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How to have a Complete and Awesome Life

Purpose of
Awareness, Sensitisation,
Mindfulness, Enlightenment,
Consciousness and
Spirituality in the World



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Enlightenment, Consciousness and Spirituality in the
World*

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To Humanity

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Prologue

The environment can be anything from microcosmos to macrocosms. It is a multi-dimensional space. A person is complete with the understanding of the inner environment and the outer environment. Awareness is through the basic senses such as seeing, touching, tasting, hearing and smelling. The senses are the sources which feed the mind's faculties for consciousness, imagination, perception, thinking, judgement, language and memory. Each person should aspire towards enhancing awareness, sensitisation, mindfulness, enlightenment, consciousness and spirituality for a complete and awesome life. One can find happiness, love and peace on this earth and may strive for the same among all others. Only a complete and awesome person would contribute to the common good and well being on this earth.



Human beings way for a complete and awesome life

Mindfulness

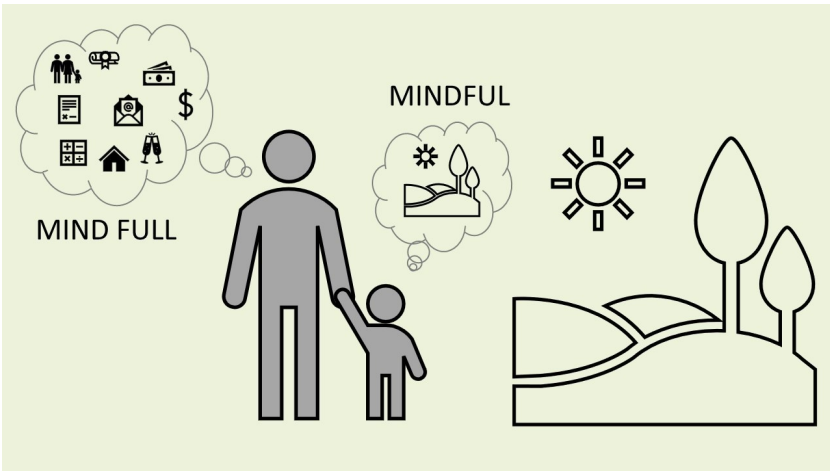
Mindfulness is being present to the moment. Be present to the environment, that is, experience every possible thing in the immediate environment through all the five senses. Experiencing the environment happens through the mind, which does the analysing of the information received by the senses they are touching, smelling, hearing, seeing and tasting.

In the lifespan of a person, say 70 years, hardly a person spends seven years being mindful. A person instead of being mindful spends more time either thinking past or the future.

A chain of thoughts occurs in a human mind which are based on real experiences and imaginative thoughts.

The origin of thought causes a response or reaction. Thoughts are either pleasant or unpleasant. Every thought has an impact on the physical body. This state of non-reacting and letting the thought come and go is a kind of meditation. During meditation, to be no-reactive in spite of having a good or a bad thought, one might focus on the breath or utters a few words.

Mindfulness can be meditation, but meditation need not be mindfulness.



The basic distinction between 'mind full' and 'mindful'

In a particular situation, I became more mindful when I got an opportunity to go to Jalalabad a city in Afghanistan close to the border with Pakistan. A person knows the value of life when death could approach anytime and in any form. I was doing a study for an International Organisation. Some, of my Afghan colleagues, were from Jalalabad. It is one of the most insecure cities, especially for foreigners. This was a two and half-day trip. As very few people wear Pant and Shirt in the city, so I too changed my dress to Kurta and Pajama - the traditional dress of Jalalabad. We started early in the morning, by the time we reached a check-post on the periphery of Kabul city, the security stopped us for checking the vehicle. The guard found me squeezed in the back seat. He asked if I am from Pakistan, my colleague said that I am from Hindustan. He was happy to know, but immediately said 'oose marvane ke liya leke ja rahe ho kya?' It

MINDFULNESS

means 'are you taking him to Jalalabad for getting him killed?' I understood the gravity of the problem in Jalalabad city. Now, I became more conscious. This consciousness out of fear for life made me 'Mindful' for the next two and half days of my journey and stay in Jalalabad.

Enlightenment

The state of being in an awakened and conscious state is one of the forms of enlightenment.

Everyone is enlightened in their life many a time. People may or may not know the enlightenment occasions.

In the enlightened stage there exists unconditional love for everything. There is no attachment to anything during the enlightened stage. Very strong decisions are made after enlightenment.

Enlightenment is inside and it is once own experience. It is not easy to assess someone's inside experience. It is an intangible and infinite experience of someone.

The beginning of impactful teachings or commendable work of someone defines the phase of enlightenment.

It is most often the self-declaration of a person or assessment by others based on their behaviour and talks, a person might have been declared enlightened.

The sermons given by an enlightened person may not make every other listening person enlightened.

The wavering human mind is an hindrance to be in an enlightened condition all the time.

Consciousness

The consciousness is achieved through a combination of means such as awareness, being, sensitivity, knowledge, learning, experience, understanding and wisdom. The logic and reasoning with common sense is the highest form of practice to be conscious. Belief and faith are mean, to be conscious. Religion could be a source and a platform to launch one towards consciousness.

It depends on the readiness, willingness of a person to be more conscious. The highest form of consciousness is super consciousness. From birth to death everyone is conscious. The body never rests. Every part of the body is conscious and continuously working unless the body is dead. The degree and consistency of being conscious vary for each individual in time and space.

Awareness works at thinking and experiential level. Consciousness works from cell to whole-body level.

The universe is the manifestation of super consciousness. Within this domain, there is nothing good nor bad. Extinction of a species and evolution of another species is the norm. Creation and destruction are part of the cycle. Men and women exist in the same body, that is two opposites culminate into one.

The consciousness of human beings is a continuous effort. Human beings awaken from sub-consciousness to being conscious

and strive towards super-consciousness is the ultimate path.

A person about to drive a vehicle adopts the body of the vehicle as a second skin within a few seconds, this is possible through the consciousness of responsibility. The vehicle moves ahead with the expanded soul of the driver, without hitting anything even when close to a few centimeters distance from other vehicles.

A driver's consciousness of future, present and past helps to drive a vehicle. A driver sees and plans what is ahead that is the 'future'; acts in the 'present'; with the experience of the 'past'.

A mindful person cannot drive a vehicle. As the environment changes rapidly for a driver and to be mindful, one needs to have time to process the information.

Every person on earth should responsibly own earth and be conscious of its sustainability and act accordingly.

A mother while sleeping is in the sub-conscious state. For someone to wake up in the sub-conscious state, need to call aloud or move by touch. A mother sleeping with her child would wake up even with a small sound or slightest movement of the child. This is a particular state where one is conscious out of love and responsibility to the child. The responsibility of a person is the conscious aspect of love.

A person sleeping on the edge of the bed rarely falls. Before sleeping the person knows the location and edges of the bed. That is, the dimensions of the bed are imprinted. In the sleep, rolls in the inside direction and has the consciousness of how much distance sleeping from the edge even when eyes are closed. Here the fear of falling down makes a person conscious even in the sub-conscious state.

Initially, a person in a movie theatre takes the seat by searching

the seat number. During the interval break, goes out and returns to the same row and seat in spite of very low light. This is possible as the person is conscious of space and location of the seat.

A person who drives a vehicle in a particular route more frequently is conscious of every speed breaker and traffic signal. The vehicle speed is controlled consciously as per the need without much thought. But the person should also be aware and mindful for any sudden changes happened in the path. Say a new speed breaker was commissioned or a new pothole appeared due to recent rains.

Although consciousness is more specific to the human beings mind, here are some more examples where other life could have consciousness similar to human beings. These are symbolic examples.

Cattle used for weeding in an agriculture field are aware of the young saplings and rarely trample them. They are aware of the young saplings location, although they don't watch every step while they walk. They may eat but don't waste resources.

A migratory bird flying is conscious of its direction using the sun, moon, stars, planets, magnetic field of the earth, etc. Also aware of the wind speed, movement of other birds and the local geography. It is also fully aware of the purpose of reaching its destination.

A sniffer dog trained to sniff and detect a particular substance is conscious of its duty and also focused on the specific substances to be detected and to alert the security person.

The water droplet about to fall from the drip tip of a leaf is conscious of the attachment with the leaf and the detachment leading to its freedom. This is a symbolic representation of consciousness through a water droplet.

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