

OBJECTIVE OF HUMAN LIFE

Shankaracharya Swami Niranjandevtirth

There are countless universes and each universe has countless creatures and each creature has countless births. In these countless births each creature faces the endless results of each action. These form the birth, virtues and results.

All the living creatures of this earth come across happiness and unhappiness. This begins from the birth of a person itself and it also involves a kind of synchronization. One child gets lots of happiness and comforts right from the birth like air-conditioned room, team of specialist doctors, nurses and others who are eager to serve and take care of the child. There is a second aspect to this, the mother of another child is cutting grass in the field during daytime. The soles are burning due to hot ground and the bright sunlight from the sky is making it even more difficult. Her body is wet due to perspiration and during this condition, she delivers a child. She is all alone with nobody to take care of the newborn and is forced to do everything herself. So, it is clear that there could be some reason for the difference in the circumstances of the two births. We cannot just blame it on the nature or fate. Therefore, one has to accept that both these infants have committed some deeds in their past births due to which they are facing happiness and unhappiness. Results of past deeds, actions and enjoying happiness or unhappiness as a result of those deeds are the terms used to express this. The man performs some good and bad actions, as a result of which he or she faces happiness or unhappiness right from the birth to death.

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Some people do not believe in reincarnation or enjoying happiness and unhappiness based on past deeds. There is a question for such people, a child born to a human being learns to sit after six months of birth, but on the other hand the calf of a cow, buffalo, donkey etc. start walking after just few hours of birth and also starts jumping. Who has trained these calves of animals? Who taught flying to the birds? Who taught the swan the difference between sweet water and ocean water? Who taught the crow's chick to forego good and delicious food and get attracted towards dirty and faecal matter? Who gave the advised the lion cub to attack the deer? People talk about nature, tendency etc. to relate these things. But, this is not the right answer. On the other hand, when we accept that there is one creature has several births based on which it enjoys happiness or unhappiness then we get a simple solution to this question.

The basis of reincarnation is actions and rebirth takes place to enjoy the results. Some saints and great people say that after human birth the soul does not take other births (except human). This is contrary to the Indian philosophy, religious texts and Vedas. The soul can take any form once the man enjoys results depending upon his deeds. Actually this is has nothing to do with the view of an individual. The principles of religious texts and philosophy should only be considered to be authentic. Great yogi like Jadbharat was also forced to take the birth of a deer due to his deeds. Then how can we say that the soul does not enter any other living after getting human life? There are thousands of such examples in the classics. That is not all, Nahush had to enter a snake's body even after getting the birth in the form of lord Indra. Similarly, king Nriga had to take birth in the form of a chameleon even after donation countless cows.

Our relation with our close and dear ones is not permanent, but the relation remains till one birth. It is said that a woman who serves her husband wholeheartedly gets a second birth and the rest get only one birth. Shankaracharya preached non-attachment and said that a person who gets worried about his parents, children, grand children, friends and dear ones should think once that prior to this birth, he must have taken several births and he had the happiness of these relations in those births also. But, where are they today and where he is at present? The worldly relations are just like the waves of an ocean, which touch the banks and again go back into the sea. Then there is no hope to see the same waves. Almost all the classics, saints and great people have expressed the same view with respect to the worldly relations. Sometimes, the human being gets some permanent relations even in more than one birth but that should be taken as a curse only.

Logic and reasoning has never helped in differentiating between good –bad or sins and virtues nor it would ever help. The sins and virtues influence our future life. Not only that, the future life is also built according to it. The actions of this birth give results in the next birth.

One can get peace of life with devotion of god and that in turn can be attained with selfless work, cleaning one's heart and concentration. Knowledge will help in overcoming ignorance and attain self-realization. Our mind has three types of covers, namely, dirt, anguish and pretence. The first is unclean heart, which is due to

deeds performed in the several ages. The dirty clothes can be cleaned with good detergent or soap; similarly one should do selfless work as per classics in order to wash out dirt of heart. Anguish and playfulness of mind is the second cover. The only method to overcome it is devotion of god. In other words, this is deep faith in god. One can love only when he or she realizes the form and qualities of that thing. Love can arise due to the form and qualities of material things also. Similarly one has to have the knowledge of the form and qualities of god in order to love him. Mythology, classics, scriptures are the source of understanding god and his form. A person should try and chant, listen to these classics as much as possible and he will find that his love towards god is increasing. The person will be able to concentrate on god when his love for god increases. We love our close ones, spouse, children and it keeps on increasing, because we know the qualities of these people. Playfulness of mind cannot be overcome without devotion of god. These sources help us in concentrating our mind makes the mind calm and the person loses attachment towards these things. He then gets the energy to tolerate happiness, unhappiness, cold, heat and other situations. The person develops faith in his teacher and classics. When he gets the answers to his questions he gets liberation. He gets ultimate happiness by listening, chanting and thinking of god and gaining self-realizations. This is the objective of life.

PRANAYAM SAPTAK (Seven step Pranayam)

स्वामीजी कहें पुकार के, तू क्यों अब तक सोया।
 इक दिन ऐसा आएगा, जनम जायेगा खोया ॥1॥
 आए हो तो चेत लो, लम्बी सांसें लो।
 भस्त्रिका हो जाएगी, फेफड़े शुद्ध करो ॥2॥
 श्वासें छोड़ो बाहर को, होंगे दूर विकार।
 कपालभति से हो भला, पड़े न कोई बीमार ॥3॥
 बाह्य प्राणायाम से, तीन द्वार हों बंद।

अनुलोम-विलोम से, कट जाते हैं फंद ॥4॥
 भ्रामरी के गुंजन से, मन हो जाता शान्त।
 उद्गीथ के नाद से, रहे न कोई भ्रान्त ॥5॥
 अन्तर्मुखी हो किया करो, तुम श्वासों पर ध्यान।
 यही प्रणव का मर्म है, हो सबका कल्याण ॥6॥
 प्राणायाम के सप्तक को, जो जीवन में अपनाएगा।
 पूर्ण स्वास्थ्य का लाभ पा, परमानन्द पा जाएगा ॥7॥

—इंदिरा भाटिया

Synopsis: Swami Ji is inspiring every body to practice seven-step pranayam without wasting time. According to the poet deep breath purifies the lungs with Bhastrika. Breathe out with full force and throw out the diseases with Kapalbhati. Bahya pranayam closes three openings and Anulom-Vilom removes all kinds of blockages. Brahmari pranayam makes the mind calm and Udgeet overcomes all kinds of confusion. Concentrate on breathing and do introspection, which is the basis of omkar and helps in the welfare of everybody. This seven-step pranayam will give complete health and fitness to the person who adopts it in his or her life.

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