

Naked Solution Of Dressed Up Life Woes

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(Revised 2017)

Smashwords Edition

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Table of Contents

[Lets Us Talk Like Friends: Welcome Note](#)

[Core Accord In Peripheral Discord](#)

[Body As Theatre, Not As Protagonist](#)

[We As 'Generic' And 'Specific' Subject](#)

[New Thinking On 3Cs](#)

[Problem Of Judging Those, Who Judge Us](#)

[Dualism Of Love And Problems It Engenders](#)

[Conflicts Of Different Layers Of Consciousnesses](#)

[Dualism Of Love And Higher Consciousness](#)

[A Mega Facility and the Chief Trouble Maker](#)

[Why Problem-Solver Turns Mega Problem Itself](#)

[Mechanism Of The Layers Of Consciousnesses](#)

[Modern Milieu and a 'Self' In Constant Flux](#)

[The Master 'I' As Summation Of Different 'Is'](#)

[Archetypal Genius v/s New Genius Problem Solver](#)

[Assimilative And Integrative Decision-Making](#)

['Unlearning' Is Greater Challenge Than 'Learning](#)

[Bare-Basics Of Cultural Troubles Of Gender-Divide](#)

[Challenge To Accept Objective Mind Consciousness](#)

[Commonality Of Ideas on Objectivity](#)

[Summary](#)

[Accept My Gratitude](#)

[About The Author](#)

[Other Titles By The Author](#)

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Thrilled to have you with me!

I FEEL TRULY HAPPY to tell you that more than a book, it is like friends chatting up, sharing whatever we can together to enhance the wellness space.

It is my humble belief that any person, in whatever state of consciousness and life positioning, is in some special ways, better than a wisdom-book, for the purpose of life & living learning. I must tell you, I have learnt and more importantly, unlearnt, primarily from people. Books somehow are people-matter in text-format.

I am sure; you too have realized that the world we live is what it is, neither good nor bad. It is somehow neutral and objective. It is people, who are the 'Theatre' of all troubles as well as happiness. It is in our subjective consciousness that we accept something as trouble and others as happiness.

It is such an amazing contrast; we all know and accept that human mind is the most capable and instinctively galvanized mechanism in the entire universe to solve problems. Be it from the standpoint of evolution or God's design, it is very clear to us that humanity has succeeded and excelled on Earth because of its brilliant problem-solving skills. Still, everywhere humanity is in troubles.

We shall talk about the problems and their easy solutions. However, first, we have to come down to one common premise, which shall help us is the fruition of the issue at hand – Artistry Of Problem Solution.

There has to be a humble admittance – Any word, however well meant and well spelt, is a possible suspect of 'misrepresentation'. There is a simple reason. Do you remember when your flight is about to land, the pilot aborts the landing, jolting your peace, just because something as insignificant as a 'stray dog' happens to be on the runway?

You already know, how similar is the fate of human words, which we all accept as the best and worthy carriers of human 'intentions'. This airplane of human words, carrying good and noble intentions need to make a good, smooth and safe landing on the runway of another human's mind and consciousness, which again is worthy and hugely able.

Still, the good intentioned words sometimes fail to land on the mind of others, as there is some 'insignificant', yet potentially fatal obstacle standing midway the runway!

It is believed, "If the hypothesis is right, the idea is accepted as right". If two people have an assimilative and integrative attitude, one can easily see that root trouble is in subjectivity of the hypotheses. This helps in resolution of conflict of ideas.

Friendship is one positioning, where assimilation and integration about divergent hypotheses has larger accommodative space. A seed is more objectively accommodative in space than a grown up tree. Friendship is seed positioning. That is why, at the very start, I very affectionately request you to be my friend and accept this all as one long conversation between friends. Kindly, accept this not as a book but a 'confabulation' between friends. This, I am confident, shall engender smoothness of navigation and fruition of the entire exercise.

With all humility and sincerity at my behest, I wish to tell you that it needs to be said, there is only one person on the earth, who can say that he has understood. Otherwise, this domain is reserved for a metaphor called God. This is not available for humans.

It is also a heart-felt realization that our very worthy ancestors; who had the intelligence and courage to face the worst, life made them to, so that we inherit a better beautiful world; have already said almost all good things. What I can do is present them in new set of words with novelty of references.

The only justification of me telling them is that all goodness and wellness ideas and words need to be repeated and retold, to add to their all-pervasiveness.

At my age, I can say with innocence that getting old is such a beautiful and satisfying experience. It makes the 'self' accept the 'utility and fruition' of holistic, assimilative and integrative consciousness. Getting old has probably pushed 'me' close to the 'eligibility' of perhaps beginning to understand as what essentially is there to be understood!

I chat up with you to share with you whatever is part of my consciousness. All wisdoms say, human is designed to live in state of 'flux', a state of instinctive semi consciousness. To jolt oneself out of this, one must challenge itself; something humanity has done since millions of years. What stays with you is what sinks in. Wisdom is what we internalize.

I share with you whatever I have internalized in my life.

**

At The Very Outset

SOLUTION OF PROBLEMS IS not a big task. If you have a problem, you already know it that solution is somewhere ‘inherent and embedded’ in the problem itself. The milieu around us presents some factors in an ‘arrangement’, which stand in our disadvantage, at a particular stage of our life positioning and we call the outcome of such an arrangement as a ‘problem’.

Often, solution presents itself as some ‘alternative’ arrangement or placement of the same factors in such a way that they turn advantageous for us, hence qualifying as a ‘solution’.

In most cases, especially the modern day problems we face, the artistry of arriving at solutions is not in ‘creating’ or generating something externally but in ‘rearranging’ and ‘repositioning’ the already present factors and elements in some alternative ways. This repositioning is required primarily in cognitive domain – that is, the way we look at a reality of situations or perceive it as.

That is why, as you already know it, we need little ‘action’ but loads of calm and objective ‘reception’ in analyzing the ‘factors’ that essentially constitute a problem. The ‘genesis’ of solutions is in total and perfect reception of the ‘genetics’ of the problems.

The core trouble is, modern day problems are so ‘dressed up’; partly by our complex environment and partly by our own perspectives that we fail to see the ‘naked’ reality of the nature of problems. We can see them clearly, if we ‘undress’ them.

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Core Accord In Peripheral Discord

WE HAVE A VERY SIMPLE example of this in our daily lives, which you must already have noticed. Our body needs Carbohydrates, Proteins, Fat and Minerals (CPFM). This is common needs of all creatures.

However, we all know; every single human being has different tastes and choices of this common CPFM plate. This happens because; individual choices/tastes/preferences depend on variegated socio-cultural-economic-psychological factors, which are dissimilar for different people and in diverse socio-cultural milieus. They also keep changing with time.

Even among twins, who live in same socio-cultural and physical environment, there shall be difference of individual tastes and food preference.

There can be two people in close intimacy, one wanting to have pasta and another would insist on noodles, as he or she hates pasta. They can fight over their choices and may not agree to have a common plate. However, at the core, what both want to have is 'carbohydrates'. The fight is very largely culturally 'arranged'. Their disagreement, causing problem is peripheral, even when they are in 'agreement' at the core.

It is so simple. Love is the core requirement of every human being, like CPFM. Love is life's CPFM. So, when we fall in Love, we think, we are on a common ground, which we are; still, we are NOT! The need for love is instinctive and common but its expression is culturally influenced, hence the differences.

Different people shall have diverse and often competing choices/tastes/preferences of Love-Needs. It is only natural because, the cultural mind, shall at times, prevail on the decision-making and choice making, over our intuitive mind, which initially led us to fall in Love.

If two persons in love; understand and accept that love is their core-need and they are 'one' in it, there shall be larger mutuality. They shall understand and accept that the cultural differences of

choices/tastes/preferences are peripheral and can be 'unified' in long run, if both sit down in calm receptive mode and talk with innocence and compassion.

The unity and agreement of core love, shall in time grow and if for this somehow 'period of transition', the two people in love continue to build on the intimacy, this core of love shall expand to engulf and usurp the entire peripheral territory of cultural differences and disagreements.

Often, in our daily lives, we are in drifting 'reactive-mode' of consciousness. This is our mechanism; we have been designed this way for survival. This mode is for quick-fire response of the stimulus in the ambient environment for survival-success. Tougher life shall be, more reactive we become. This is one 'trap' situation, which we need to understand.

However, in the short time available for 'reactive-mode' mechanism of decision-making, we cannot ideally look at the picture and situation in entirety. This short time frame can facilitate only peripheral view of a situation.

For holistic, assimilative and integrative perspective of any problem, we need leisure and calm mind to switch over to the 'receptive-mode', where problems can be reviewed in basics and to the core.

Let us just not debate whether we are a product of God's design or evolution. We just have to focus on what our mechanism is. 'What' it is; helps far more than knowing, 'who' made it.

We now have the knowledge and facility to understand what is the mechanism, which made us the most successful living being on the Earth, and probably in the entire universe? We just have to understand, why we are the most intelligent mechanism in solving problems.

In fact, the answer is very simple and we all know this. Almost all complex living organisms have mechanism for instinctive 'reactive-mode' consciousness. More developed and higher living creatures too have very limited 'receptive-mode' consciousness. However, humans have this mind structures for receptive-mode very well developed and structured. This is our definitive edge over all other living being.

We have the mechanism, which makes us aware of our 'subjectivity', the 'Me' factor. We are endowed with the power of imagination. This is very subjective. We can hold back a reaction; we can ride over our instinctive response, wait and assign it to our brilliant facility of leisurely reflections.

It is this 'receptive-mode' consciousness, which makes us the champions of the universe, the master crafts-persons, designed and evolved to solve even the most complex problems.

Just look around and see the world, where humanity has created mega facilities and structures of all possible suitability for our wellness. They are the symbols of individual's potential as the most brilliant problem solver.

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Body As Theatre, Not As Protagonist

LONG AGO, SPIRITUALITY said, ‘everything is within you and what act as external inputs; for actionable behavior, is just the reflection or imagery of your internality’.

Somehow, the new science also confirms the same.

The big issue, which comes as a huge opportunity as well as challenge for all of us; the thinking men and women, is to accept and understand this ‘mechanism’ of human body-brain structures.

The biggest advantage of humanity, over all other species, is essentially two elements of consciousness. They are – Subjective Feeling and Faculty of Imagination, as these two elements are most pronounced and effective in humans. This is an outcome of our more complex brain states, which we can say as the superior one over all other creatures.

Given this hypothesis, which still needs larger and objective confirmation for finality of wisdom, the thinking men and women have a brilliant agenda at hand. It is – This subjectivity and imagination tool makes our body a brilliantly mystical ‘Theatre’ of potential and possibilities. This theatre however, is suggested to be taken just as a ‘medium’, not as the ‘protagonist’.

We all feel this, at least at times, if not always that the body as theatre of life is just a medium, not the protagonist. It means there is some energy, which works as the ‘protagonist’.

Take this metaphor of theatre in its entirety. A theatre is where a play is enacted or takes place, but the act, the play has its ‘script’ emanating from an ‘environment’, which may be endemic or exotic – local or universal.

Similarly, the body, as a theatre, plays acts, which has a ‘script’ to it and this script may be written, in our sub-conscious minds, with either very localized ‘factors and actors’ from its ambient milieu or with universal and exotic milieu.

This metaphor opens up the gate of potential and possibilities for us. We all need to have diversity and versatility of milieus, in which our body works. This shall in turn ensure; the scripts of the acts and plays our body-mind mechanism houses as a theatre, are also diverse and versatile, enthralling ‘audiences’ and adding ‘value’ to the milieu in turn.

This entire situation creates a very simple ‘requirement’, for excellence of our collective as well as individual wellness. That is; all thinking men and women need to transcend the boundaries of our body’s internal faculties of subjective feeling and power of imagination and this shall be possible only when we intentionally and skillfully, stretch the internal as well as external milieus around our body.

This becomes possible only when our subjectivity and imagination have leveled ground of tolerance, openness, mutuality and above all, the magical element of forgiveness.

This theatre of body must enact the song of love, dance of compassion, dramas of affability and symphony of mutuality, well before time draws the curtain on the theatre. It is not some clichéd moralistic blabber, but a very practical and realistic need for peaceful and happy life.

It is very simple to understand and accept that body-mind positioning of different people need to be diverse, as this ensures variety and versatility to the society. This is in fact a good thing as this ensures larger wellness to more people in the society.

The fact however remains that despite difference in consciousness; different people are the same as they have not only commonality of mechanism but also a very apparent symbiosis to it.

This is revealed to us and is easy to accept when we step aside our daily life flux, rise above the instinctive ‘reaction-mode’ consciousness and enter the ‘reception-mode’. We have the brilliance as a huge problem solver because we have this unique and largely exclusive facility of this ‘reception-mode’ mechanism.

We need to master this mode and then it would be amply clear that most of our problems and troubles are actually our own making as we ourselves dress them up. As we undress the problems, solutions shall automatically be seen standing right there.

We As 'Generic' And 'Specific' Subject

WE ARE ALL USED TO believing ourselves as some 'subject' or 'protagonist', doing everything and being the cause of everything. Modern science however says, there are different 'subjects' within the broad subject of 'self'. Hundreds of years back, spiritualism has already said the same thing.

There is a 'Generic Subject', which scientists term as the 'auto-function' mechanism of our body-mind synchrony. Then, there is a 'Specific Subject'. This is our reception-mode consciousness.

In our normal daily life, it is this generic subject within us, which is doing everything, as it is the auto-reactive mechanism. It is in times of distress, confusion, extraordinary situations or crisis that the specific subject, which is an entity of non-reactive, receptive mind consciousness, comes to fore and takes good control of life.

We rise up in the morning, ready to go to work, take a train or drive a car, finish off the daily work, come back in the evening, play with kids, have diner and go to bed. The generic subject handles it all quite well. Usually, for most moments in a day, we never ever deeply feel our subjectivity – the deep feeling that 'we' did it all. We seldom have the need for imagining things with deeper inputs from 'Me'.

However, when there is a crisis, a problem, this generic subject lands in trouble as it has the nature of handling 'routine' things, which is instinctive. Problems need specific inputs from subjective imaginations and it is a domain of the reception-mode consciousness of specific subject.

For majority of us, our lives are dominated by the action-mode generic subject and this is because, it is this subject, which deals with routine affairs. The trouble is; we all live in a culture where most success benchmarks are of action-mode. Naturally, the generic subject is hailed as the 'winner' and star-performer.

Sadly, reception mode is considered regressive and primitive. It is neither put to use quite often nor is it relied upon as effective tool. The usually 'winner' reactive-subject is unconsciously

assigned the task of even problem solving and this subject further aggravates the trouble by precariously dressing it up.

The reactive-mode generic subject does not seem to have this 'winning' ability and leisurely timeframe to 'undress' a problem to arrive at 'naked' solutions. The receptive-mode specific subject is the 'master' of this art, on whom we usually do not rely and relegate to backseat.

The trouble most of us have is this: We have blurred the fine line of distinction between the two modes. Even when, we are supposed to be in 'receptive mode', we are ideating in 'actionable' patterns. We all live in such a contemporary societal space where every reception is culturally required to be converted into action mode.

Someone said it very innocently but sincerely – “Even when I am hugging and kissing my lover, I am not focusing on the joy of love and satisfaction of intimacy but on the idea that whether I am 'performing' well enough as a lover!” Our obsession with 'actionable' consciousness is corroding the potential joys and abilities of the receptive-mode subject.

There is a Japanese term called Shikan Taza, which is practiced by Zen masters. The word literally means 'Just Sit'. There are many interpretations of the term as a 'meditation-art'. However, what it means, in its holistic form is – “Sitting in a state without any tangible and intangible thought for action”.

It is essentially a practice of arriving and staying at 'receptive-mode' mechanism of consciousness. Shikan Taza then opens the doors for higher consciousness, where perspective is holistic, assimilative and integrative. Here, problems are naked, unburdened of the dressing up of actionable-fabrics.

In Yoga and Vedic traditions of ancient Oriental world, we also have many such meditative techniques, which look like similar art. This only goes on to establish that wellness and goodness needs, across humanity, irrespective of cultural differences are the same and even the art and science to attain this are similar.

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New Thinking On Consciousness, Cognition And Causality

THERE IS THIS POPULAR perception that the world is growing more problematic as overall, complexities of living environment is growing fast and individuals are more stressed, even in their normal life. However, researches also confirm that this world has growingly become a better place to live, with standard of living and overall support system getting better.

If we think of it, this is in fact the carnival time for humanity, definitively a phase in evolution to celebrate with jubilation, not because we have managed to build more structures and other facilities for our consumption and better living. The reason for jubilation is that we now have reached to a 'new wisdom', which is fast and decisively coming up for all of humanity. This 'new thinking' is a huge facility for understanding the 'mechanisms' of all our problems and troubles and then, singularly working for a satisfying solution.

There has been and shall always remain the critical three elements, which represent the core of all wisdom. In the past, humanity has attempted to give answers relating to questions in these three areas. The future also pertains to understanding them better with whatever novel and better tools available for humanity. Most of the problems and troubles, we face have connection with these three questions. They are:

- The subjective self – the Consciousness – the 'Observer'
- The objective matter – the Cognition – the 'Observed'
- The interaction of self and matter – the Causality – the 'Observance'.

We live in a world, which has definitively entered a doorway of new time threshold, opening up new information, insights, theorization, pragmatism, perspective, paradigms and methodology into the existing as well as archetypal wisdom about the above three. As we see the notions of 'Observer – Observed – Observance' in the light of this new thinking, we can understand the whole mechanisms of our problems and solutions in a better and effective ways.

Humanity in the new millennium is most certainly evolving a holistic, assimilative and integrative wisdom model, comprising a judicious and innovatively insightful assimilation and integration of archetypal wisdom of spiritualism and philosophy as well as the pure sciences in its wider manifestation. The quantum physics is the indicator of the new frontier science is now

willing to open, as an improvement over classical science, for better understanding of matter and consciousness.

We have now entered a phase of an understanding of the 'self', the subjective as well as objective consciousness and even the subconscious minds as never before. We can now understand the 'self' in such new and innovative lights that it opens up new insight into the archetypal and puts us all in better stead. Of course, the knowledge is evolving but evolving fast and on right track. Debatable, it shall always be.

How this new thinking helps in solving our key problems and troubles, we can understand with the help of this example, which is very common in our lives. This is the problem of judging and being judged by people, which makes us sad and very upset, to the brink of being left with a broken heart.

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Problem Of Judging Those, Who Judge Us

THERE ARE WHOLE LOTS of those who know you; those who think they know you and those who do not know you at all – they all shall judge you. The thing is – you always feel bad and even angry about why anyone should judge you. Earlier, the issue was in the domain of morality and as we did not understand the whole mechanism of this human trait, we felt pained and unhappy.

As this new thinking of proven scientific knowledge tells us, we can understand and accept that this is not at all something of a bad habit; rather it is an instinctive mechanism with all creatures, even the superior humans.

Science says, all creatures see things in the outside world as ‘images’ and these images are made inside the mind. The mind then has to refer it to various set of neurons for ‘reference’, which you may call as ‘judgment’.

The very word called ‘judging’ and its emotional troubles are in fact ‘cultural troubles’, emanating out of an innocuous, innocent and innate mechanism of ‘referral of mind’, which all living beings, especially humans instinctively do.

Our minds store all previous ‘experiences’ as icons of reference and based on this subjective experiences, one judges the ‘utility or futility’ of any image, which comes into the mind, when we see things or others. Therefore, you already know, when someone is judging you ‘bad or good’, it is most unlikely to be ‘objective’ as his or her ‘experiences’ shall mostly be subjective. It is all personalized worldview.

For example, if a tall man had once robbed a woman, she is very likely to judge all tall men as ‘bad’ or at least see them with suspicion. Very few have the objectivity about their personalized and subjective life experiences. This is instinctive.

That is why, forgiving those, who judge you, is what you ideally do, as it has nothing to do with morality. It has simply to do with realistic understanding of the human instinct and the practical ease, at which you can buy your precious peace. Forgiving someone who judges you is less of an effort than making yourself irritated, annoyed and retributive with the judging person. It is also because, we all do it.

In this world, if you choose to pay people in the 'same coin', you shall lose all your precious 'peace-moneys'. So, forgiving is most easily affordable profitable choice. Avail it.

Judging is an ever-present, ongoing and perpetually omnipresent process of life. Now, the key and core aspect of it is to have right and aware judgments. For example, the person you loved so much for long, someday abandons you and says it to the world that you were 'unfit' for him/her.

As it is now your turn to judge, you need to be warned – you are in a soup of emotion, impulse/desire, imagination, negative thought and intuition. This is not the right time and frame of mind-consciousness for you to do the judging thing.

Ideally, you let it hang for a while; allow time and space to redeem yourself to the point where you have – objectivity, calm consciousness, no biases and anger. Then, wait a bit more. It is important that you come out of the situation first. For that to happen to you, you shall need to change your contemporary 'reactive-mode consciousness to the 'receptive-mode'.

As you sit for judgment, remember, the golden rule of judgeship is – even if hundred culprits go scot free, an innocent should never be convicted. Judgeship is a non-emotional and compassionate, yet objectively righteous idea. Always remember, trial starts with a notion that 'wrong' has happened but not with 'who' has wronged. At the start, there are no 'culprits', only 'suspects'.

This new thinking has given us the new facility for problem solution. This is by understanding the mechanism of the 'problem' with a 'receptive-mode' consciousness and not with the 'reactive-mode' consciousness as the later has larger elements of popular cultural benchmarks of good or bad, right or wrong.

The new thinking asks us to have a holistic, assimilative and integrative perspective while analyzing the root of the trouble. This helps us in getting rid of the unnecessary burden of the 'cultural-fabrics' and 'subjective-mind with which we usually 'dress-up' a simple problem, in our reactive-mode consciousness.

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Dualism Of Love And Problems It Engenders

SOLUTIONS ARE OFTEN, AN alternative positioning of the same situation, which presents as a problem. Moreover, it is our own subjective positioning vis-à-vis a particular situation, which works out as a problem.

For example, a river is such a blessing for humanity. A river benefits millions, irrigating their agricultural lands, providing drinking water et al. Most early civilizations therefore started along big rivers. However, the same river kills some people, who get drowned in it. The same thing is a source of both joys and sorrow. It is how we position ourselves vis-à-vis the river, or how the river itself is positioned vis-à-vis we, which decides whether this river is a beauty or a burden.

Similarly, love is such an intensely amazing facility for humanity. However, love is also a duality. Many think it is the key possession of their lives, whereas, many feel it is the devastator of their lives. One person, who has enjoyed the benefits of love at one point of time, also has to bear the pains of love, in another situation. Like the river, the way love and we position vis-à-vis each other lands us either in joy or trouble. Love remains neutral, as it always is.

A young girl, who was in deep love with a guy said, “I am beautiful as you say it so... my eyes are amazing as they could see you... my lips are lovely as they can taste you... my curls are gorgeous as you play with them...etc.” This girl remained in joyful state of love’s beautifully satisfying endowments for a year and celebrated the dissolution of her being with her lover.

Later, she separated from her lover and complained to her best friend, “Now, when I am out of this stupidity, I realize; how I had lost my individuality and the very sense as who I am. How could I lose my identity for a man who could not understand me...!”

We may find this dualism or confusion as weird. However, it is surely not. Both the contrasting and conflicting states are very normal and instinctive to our mechanism. The same person would find joy and satisfaction in losing his or her subjective self and identity, when in love.

However, when out of it, this very loss shall no more be enjoyable rather a big regret and pain. Both situations are part of our mechanism.

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