

Life And Its Essence

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We live in a society that appears surreal. The challenge is to know it as real! For instance, our society is often characterised by insatiable greed for more and still more, giving one the impression that to have more and to be working

for more must be the ultimate goal of life. This hankering for material possession is no more individual habit. It has become a societal norm. As a result, there is rat race, an uncanny sense of urgency becoming way of life, which even transcends barriers of culture and border. How do we address the issue of man's avarice for possession? How do we see the difference between having and becoming? Is there a need to stand still at least sometime? Must we remain up and about all the time? How do we have clarity about the purpose of doing what we keep doing in our day to day life? These are some questions that can indeed agitate our mind, which is perhaps the first step towards comprehending any issue, let alone knowing about the ultimate purpose of our sojourn on the planet earth.

In fact, Gautam Buddha in the 6th century BC got motivated to attain *Nirvana* only after his mind began to agitate after he chanced upon, the old, the sick and lastly the dead one. He grew restless and restless to find out the reasons behind the transformation that man undergoes. His tireless search more inside than outside led him to the path of enlightenment. Today, Buddha has become rich source of inspiration for many across the globe. He is revered and respected but more for what he achieved rather than how he achieved that. It is time we denizens of Google Age learnt to introspect. Only then, will we realise a simple fact that each human being is waiting to be awakened. How will that awakening happen? Are there certain time tested principles and postulates for achieving that? Yes, that way, we Indians are lucky! India has always been fertile ground for spiritual fermentation.

In all ages, we had die hard seekers and wanderers, who abdicated everything just to understand two shades of life- one that is perceived and the other that is. It is easy to state here that what is, Is and what is not, Is Not. In real life, things are much more complex than they may appear to be. What is the way forward? Let us turn inward. We need to explore what lies within us. We are not just physical beings made up of flesh and blood. We are here on purpose rather on design. The best way to find that out would be to grow aware of ourselves. Know then thyself, so said the bard! Let us embark on the voyage of self discovery. Time is opportune, as never before, to grow aware of our awareness!