cumulative wishes wear the subtle transformation.

Though this theory falls into the realm of physics and matter, it is very much a base of Holistic Science that endeavours to explore the infinite energy of human mind lying dormant within. Holistic Science is a multi-dimensional approach that takes into consideration relative pluralism of the objects. Having analyzed and synthesized all prevalent view-points, Holistic Science comes up with a comprehensive and candid vision.

The physical events are nothing but extension and expression of feelings accumulated and vibrations emitted at various occasions by a human mind. Therefore, the root of each event in our life is our own feelings and vibrations and there is nobody or nothing

to blame for any of our misfortunes.

The visible is the concretization of the invisible inner intent, feelings and vibrations. They get accumulated in cosmos and at a proper time appear in the form of visible events or happenings. They assume the pivotal role of 'Scientific Circumstantial Evidence.' So we don't have to harbour a grudge or grievance for the apparent happenings of things, as they are the results or effects of our previous projections. They can't be altered or amended. But at the same time, if we nurse and nourish a healthy and harmonious thinking within, we will be greeted with the good, expected favourable outcome.

However, our life can be saved of many misfortunes or ill feelings if our mind is watered and nourished with the positive and compassionate feelings and vibrations. Holistic Science precisely becomes an instrument to water and nourish such thoughts in a human mind. It addresses the roots within and effects the outside events. Holistic Science is inclusive of all objects with their multi-dimensionality, thus leaving no room for the incomplete perception to linger on.

Holistic Science does not aim to cut down the venomous branches and leaves of the tree of hostility and vengeance. It rather targets to uproot the entire

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poisonous tree and plant a new one which will yield the fruits of purity and peace. In this age of stress and depression, this science comes to us as the only saving grace as it transmits the positive human vibrations into reality effortlessly. Holisticism starts from within and translates into a friendly favourable response from outside. It examines the object or happening from different angles and repudiates the rigidity of the partial perception.

Holistic Science encourages human beings to nurture positive thoughts to live with equanimity. This enables us to get rid of all types of psychological accumulations unfolding the inhuman and inimical brooding within.

Though all religions have come into being to uplift and satisfy the yearning of various types of people, the fundamental of all of them remains the same to liberate Man from suffering. This main task of liberation has been described in different dicta by different religions such as liberation, salvation, Nirvana, the Day of Judgment, the Kingdom of God, El Dorado, Arcadia, Olympus etc.

All the religions advocate to living a life that can be instrumental in achieving the final goal of liberation or ultimate desired destination. It is only the geographical, psychological and social differences that

have given birth to different systems such as monotheism, polytheism, Hedonism, Holy Fire, idolatry, iconoclasm, etc. These all aim to protect man from pitfalls.

Each faith is like a coin with two sides. One side relates to the mode of worship, spiritualism and ceremonies. The other side depicts the code of living. These two streams run parallel and in the code of living religious faiths plead for human values, mercy, etc. All religions emphasize positive virtues such as mercy, compassion, love, friendliness, peace and forgiveness. They do not advocate any negativity such as deception, falsehood or violence, stealing, adultery, dishonestly, illicit use of others' belongings etc.

The ultimate aim of human life is to be happy. The external differences among faiths are hereditary and rooted in geographical realm but deep within the structure of human body is his art, his abilities, his love for favourable things which are similar all over the world. The same medical science or engineering, the same computer science, the same artistic expression, the same accomplishment and admiration, the same modern technological presentation for human facilities – all this is universal and we can convert the external universality into oneness of humanity.

Our external activities of mind, speech and body

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are but the tip of an iceberg — 1/8th of the whole. In the same way, inward prompting is causal of all the externality. Moreover, our mind, speech and body are dependent upon some mysterious forces and we are not independent in the activities of our own mind, speech and body, e.g. however much we desire, we cannot stop the flood of evil thoughts or dreams. Willy-nilly, much against our resolve, we blurt out witlessly or burst into rage.

A person with a decision not to speak anything untoward utters such words as may prove painful to the others. Sometimes, unexpected and undesired physical problems shoot out, so the visible world is the happening beyond our control. Being assisted by favourable factors, we simply make a statement of our control over mind, speech and body. But the vigilant observation and analysis will bring out a fact that we are simply decoding the inner infrastructure which is genetically acquired. We ourselves place ourselves in the illusory state of independent performance.

What is happening or what happens is the result or the outcome of our own accumulated or projected deeds but in order to have a better life we should learn the art of analyzing our inner functions and resolve not to step into the disagreeable or distressful support.

In order to have a taste of freedom, we should

remove two powerful impediments or passions. They are attachment and abhorrence which breed desire, anger, pride, avarice and jealousy. These are our foes. They are the universally harmful forces. One may belong to any religious faith, but if one tries to soar above attachment and abhorrence, he will feel the fragrance of his faith irrespective of his caste, creed, cult and country.

Holistic Science has been admired and appreciated by almost all leaders and religious faiths. In the uninterrupted process of evolution, this science will bring progress and development. Today, the external sciences have brought the whole globe in our small cabin. Space ships explore the planets and galaxies. Biologically also the medical science has done many amazing things. At this stage, I remember the words by Armstrong — the first one to put foot on the soil of the moon: “One small step for man but a giant leap for mankind.” This giant leap of mankind is with reference to the external aspects with time saving devices and safety, modes of communication, technological and aeronautic advances but the external progress has to be in tune with the inner progress which will blossom the virtues and merits of human values.

If we can have a plunge into the fathomless firmament, if we can reach up to the Moon, Mars and

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Saturn, we can also have the evolution from an ordinary man into a Superman. This inner giant leap will transform our planet into a paradise of peace and progress.

God has given us beautiful eyes and brilliant brain for the pleasure of beholding the beautiful, auspicious and truth. We have to behold our own reflection in others. We should restrain from enacting those things which we would not like to have enacted upon us. Man is the sum total of all the conditionings and complexes which simply manifest the inner urges. If we are not in agreement or liking of such things, we may keep away from the repulsive person but we should not hold any prejudice or ill feeling for the other man. Our sympathetic attitude and loving manner may bring about a change in him. Today's repulsive person may be a highly reputed celebrity tomorrow. It is rightly said: "Judge not lest ye be judged." We do not have to judge the world with the measure stick of our likes and dislikes.

We have to view the world as it is and spread healthy vibrations. These vibrations will touch the inner core of the people and subtly bring about transformation in the society.

Now time has come when we have to consider such ways and means as well to lay the foundation of

Oneness of mankind. This has been longing in the heart of countless millions. Now that dream is within the reach of the world. For the first time in history, we can view the entire planet with its multi-dimensional, diversified people in one perspective. Now the old stubborn clinging to or craze for the worn out, customary pattern has to be replaced by a new culture bringing about the world unity and peace.

Our present century has been blessed with the amazing scientific and technological advances. They portend a great surge towards the social evolution and oneness of mankind. They will help a lot in the solution of practical problems. They will provide the balanced administration of the complex and demanding life style of the fast progressing world.

Never before had we been at a better advantage as now for the realization of the vision of humanity as 'one people' and of the earth as 'a common homeland' owing to amazing advances of electronics, technology for transportation and communication. The choice has to be done between human-thrust Deluge and Divine Dreamland of Delight. We have to wipe out the woeful, witless misdeeds of the past and set afloat the sincere sentiments for the unifying vision. It is said, "Charity begins at Home." So a beginning has to be made individually within- and the society, the nation, the religious communities - why, the entire world is a

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garland of the beads of individuals.

Today the world lives under the specter of war, the collapse of internal economics, the spread of anarchism and terrorism and a lot of sufferings. This has made the social, economic and religious aspects to succumb to the pessimism but it is a convulsive gesture for the reconstruction- “The old order to change, yielding place to the New.”

A link of spiritual luminaries have established a close relationship between humanity and ultimate reality. Holistic Science which respects all the religious faith is now the inevitable demand of the age. If the flame of the religious lamp is dimmed, chaos and confusion will prevail and the virtues of fairness, of justice, of peace and tranquility will stop glimmering and guiding mankind. A heavy responsibility rests on us. We should not let confusion and artificial barriers between faith and reason, science and humanity to eclipse our wisdom.

The moral support and strength of goal – oriented ideologies and faith will play a pivotal and principal role in perfecting human existence on this planet. Nature which is a permanent pointer of human welfare has to be adhered to. It should not be exploited and our life should be natural and normal. The attempt to tame or to rule over nature has failed and this calls

an effort to stay in harmony with nature. Fresh efforts are needed which should reform and revolutionize our feelings and thinking.

The foundation of the world order should be on the unshakable consciousness of the oneness of mankind. This requires renouncing opinions and prejudices of the cult, class, colour, creed, clime, country, caliber of the people. This is the first basic need for reorganization and cessation of the untoward adverse happenings on the earth.

We do not have to destroy the diversity but extend and broaden the base that will accommodate all view-points, faiths and ideologies in the ever- changing world. This is what Holistic Science aims at. There is neither ignorance nor suppression of the diversity of ethnic origin of climate, of language and tradition, of thought and habits. All these will become the ornamentation in the Beauty Parlour of Holistic Science. There will be a world without economical barriers and interdependence of capital and labour.

A universal constructive approach for the menacing problem, the end of bigotry and strife, racial animosity and intolerance can be put aside proclaiming: “Live and let live.” These momentous movements need inner strength, pure motive and love for mankind, spiritual and moral values. This will be an

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era of optimism, removing the fear of nuclear holocausts. It will foster international cooperation and peace. The unification of all the people in the world is a must.

The unity of mankind is the goal towards which the ailing humanity is struggling for. This is a crux of the maturity of the species called Man. It will carry forward the ever-advancing civilization. It will enhance human dignity, trust worthiness, forbearance, mercy, love and compassion. Let us all sing a lullaby of love for mankind with growing baby of new generation to come in the cradle of neo-civilization and culture, Let each individual be a fragrant flower in the park of this planet. Let each one cherish the positive, peaceful and pleasant sentiment within.

This will surely herald the heaven of happiness on this earth. The evolution of mankind will result in the emergence of “Man” with multifarious human values, contribution to the creation of a unique, Utopian world and Oneness of mankind will be elevated to the level of Divinity. Like Socrates, we too will say: “I am a citizen not of Athens, but of the whole world.” There will be a chorus of “Vasudhaiva Kutumbkam” meaning the world is my family.

* Late G. A. Shah, Founder Trustee, Vitrag Vignan Charitable Research Foundation, Kamrej, Surat



Electrified 3D Mural in HSRC Surat

The Money Mesmerism

Lalabhai D. Patel*



All of us experience the mesmerizing effect of Money. Have we ever thought about it in an objective manner? Generally Not. Why? Because whenever we get mesmerised with any thing or a person, our ability to think with objectivity is likely to get stunted. It is observed that sometimes even those who appear to have renounced the worldly affairs cannot remain firm any longer in their initial vow of simplicity through life and slowly land themselves entangled with too much of wealth and large estates! Let us try to understand various aspects prevailing about money in juxtaposition of perspectives of those revered personalities free from such mesmeric effects of money.

A. Money is a store of Value: Yes, but its value is not the constant over a time and differs between geographies, it is known as PPP (purchasing power parity). Obviously you will have to part with something of value to obtain money! While I buy with a credit card, I pawn my future earnings which may sometimes be uncertain while the liability is already created. Just think from your own experience! The money value is a fluctuating one. With the things getting scarce and dearer the value of money recede. While all essentials for life like Air, Water, Sunlight etc. are supplied free of cost by the Nature, we would realise its true value once we are deprived of it. In a desert of Sahara if one is dying of thirst he will even pay a Thousand dollar for a glass of Water. It is the utility aspect of things which is crucial and not the money itself. The Soul Incarnate A. M. Patel (1908 - 1988 A.D.) popularly known as Dada Bhagawan says 'Even a King, if got stranded in a deep forest and is hungry for two days, would even beg food from a tribal!'

B. Money gives perpetual Happiness: True, but may not always. Otherwise the Rich would be Happy all times! Actually money per se does not give happiness, it is its exchange value which enables one to buy things or services that satisfy one's needs. Such conversion of money satisfy

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your needs, but one has to part with his money to derive satisfaction of need. Now, money being dearer to me it might give me sort of pain while parting with it! Let us recall our recent experience sometime after squandering money on impulsive shopping! We may later realise having landed up buying an unnecessary item that too with a credit card! Dada Bhagawan advised us to focus on outflow of money! The ancient Indian aphorism says the Money makes you feel pain at all stages: while earning, safekeeping and also spending! Adya Shankaracharyaji says 'One should always keep in mind that money power is ingrained with a sort of havoc!

Dada Bhagawan has quoted his observations of ultra-rich people having even forgotten a genuine natural smile!

C. Accumulating Money is the goal of Life: Yes, it seems so. But nobody knows what enough money is; as a result while lifespan is finite all of us ceaselessly strive for limitless money. The Bankers know that everybody wants to deposit money while always it is in his heart wishing not to withdraw it at all! This all pervasive aspect keeps the Banks afloat! In most cases the money

outlives the Man! The wisdom lies in balancing level of desire for accumulation with one's own circumstances like essentials, likely future needs as also income, the ability to earn through remainder lifespan etc. but not following the herd. Dada Bhagawan hints that while you are not getting saved yourself for too long, why do you make dying efforts for too much of a money? He says craving for too much of money is a Raudra Dhyana (a desire to inflict pain upon others) since it is actually a deeper wish to grab the other people's quota for money. May be because of this aspect that Jesus Christ said "It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God." (Matthew 19:24).

Since people in general are aimlessly engaged in a rat race to grab more and more of money, Shrimad Rajchandraji advised that 'One should ponder over the purpose of Earning!' There is deep message here for all of us to contemplate.

'Gnani Purush Shri K. K. Patel popularly known as Kanudadaji says, 'Nobody knows how much enough is enough!'

There are many beliefs embedded in our mind through

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the all pervasive opinions we have come across throughout the course of our life. The Wisdom lies in pondering over the advice given by those who have got de-mesmerised themselves from the worldly affairs. On the other hand we also need to be vigilant of those who are in the business of wealth accumulation in the name of spirituality. Here the barometer given by Ramakrishna Paramhansa serves as a guidepost, 'look to the size of baggage of the preacher, the true knowledge level would usually be in the inverse proportion of the size of his baggage and paraphernalia!'

Dada Bhagawan while travelling even to a foreign country kept a very small bag and would never go for another bag. If one tried hard to gift him a garment, he would replace it from his existing one from that tiny bag keeping its contents constant! The great people's life itself is a message if we observe it attentively.

Dada Bhagawan advises us to rather make good use of money while saying "Donation (to needy) is an investment in a safest Bank (of nature) with highest rate of interest!"

*Lalabhai D. Patel, M.B.A, CAIIB, B.Sc.(Agri), Ex-AGM,
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Vitrag Vignan Charitable Research Foundation
(HSRC Surat) during night

Nowhere is Safe

As one rolls along with the roles of life,
Some lasting for seconds,
Some for minutes,
Some for hours,
Some for days,
Some for weeks,
Some for months,
Some for years,
Some for decades,
Some for a lifetime,
Some for many lifetimes;
All roles at some point in time,
Come to an finale,
As one rolls along with the roles of life;
Nothing dependent on matter, space, energy, time,

Shaila Bharat Mulji*

Lasts forever,
As one rolls along with the roles of life;
The only eternal is the divine,
As one rolls along with the roles of life;
So BE nowhere in the temporary relative realm,
Yet BE everywhere in the eternal divine realm;
Cause NOWHERE is SAFE!
As one rolls along with the roles of life.

* Shaila Bharat Mulji, Los Angeles, California.

Our Divine Connection

Dr. Radha Krishnan*

There is a proverbial saying that if we want to live a contended and well balanced life “You have to give up your present life to get another life”. Though not to be taken literally, it is very relevant to the predominant intellectual temper of our time. It is not a novel idea but only a new way of looking at the old ways of thinking. The new life goes by the name Pragmatism or Humanism which is nothing more than living by applying “common sense” solutions to complex situations. Common sense, as my spiritual master defined, is “one that works everywhere, all the time, and for all of us” Often, we dismiss the word “common sense” because it sounds too simple and unsophisticated among intellectual circles. We presume it only applies to our mundane life and living and does not satisfy our intellectual curiosity. This is not so.

Today, common sense goes by the name Pragmatism or Humanism in intellectual circles. The name Pragmatism was first invented by Mr. C. S. Pierce in 1878. It was applied by him to the doctrine that the significance of thought lies in the action to which it leads. The full fledged philosophy of Pragmatism or Humanism developed much later and it is now accepted in intellectual circles as the way of living. It also goes by the name Holistic Living. It can be summed up in two statements: (1) we must know the truth or “FACT” (as opposed to “opinion or viewpoint”); and, (2)

we must avoid error. Just because we do not know the truth or lack conclusive evidence, our passion for knowing the truth should not be abandoned. Often, we are compelled to act and make decisions even when there is lack of evidence. It is under these circumstances that being tuned to our “Divine Connection” which helps in deciding among complex alternatives and at the same time to get closer to know the truth. Truth is revealed only by experience and that too by our own living experience and not someone else's experience. It tells us impartially “what one has to do under the compelling circumstance” and not “what I, the ego-centric individual, wants or ought to do”.

To understand the Divine connection is to understand life's mission. Life's mission is not limited to the external life we lead, namely our relationships and external surroundings. At some point in everyone's life, questions arise such as: “Why are we here in this world?” “What is the purpose of our life?”; “Who should we approach to guide us?” “How should we set our direction going forward?” Choice is our greatest power, greater than even love which is proclaimed as the ultimate in divine living. We must first choose to be a loving person, For example, if someone has spoken hurtfully to us, in that single moment, the power of transformation rests entirely in us. We can choose to forgive which is what our inherent Divine nature would tell us to do or repress our inherent divine nature and

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break out into anger and create a negative outcome for both. Choosing to act in accordance with our Divine potential is an opportunity to grow and transform life. This power helps us in Self understanding which in turn teaches us that the experiences and relationships that we go through in our lifetime are only those that we are meant to have and not a matter of choice. Mother Nature and the Cosmic laws carry out these functions whether we know it or not. Science cannot unravel these deep and subtle cause-effect relationships and our choice, once we are here on this earth, is limited to “our intentions” only while acting and living. Divine living implies living that supports each others' spiritual growth. It emphasizes that relationships be treated as divine contracts made in previous lifetimes to be fulfilled. Self understanding helps us to listen to our inner conscience and follow our intuitive faculty that is not connected or dependent on our mind, body and intellectual functions. It alerts us at all times if only we are attentive to it and stay focused in the midst of choiced situations.

A confused and directionless life has other consequences besides our body and spirit. It can be a destructive force in our relationship. Howard Thurman, the late theologian and mystic said: There are two questions that we have to answer ourselves. The first is “where am I going?” and the second is 'Who will go with me?’. If we ever get these questions in the

wrong order we are in trouble. Without self understanding or without knowing, why are we here and our mission we can hurt others as well as ourselves. If we don't have a clear sense of how to see the “bigger picture” in the enacted world we will not be able to respond to situations especially those that are physically and emotionally close to us. Every situation demands a sincere and conscientious resolve from our part to adjust and change our stand for an amicable outcome.

Life being a living experiment and a learning process eventually will give us the inner resolve and strength needed to fulfill our life's mission in an amicable way without conflicts and complaints. It will open up the immense divine potential within us while we are still living in this physical body. We should be earnest and prepared to receive the Divine Grace which is ever present. What is needed from our side to receive this ‘Grace’ is for us to set the sails high and open so that life's sail boat can safely and effortlessly reach its destination. One change is never enough to transform our life. Change is a never ending process and is the vital force that keeps the world functioning. It affects everyone, every moment. The Knower, Soul, Atman, kingdom of God by whatever name we call it is the only unchanging entity and it is the Divine power within us which we forget and fail to exercise. Staying connected with the Divine power implies being aware and alert to

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the unchanging and changing phenomena that we experience every moment of our life.

Every human who has inhabited this earth from recorded history has gone through transformation and change in their lifetime. It is the common and the natural path that gradually leads us to a higher level of self understanding. However long it takes, the truth revealed by our own experience in our lifetime is the only truth that we will readily accept regardless of what we read, learnt or taught by others. That notwithstanding, it is only from close association with those who have realized the Divine power within and lived an exemplary life that can help and guide us in this journey.

Relying on our own potential in the early stage of our pursuit for self realization can be challenging because our vision and understanding are tainted by opinions, beliefs, likes, dislikes, desires, etc. All these act as hindrance in the early stages of self realization. However, they can be overcome when we surrender to the Divine Force within us and follow the path of the enlightened souls who have left a legacy of their earthly experience. The lessons to be learnt from their experience are that we are merely onlookers of the cosmic play that goes on endlessly. The self-regulated and impartial force that operates everywhere is the only Actor in this universe. None other than it can act

independently. Real freedom can be experienced only when we accept and surrender wholeheartedly to this Natural force and let the Natural Justice prevail. We learn to accept situations “as they are” and not “as we expect”. When we recognize the common thread that binds us as Humans, our vision and understanding become clear and get reflected in our relationships and actions. We begin to share our life and not possess it. We see the underlying unity in diversity. Individuality takes a back seat and we live within the bounds socially, ethically and morally. Our sense of individuality gradually vanishes and at the allotted time Mother Nature steps in to free us from the fetters of our earthly connections and unites us with the Divine. It happens on her watch and not ours. It is so well exemplified in the following excerpt from the philosophical writings of the Late Sarvapalli Dr. Radhakrishnan, the Ex-President of India and one of the greatest Philosophers of that time.

“The oldest wisdom in the world tells us we can consciously unite with the divine while in this body; for this man is really born. If he misses his destiny, Nature is not in a hurry; she will catch him up someday and compel him to fulfill her secret purpose.”

* Dr. Radha Krishnan, President, Holistic Science Charitable Research Foundation, U.S.A

Doctrine of Innumerable Probabilities in Reality : Anekantvad

Dr. J. P. Amin*

Anekantvad: Universal Contribution:

Among many teachings of Lord Mahavir is the Anekantvad or the theory of innumerable probabilities in Reality. This doctrine is the unique contribution for understanding, to some extent, the complex nature of the Eternal Elements (Astikāya), which have some of the natural properties appearing dissimilar, when viewed outwardly.

Panchastikaya and Kaal:

There are five such eternal elements called "Panchastikaya" and "Kaal" is an ancillary or subsidiary element, as an offspring of these five elements. These elements have infinite inherent properties or characteristics, which are inseparable from the elements. These properties are permanent, although they may remain concealed depending upon the level of ignorance of human beings.

There is a continuous appearance and disappearance in predetermined cycles, of the situations or stations (Paryaya), as an offspring from the permanent properties of the element, which is, called "kaal", as an auxiliary element. The eternal elements together with their natural properties could be known only up to certain extent, through intellect/ wisdom, but in Reality they can only be experienced.

Several Limitations in Expressions:

When these elements and/or their natural properties are expressed in words (of any language), there are several limitations, some of which could be as under:

1. A cosmic element (9 Dravyas or Astikaya) having infinite properties of eternal nature cannot be truly described in words.
2. Even if the above is expressed in words, they cannot be described in totality at one time, whereas all the properties exist at all times. The properties could be described, to certain extent, one after another and that too, not at the same time.
3. When the properties are expressed in words, the same could be described part by part with a specific view-point.
4. Words or language could be changeful, whereas the eternal elements and/or their properties are changeless. In other words properties of element are infinite while language is finite.

Syadvad: Method of Expressing:

Taking into consideration the above limitations of words or the language, Lord Mahavira has expounded the doctrine of "Anekantvad", and the method of expressing is called "Syadvad" or theory of Relativity.

Doctrine of Innumerable Probabilities in Reality : Anekantvad

Anekantvad Theory:

This theory has several unique qualities by which conflicts or difference of opinions could be avoided or resolved and peace or harmony could be attained. With the prevalence of congenial surroundings, by adoption of the above doctrine, human beings can harness their energies for upliftment. Some of the salient points of this "Anekantvad theory is as under:

1. To accord due respect and appreciation to each and every viewpoint or an opinion, considering it as one of the probability of expressing a particular aspect of the matter (out of the entire), and thus avoiding assertions. In other words to respect the beliefs of the persons having specific view-points, so that their feelings are not hurt.
2. Each view-point is expressed with a specific condition on which it is based or founded (Relative or Sapeksha). The cosmic element together with all its properties could be more or less understood, from part to whole, when the same is visualized from all probable and possible angles or view-points.
3. When a thing or an object is viewed from all probable viewpoints, in an impartial manner, it may be possible to reach near about the whole truth.
4. For general study and understanding of the

cosmic elements and / or their properties, the view-points or the probabilities are broadly subdivided in two principal segments as under:

5. a. Quaint-essential view-points (Nishchaya drishti): The view-points leading to the purest or most perfect kind.
- b. Multi-formity in worldly view-points (Vyavahar-drishti): Respect for all divergent view-points in relative matter.

Nishpakshapat :

When things are visualized from the above two segments simultaneously in an objective manner, Seeker is closer to the fact or actuality, and prejudices on account of diverse view-points or opinions could be avoided. In other words there are no assertions for a specific view-point or an opinion. As a result of the above visualization, openness and respect for all probabilities could be attained.

Keeping the above doctrine as Focal point, partisan attitude is avoided (Nishpakshapat) and equipoise could be attained. Some thinkers and philosophers consider this as a doctrine of "Non-Absolutism" or theory of "Relativity" (Sapekashavad).

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દષ્ટિ

આપણા શરીરમાં જેવી રીતે આંખનું ખૂબ મહત્વ છે, તેવી જ રીતે આપણા જીવનમાં દષ્ટિનું એટલે કે સમજણનું પણ ખૂબ મહત્વ છે. જેમ આંખ વગર કશું જોઈ શકાતું નથી, તેમ સવળી દષ્ટિ (સમજણ) વગરનું જીવન અંધકારમય બની જાય છે. આંખમાં ખામી હોય તો તે આંખના ડૉક્ટર પણ દૂર કરી શકે, પરંતુ દષ્ટિની ખામી કેવી રીતે દૂર થઈ શકે કે જેથી જીવનમાં સુખ અને શાંતિ થાય ?!

દષ્ટિ એટલે શું ?

- દષ્ટિનો સામાન્ય અર્થ લઈએ તો દેખવું, નિહાળવું, નજરાવું એટલે કે આંખથી કોઈ પણ દૃશ્યને જોવું — એ બહારની દષ્ટિ થઈ.
- હજુ એનો ગૂઢ અર્થ લઈએ તો દષ્ટિ એટલે સમજણ, સૂઝ. સમજણ હંમેશા અંતરના લેવલે જ હોય જે જોઈ ન શકાય, પણ અનુભવી શકાય છે — એ અંદરની દષ્ટિ થઈ.

જેવી અંદરમાં સમજણ હોય તેવું બહાર દેખાય, એટલે જ આપણે ત્યાં કહેવત છે, "દષ્ટિ એવી સૃષ્ટિ". જેનાં જેવાં યશ્મા એવું એને દેખાય, કમળો થયો હોય તો પીળું દેખાય.

દષ્ટિને એક દષ્ટાંતથી સમજીએ :

પાણીથી અડધો ભરેલો ગ્લાસ બે વ્યક્તિની સામે મૂકવામાં આવ્યો છે. તેને જોઈને એક વ્યક્તિ કહેશે કે ગ્લાસ તો અડધો ભરેલો છે, જેટલો છે તેટલો, એને સારી રીતે ઉપયોગમાં લઈ શકાશે. જ્યારે બીજી વ્યક્તિ કહેશે, ગ્લાસ તો અડધો ખાલી છે, કેવી રીતે ઉપયોગમાં લઈ શકાશે ?

આના પરથી સ્પષ્ટ થાય કે પહેલી વ્યક્તિની દષ્ટિ પોઝિટિવ કહેવાય,

કુ. હેતલ પટેલ *

જ્યારે બીજી વ્યક્તિની દષ્ટિ નેગેટિવ કહેવાય. આમ દષ્ટિ બે પ્રકારની થઈ: (૧) પોઝિટિવ દષ્ટિ અને (૨) નેગેટિવ દષ્ટિ :

પોઝિટિવ દષ્ટિ : જે તે વસ્તુ, વ્યક્તિ, પરિસ્થિતિ કે સંજોગોને જેવા રૂપે હોય તેવા સ્વરૂપમાં સ્વીકાર કરવો.

નેગેટિવ દષ્ટિ : નકાર નહીં, વસ્તુ, વ્યક્તિ, પરિસ્થિતિ કે સંજોગોને સ્વીકારે નહીં એવું નહીં, પણ પોતાની રીતે સ્વીકાર કરવો.

જે આપણે ઉપરનાં દષ્ટાંતમાં જોયું.

પોઝિટિવ દષ્ટિવાળા માટે કંઈ પણ અશક્ય નથી હોતું, નેગેટિવ દષ્ટિવાળા માટે કશું પણ શક્ય નથી હોતું.

પોઝિટિવ દષ્ટિનો ફાયદો :

- વાસ્તવિકતાનો સ્વીકાર થાય તેથી બોજો ના લાગે.
- તણાવ(સ્ટ્રેસ) નો અનુભવ ન થાય.
- આગળનો રસ્તો મળે.
- પોતાનું હિત જળવાય.
- પ્રગતિ થાય, સફળતા મળે.
- માનવતા—મનુષ્યપણાના ગુણો ખીલે.
- અંતરમાં સુખ—શાંતિ થાય.

નેગેટિવ દષ્ટિથી નુકસાન :

- જે તે પરિસ્થિતિનો ઉકેલ ના આવે.

દષ્ટિ

- ગૂંચવાઈ જવાય.
- સ્ટ્રેસ વધે, અસંતોષ થાય.
- સમય, શક્તિનો વ્યય થાય.
- પ્રગતિ અટકી જાય.
- અહિત થાય.

આપણે આપણા જીવનમાં ઘરમાં હોઈએ, ઓફિસમાં હોઈએ, કોઈ વ્યક્તિ વેપાર કરતો હોય તો એમાં પણ આપણી કઈ દષ્ટિ વપરાય છે? એવું આત્મપરીક્ષણ કરી શકાય, અને તે દષ્ટિ અનુસાર સુખ ને દુઃખ અનુભવાય છે.

દષ્ટિ — માન્યતા — અહંકારનું રિલેશન :

દષ્ટિ(સમજણ) વપરાય છે એ માન્યતાના આધારે વપરાય છે. માન્યતા એટલે માનવું તે. દા. ત. કોઈને એવી માન્યતા હોય કે હું બહુ પરફેક્ટ કામ કરું છું, કોઈને એવું હોય કે હું અંગ્રેજી બોલી શકતો નથી, વગેરે.... માન્યતાના મૂળમાં અહંકાર રહેલો છે. જેવો અહંકાર તેવી માન્યતા અને તે પ્રમાણે દષ્ટિ.

પરફેક્ટ કામ કરનારને એવું હોય કે હું જ પરફેક્ટ કરી શકું, તો તે પ્રમાણે તેની દષ્ટિ વપરાતી હોય. તે હંમેશા ક્યાં પરફેક્ટનેસ નથી, એ શોધીને એને પરફેક્ટ કરવામાં એની દષ્ટિ (સમજણ) ને વાપરે છે.

પોઝિટિવ અહંકાર	⇒	પોઝિટિવ બિલીફ	⇒	પોઝિટિવ દષ્ટિ
નેગેટિવ અહંકાર	⇒	નેગેટિવ બિલીફ	⇒	નેગેટિવ દષ્ટિ
અહંકાર રહિત	⇒	રાઈટ બિલીફ	⇒	શુદ્ધ દષ્ટિ(તત્ત્વ દષ્ટિ)

દષ્ટિ કેવી રીતે કેળવાય ?

આપણે આત્મપરીક્ષણ કરીએ તો ખબર પડે કે મોટે ભાગે આપણી નેગેટિવ દષ્ટિ વપરાતી હોય છે, તો હવે પોઝિટિવ દષ્ટિ કેવી રીતે કેળવાય ? કેવી રીતે તેની શરૂઆત થાય?

- પ્રાપ્ત મન, વાણી ને કાયાથી કોઈ પણ જીવને દુઃખ ન હો.
- પ્રાપ્ત સંજોગોનો સુમેળ સાધી સમતા ભાવે નિકાલ કરવો.
- અથડામણ ટાળવી.
- કોઈ પણ પરિસ્થિતિમાં એડ્રજસ્ટ થવું.
- અંતે તે/તેણી એક સારા વ્યક્તિ જ છે.

આ રીતે પોઝિટિવ દષ્ટિ ધીમે ધીમે કેળવાતી જાય.

કાયમનું સુખ પ્રાપ્ત કરાવનારી દષ્ટિ :

- આજના ઝડપી અને સ્પર્ધાત્મક સમયમાં વિપરીત સંજોગો તો આવવાના, તેને કોઈ પણ બદલી ના શકે કે અટકાવી ના શકે.
- શું એવી દષ્ટિ જ નહીં હોય કે જેનાથી અંદર કાયમની આંતરિક સ્થિરતા થાય ? હા, એવી દષ્ટિ છે. તો એ કઈ દષ્ટિ? કેન્દ્રવર્તી દષ્ટિ — તત્ત્વ દષ્ટિ — અભેદ દષ્ટિ ; જે પ્રાપ્ત થવાથી કાયમનું સુખ અને સ્થિરતા થાય.

કેન્દ્રવર્તી દષ્ટિ — તત્ત્વ દષ્ટિ — અભેદ દષ્ટિ :

પ્રકાશ આપનારી દષ્ટિ — વાસ્તવમાં "હું કોણ છું", "કોણ નથી" અને જગતનું સંચાલન કેવી રીતે થાય છે ? તેવી સમજણ આપનાર દષ્ટિ. "હું શુદ્ધાત્મા છું"નું ભાન કરાવનારી દષ્ટિ.

દષ્ટિ

આ દષ્ટિ પુસ્તકોમાં નથી. તો ક્યાંથી પ્રાપ્ત કરાય ?

સમર્થ જ્ઞાની પુરુષ કે જેમની પાસે આ દષ્ટિ હોય, એમની કૃપા થકી આ દષ્ટિ પ્રાપ્ત થઈ શકે. જ્ઞાની પુરુષ કે જે પોતાના પૂરેપૂરા "સ્વ"ના ભાન સાથે કેન્દ્રવર્તી હોય અને બીજાને પણ એનું ભાન કરાવી શકે એવું કુદરતી સામર્થ્ય ધરાવતા હોય. એમની દષ્ટિ નિર્મળ હોય અને આંખોમાં ગજબની સ્થિરતા હોય. જ્ઞાની પુરુષ સહજમાં દષ્ટિ ફેરવી (ભેદ કરી) આપે ને અવળી માન્યતા (હું નામધારી છું)માંથી સવળી માન્યતા(હું શુદ્ધાત્મા છું)માં બેસાડી આપે.

એ દષ્ટિ જેમ જેમ કેળવાતી જાય તેમ તેમ કાયમી સુખ અને સ્થિરતા અનુભવાય અને બધા દષ્ટિબિંદુ (viewpoints) માન્ય થતા જાય.

* હેતલ પટેલ, બી.ઈ. ઈન્સ્ટ્રુમેન્ટેશન એન્ડ કન્ટ્રોલ, પીજીડીસીએ (અમદાવાદ)



Partial view of atrium from the entrance of south gate in HSRC, Surat

અમારી શુદ્ધ ભાવેચ્છા

કવિરાજ નવનીત સંઘવી

અમારી શુદ્ધ ભાવેચ્છા

અમારી શુદ્ધ ભાવેચ્છા, જગત્કલ્યાણ જોવાની ;
હવે નહીં બાકી જગ-ઈચ્છા, અવસ્થામાત્ર છે ફાની. —અમારી...
અલખ-નિષ્કેઈ સુરાહી, મલક-માલેક ખુમારી ;
ભુવન-સ્વાયત્ત દરબારી, પ્રમાણુ કો' ન તકરારી.
અમલ શુદ્ધાત્મ-અનુભવનો, ચડાવે રંગ નિર્વાણી ;
અતિ દુર્લભ, સદા અચરજ, છતે દેહે જ મરવાની. —અમારી...
જો સાધન દેહની હોડી, ને લગની મુક્તિની જોડી ;
તો સાર્થક મનખા પરપોટી, નહીંતર કાયમી હોળી.
વિના 'સર્વજ્ઞ'ની કિરપા, મહા-મુશ્કિલી તરવાની ;
નિરર્થક વેડફો નહીં 'ક્ષણ', સમયની સ્વારી સરવાની. —અમારી...



Inauguration Ceremony :
HDH Shri Kanudadaji in the Center



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