

Stupidity Of Be Yourself Viscerality

Unlearning Sexual-Unputdownability And Pop-Empowerment

By Santosh Jha

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Smashwords Edition

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A Big Thanks... You have already enjoyed 29 of my eBooks. They all, be it fiction or non-fiction, have been my humble endeavor to empower your consciousness for life-living wellness and personal excellence. This 30th eBook is also aimed at continuing to write on the core issues of 3Cs – *Consciousness, Cognition and Causality*, as I stick to my belief that holistic, integrative and assimilative knowledge of the 3Cs alone can open the doors of wellness and excellence in a world of chaos, conflict and confusion, we live in. There is nothing better than living a self-aware life with poise of purpose...

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Recommended: A Life-Utility eBook, Dealing With
Consciousness, Meta-Cognition, Self Actualization,
Meditation, Neo-Spiritualism and Life-Living Wellness...

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Preface:

Most often, so many people, young or not so young, in contemporary societies feel the 'disconnect' with people, their ambient milieus and larger purpose of life. Somehow, if this situation lingers, this disconnect; or lack of fruitful connect, often brings about the very troublesome emotion of alienation – *Feeling Of Not Belonging!*

Then, often, this alienation may prompt many people to subconsciously imbibe some dysfunctional behaviors and action, with a view to install their diminutive sense of belonging. It is then very natural that such 'abnormality' shall seek 'inclusiveness' into mainstream culture by validating it in the name of some universal element of human make-up. Only a handful seeks 'inclusion' with the might of 'violence' but most shall settle for 'psychological' positioning for

elusive righteousness. This can lead to some sort of populist ‘redefinition’ or ‘repositioning’ of prevalent societal psychologies to validate new yet ‘aberrant’ attitudes.

Somehow, this crucial fact remains that true and real connects is intangible – not physical but mental. Therefore, knowledge always happens to be the real and lasting connect with everything around us. We know it well that lasting wellness can come to us only through entrenched connect with generic elements and as our consciousness is intangible, its lasting connects can come only through intangibilities. Knowledge is the real *intangible connect*.

This is the most calamitous war unleashed in societies all over the world as many groups of people, with all the might of their ‘perceptual-righteousness’ are trying to install their own subjective and competing versions of – *What Is Actual Knowledge...!*

So, the spiritualism, religion, science, psychology, politics, history, all compete for labelling and installing their domain of knowledge as the true one. This allows almost everyone to come up with perceptions of what he or she thinks is ‘true knowledge’. This advocacy of body being the ultimate wisdom-receptor in the name of populist psychology of ‘*Be Yourself*’ viscerality is the front-runner. The world is the battle-field of warring cultural perceptions and subjective ideologies.

In contemporary cultures, the worst casualty is average person’s disconnect with instinctive human curiosity and inquisitiveness. Especially, the young generations feel knowledge is optional, even a burden. There is an insistence on *living* life, at the cost of ignoring knowledge about life-living *essentials*. People of any age, whether they are kids, young or old; this inquisitiveness should always remain as primary energy of all actions and behaviors. There is nothing but knowledge that truly connects us with things other than us. Important it is to accept here with all humility that knowledge should always be an evolving realism.

We all know, it is rare that a small kid feels lonely or bored. He or she is always busy connecting physically as well as mentally to everything real or imaginary around him or her. Kids are wired for curiosity and inquisitiveness, even when societies usually smother their innate curiosities. However, as we grow, we stop to actually keep growing. We stop connecting. We stop the crucial linkages of knowledge. Modern cultures insist on education as means to acquire skills

about jobs and careers but the crucial life-living knowledge is being sidelined. So, we may be skilled but not truly knowledgeable.

We have to re-learn this mastery of the artistry of being in perpetual connect with this art and science of inquisitiveness about the mystical universe – everything around us, till life allows us time. Knowledge connects, it makes us belong, it keeps us thrilled and in joy of being inseparable part of the colossal whole. Yes, everyone is truly lonely in his or her pursuits of knowledge as this process is intangible and operative at the intangible level of consciousness.

A consciousness filled with connects of inquisitiveness of knowledge lands us at this facilitative time-space realism of *happy loneliness*. We are then lonely and at our happiest best. This is the facilitative soil for growth and evolution of true ‘*Be Yourself*’ empowerment...

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... At The Very Outset...

It is indeed a sad but omnipresent truth of the living experience that good and right things are very much in minority. Far more depressing is the fact that the minority of goodness and right is almost always prevailed over by the majority of bad, wrong and undecided. And this can be easily understood.

The wrong and bad is the instinctive and intuitive part of human living behavior-action whereas, the good and right of society is a conscious and inculcated behavior-action. Majority of humans being intuitive, are prone to being ‘manipulated’ by unscrupulous elements of society and become a party to bad, wrong and undecided. Only a few has the good and right with them as it takes a lot of conscious and discretionary awareness and positioning in the part of people, which is very tough.

It is almost perceptible now that in the long history of mankind, all major developments in the world had three things in common –

- First, most of these developments were very good-intentioned and originated out of the long struggle or deep pain of humanity to make the world a better place to live. Be it religion, philosophy, culture, law or science.
- Second, it is a real curse that only a small group of people initiated actions over good ideas but they seldom penetrated and reached to the mass levels. Almost all goodness started with a minority voice and needed support from all possible media to reach the masses to ascertain authentication from the majority. The regretting fact is that most goodness in the past had either got a bad media or no media. The 'no media' was not as perilous as the 'bad media'. The sad reality that in the long history of civilized nations and civil society is that the media of their times failed to rise up to occasion and chiefly because the leaders of media were themselves very poorly knowledgeable and aware. The end result was low or unfocused people participation to support the goodness. By the term media here we don't mean the 'Press' only. Media means those people and institution in all walks of life, be it religion, philosophy, culture, law or science, who had the leadership position to influence societal decision-making-mechanism.
- Third and important thing was the natural corollary of the second. As the goodness could not assure involvement and participation of the majority, a small group of unscrupulous people very cleverly entered the scene as middlemen and usurped the benefits in connivance with the authorities entrusted with the task of delivery of the goodness. Here too, historically, media failed in its role to preempt and prevent such unwanted usurpation. Rather, in most cases, media and its leaders proved hand in glove with the pilferage mechanism and enjoyed undue heavens.

It is Important to know the two prerequisites for the success of any goodness that was initiated for general well-being of humanity. First and foremost is a very aware and proactive media and secondly, a well-oiled regulatory mechanism for fast and steady penetration and reach to the masses as well as the insurance that goodness reached in the right and avowed shape and size.

It is to be clearly understood why all this happens. As we will understand that, we all shall develop very compassionate and affectionately objective view and stand over those people who either play villain to goodness or are simply a misguided lot.

Human ingenuity for pilferage is instinctive; it cannot be completely done away with. It has been said hundreds of years back by a wise man, '*Nobody can understand and check when a fish drinks water while being in water*'. 'Self' is an undeniable reality and 'selfishness' is also very natural, instinctive and intuitive. It comes out of the genetically designed urge for self-preservation of any living cell. The nobility of human selfishness is however a social product. And this social product is not intuitive but inculcated by right education and objective mind-training.

The fear or care for social approval and reprimand decides the intensity of inclination of selfishness to indulge in ingenuity of pilferage. The basic fear is the fear of majority and the only potent check on human ingenuity. But, humanity has always been unfortunate in the sense that goodness never gets majority backing and ingenuity always does get it.

This rule applies to all bad and wrong things of humanity. Be it the issue of corruption, religious bigotry, religious fundamentalism, religion-based-frauds, superstitions, social evils, etc, in all these the real culprit is the age-old subjective woes of humanity. They are fear, insecurity, gross ignorance, poor societal law-enforcement, undecided value-system of society, etc.

It is a scientific truth that a person who grew up very insecure, fearful, uncared-unloved and undecided shall live to be a man or woman with higher inclination to be corrupt, superstitious, practice religious fundamentalism & narrow-mindedness, be perilously radical and stubborn in social situations and above all an intuitively devious and deviant personality.

It is a simple rule. Sell fairness cream to very fair and already milky-white complexioned young lady and she will laugh at it. Sell the same to a dark-skinned lady and she will buy it in tones. Now, a good sales man is not satisfied as he has been taught to be ingenious. He will convince the milky-white lady that very soon she too shall have dark skins as the sun is becoming more intense and hence she would need the cream. If the lady is insecure, ignorant and full of fear, she will intuitively fall for it and the sales guy will be successful in selling the fairness cream even to her. No confident and secure lady with any type of skin shall buy the fairness cream claiming 'miracles' as she shall be a rationalist. There is no harm in the desire to be fair but the problem is with 'claims of miracles' and being subservient to this lure and belief.

The same is with all ‘adverts’ of politics and leaderships in any domain of life. Lure and false belief in ‘miracle adverts’, given by anyone in politics or by a leadership is his or her business but one should not ‘buy’ their ‘products’ riding on our instinctive fears, insecurities and love for miracles. Desire for ‘attainments’ in individual is not bad or wrong, however falling prey to our own fears, insecurities and stupidities is, if we blindly buy the ‘miracle-adverts’ of anyone – be in politics, economy or faith domains...

It is observed globally that it is women who largely are the buyers of most miracles of Gods, God-men and other faith-sellers. The sales-men of faith-trade know it very well where the easy market lies. The religion first creates fear and insecurity and then sells its products. The religion of all shades and colors shall tell people that this mortal world is so full of pain, uncertainty and troubles and then the hell awaits all sinners. Believing this is easy as this world is essentially chaotic. Then, the Gods and God-men say, ‘Come to me and I shall own all your troubles. I shall open the door of heaven for you who come to me’. He tells you, the sun shall make you dark-skinned and you cannot avoid the sun. And, only he has the ‘fairness cream’ that is a ‘*sure-cure*’ for dark-skin. And, he alone has the ‘umbrella’ of UV-protection!

Men are also not behind. With them, it is ‘sexual-potency’ that is what fairness cream is for women. The potion and pills sells with them as they are insecure and fearful about it. The potency-sellers know well, how to cash on to this insecurity.

You cannot blame men and women for such behavior. Fear and insecurity is intuitive to most of them. It needs a lot of courage, conviction and wise consciousness to stand fearless and securely confident to say a firm no to all these ‘fairness-cream-business’.

... Not easy; the rationalists understand this and that’s why, they are very compassionate and affectionate about all this ignorance and have firm faith that the picture shall change but we shall have to be patient. The disease is so deep and omnipresent that it shall take time. We need to accept that and be compassionate even with wrong and wrong-followers...

Stupidities are ‘Generic’; intelligence seeks ‘Specificity’ – That’s why human problems have commonality, solutions haven’t: this ‘dualism’ is doorstep of excellence & empowerment...!

Preposterous and naively outlandish it may sound, yet, it seems, stupidity of individual as well as collective humanity is generic and that is why visceral to all beings. However, intelligence is specific, not generic, and something, which does not come with innate body-mind packaging; rather, it is cultivated, evolved and is a learned/unlearned attainment...

This is important acceptance – Being ‘oneself’ is calamitous call for perpetuation of stupidities of generic consciousness, we all are born with. However, this ‘*Be Yourself*’ stupidity needs to be assigned critical test of ‘self-actualization’ process to travel the road to higher consciousness, which is the specific intelligence of ‘Yourself’. Intelligence is not wired in bodies but are evolved and matured through conscious mind and its empowerment through tough objective process of ‘self-actualization’...

Wisdom for humanity – individual as well as collective, is all about ‘specificity’ of time-space management, not a generic facility, available gratuitously. This dualism of ‘generic’ and ‘specific’ attainments and endowments for humanity is doorstep to empowerment.

Empowerment is all about knowing and accepting the mechanism of everything, in our milieus around and within our body and mind...

If we see and accept that for every individual; wisdom and excellence arrives in two different shapes and forms –

1. First, the *Generic* wisdom – Innate intelligence, everyone is born with, with varying degree of intensity and seeding. This is raw, precarious and dualistic ‘*Yourself*’...
2. Second, the *Specific* wisdom – Those experiences/learning, we acquire as we grow and lead ourselves into considered and discretionary enterprises of knowledge. This is evolved, matured and non-dualistic ‘*Yourself*’...

Once we see and accept the idea of generic and specific subjects, within an individual, we shall have ease in attaining excellence and empowerment. We shall see and accept that most stupidities of life and living come to us naturally as it is visceral and commonly innate in all humans. That is why, across the globe, across cultures and identities, human stupidities and troubles have commonality. However, cultures and societies differ in growth, wellness, peace and affluence because the people have evolved and attained different ‘specific’ intelligence...

As simple as this seems, the reality is – Problems of all humanity, irrespective of time and space are common as they emanate out of humanity's 'generic' stupidities. However, solutions for different segments of humans, in different societies and cultures are not common because solutions come from 'specificity' of human intelligence, which being an acquired attainment, cannot ever be common.

That is why, all societies and cultures start with common problems but different societies and cultures have different stages of growth and wellness, as solutions are specifically evolved in time and space. Individuals also look similar and have common problems, as all stupidities are 'generic', but some individuals have better solutions and lasting peace and poise, as they have uncommon 'specificity' of solutions...

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; of course with all its stupidities unleashing themselves in its course, we are not even aware of. 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. Generic stupidities should never be assigned the task of ‘specific’ intelligence...!

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’ and ‘performing’ 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.

Contemporary world, where the 'self' is more challenged for wellness than ever before as we live in very complex world, demanding mad-multitasking, for which our brain is not designed. Also, fast-paced life with competitiveness for survival and wellness being very high, the 'self' is always in drift and flux. Once we undress this flux and drift and stand with bare consciousness, we can see, the real, the actual and truly aware 'self'. This is the process of rising above the stupidities of '*Be Yourself*' viscerality...!

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...For Finality Of Fruition

It is not that people await good times, the good times also await good people to come and hoist the potential seeded in the soil of future. Good words also wish for good readers, to be in reception of and be in linearity of the innocent intent, which ride on the shoulders of the words, for the finality of their fruition...

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... On Navigation And Expression Of Intent

There has to be a humble admittance – Any word, however well meant and well spelt, is a possible suspect of misinterpretation. There is a simple reason. People are in different consciousnesses and culturally as well as personally inclined to a specific value-summation of utilities. As a writer, it is a huge temptation to take liberties, with not only imaginations but also

with the words, as against their common and popular use. Do kindly accept my latitude with language and personal coinages of words, as I understand, many times, they may not conform to popular usages. I share with you whatever is part of my consciousness. All wisdoms say, what stays with you is what sinks in. Wisdom is what we internalize. I share with you whatever I have internalized in my life. This may not be mainstream stuff; but may have utility in some meaningful way. I believe, as a reader, you shall enjoy this novelty and pleasant awkwardness of the writing.

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Thanks For Your Magnanimity, The First Chapter Begins...

CHAPTER 1

There is this primeval, ubiquitous and transcendental question about purpose of life. Somehow, this question spares none, at least most. This itself suggests, the question essentially is not a question but an instinctive mechanism, a wired situation, an embedded cognition in our consciousness; somehow a visceral drive of humans in general. If something is common in a species, if a behavior and action is universal in all members of a species, it needs to be accepted that it is then wired in body-mind mechanism.

However, this also then suggests, as the question or a life-situation is there in all of us, there also must be answer wired in our body-mind mechanism itself. This hypothesis needs to be tested and understood well as it may lead us to larger wellness.

Somehow, it seems; this correlational incidence of question-answer and problem-solution being installed in the common structures of our body-brain mechanism is the beauty and magnificence of life and living. We have so-called questions about life and living, ingrained deep inside our neural make-up of brain states and therefore, every one of us has this question. There are so much of differences in physiological, sociological, cultural and psychological milieus for over

seven billion people on earth, still the question's singularity probably proves, it is probably wired in our core mechanism.

Naturally, as humanity has successfully survived and thrived for over 4million years, there must be the right answer of this ubiquitous question in the same neural make-up of our brain states. It seems, many humans have understood the question right and deciphered the appropriate answer, otherwise human survival itself would have been in question. However, it is also very clear that in all stages of human civilization, most humans have neither understood the question not deciphered the true answer. The human history of perpetual chaos, conflict and confusion only proves this.

It seems, it is about accepting a question inside our minds as some bio-chemical-neural situation; like hunger. What we feel and call as *Hunger* or *Thirst*, are also like 'questions', which happen because of a bio-chemical-neural situation within our body-mind mechanism. Naturally, the question of hunger and thirst has answer also within the same mechanism, with another set of bio-chemical-neural situation...! It is essentially about a higher cognition of our bio-chemical-neural mechanism...

Somehow, from our own life-living-experiences we know and accept that solution of problems is not a big task. If you have a problem, we 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'. We can accept it as question.

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 qualifies as answers.

That is why, we already know and accept it that we actually 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. As evolution has created lives and sustained it for millions of years, despite loads of crisis and

chaos, it seems, lives have been created in symbiosis and symmetry with ambient milieus for survival and human brain has imagery and simulated neural structures of these outside milieus, wired in brain states so that all essential ingredients of human survival and excellence comes pre-installed. Therefore, we can say, all questions and therefore all answers are wired in neural make-up of brain states. We just have to understand questions and decipher-decode answers.

That is why, classical Indian spiritualism and contemporary quantum science also say – ‘*Nothing outside you has any meaning and worth*’. This means – all our questions and all our answers are wired deep inside us – in our bio-chemical-neural mechanism. All realism, all cognitive factualism and all situation of life-living are installed innately in neural make-up of our brain states, with bio-chemical structures of body aligned to it in some commensurate symmetry...!

That is why, classical Indian spiritualism and modern science stress on ‘*aatma-sakhchhatkaar*’, a Sanskrit language word for ‘self-dialogue’ or ‘self-actualization’. The truth, the realism, the idealism, the purpose and poise; everything are already within our own body-mind mechanism. However, truth can never be ‘created’ as it is already there but it has to be ‘unraveled’ and ‘deciphered’ by every individual. Therefore, since early days of settled human culture and civilization, the wise of humanity have insisted on processes of ‘self-introspection’ and ‘self-actualization’...!

This needs to be understood and accepted. We have a mechanism but everyone cannot qualify automatically to see and understand this mechanism. The ‘truth’ may well be there within but there is no easy route to automatic access to it. There is a persevered and conscious awakening mode of ‘self-actualization’ for deciphering and decoding this truth about our mechanism.

Let us see, understand and accept this simple realism, which however is considered as the greatest conundrum of life. We first need to accept that all species on our planet earth have evolved in millions of years and humans are also a species, evolved in billions of years. If this planet has witnessed millions of different species and many very old species still surviving since millions of years, then the evolution has been successful in its mechanism. Naturally, the core mechanism of evolution, which installs ‘drives’ or what we may call the ‘neuron-plexus’ of instinctive roadmap of life-living, must have been very powerful and successful. We can see, how the evolution has installed the three (some list it as four) core drives in all creatures of

millions of species on earth and these drives energizes everything for all living being, including humans. These drives are –

1. Acquisition/Possession
2. Preservation and
3. Perpetuation

Some list four drives in humans as –1. Acquire 2. Defend 3. Bond 4. Comprehend. The first three drives, though different in nomenclature are the same in all living being and only the fourth drive of ‘comprehension’ is added for human species. However, this drive of comprehension is not exclusive to humans. As science says and even classical Indian spiritualism accepted; many higher animals like elephants, whales, dolphins, dogs, primates, etc have varying degrees of consciousnesses, facilitating some shades of comprehension.

So, the very question about purpose of life emanates out of our core drives. As we said above; we may need to accept the questions of life-living like *Hunger* and *Thirst*, which also emanate out of our installed drives within. There is this hypothesis, which insists since thousands of years and now validated by contemporary science that there is no realism outside our mechanism of consciousness and cognition. As evolution has sustained us long enough, it has wired our mechanism in symbiosis and symmetry with cosmic constructs. This leads to the fruition of the core and primary hypothesis that all questions and all answers are within us.

Now, we think, humans do seem all similar but they are all different. Science says – no two brains are similar. This means, we all have different neural wirings. Therefore, different people shall have different neural make-up of brain states and this shall in turn create differentiated ‘Consciousness’. As consciousness is differentiated, people shall have different cognitions. It is therefore only natural that even when core drives of humans being same, as consciousness and cognitions are different, the questions of life-living shall also be felt, realized and accepted differently. The answers therefore are bound to be differently expressed...

Within the above-mentioned singularity of hypothesis about commonality of mechanism of body and mind, the idea of different dimensions of perception, owing to different shades of human consciousness and cognition is added. This somehow further complicates both questions as well as answers.

This is probably the beauty of life-living, yet the primary and core trouble for humanity. Most animals look alike and may also feel and act alike. However, humans cannot and this diversity, despite being beautiful, is core trouble for humanity as it makes it impossible for humanity to develop and accept singular '*Theory Of Everythingness*'...!

So, different people shall have different personal expression of their core drives. Someone shall feel and accept that life is futile and there is no meaning of eating, drinking and having sex. Many however shall readily accept life's purpose as simple as the above. So, your core drives themselves create all shades of questions within you and accept answers as per their neural make-up in brain states.

Science says, there are seven shades of consciousnesses and 16 brain types, which make people different in their thoughts, perceptions and actions. This in turn ensures that human conflict with each other is perpetual. Science insists – 'We do not see and accept things as they are, but we see and accept them as we are. This is beautiful but core trouble for humanity.

This new millennium has this empowerment for all of us that we now have this knowledge about '*How And Why We Are What We Are*'. This body-mind mechanism and how it creates different shades of subjective perceptions, is now a well-accepted knowledge for all the humanity. This is the true education and real knowledge, every one of us has to imbibe. If we want *answers*, we need to first understand the mechanism of *questions* – how and why they are what they are. As we understand the origin and seed-situation of questions, we can decipher the answers, which cannot be created individually, but are already there within us, for each of us to see, understand and accept.

The populist cultures and the so-called intelligent social, economic, political and religious leaders shall all offer you wisdom to look for 'answers' in 'external' milieus. They shall make you see all questions and all answers outside you. They shall say that they have 'created' truth and answers for your wellness and excellence. They all are saying things contrary to truth, which classical spiritualism and modern science has unraveled since long. Nothing outside human body-mind mechanism has any meaning and worth. This clearly means – all questions and all answers are within you as they are installed in your 'drives'.

However, there is a warning. Many in contemporary world shall advise you – ‘Be Yourself’. This is calamitous populism. This ‘*Be Yourself*’ prescription makes you believe that all your innate instincts are true and your visceral being is your God – the epitome of righteousness.

Be warned – this is a huge trap of conundrum! This ‘Be Yourself’ is the seed of solipsism, anti-rationality and anti-intellectualism. The populist version of ‘Be Yourself’ prescription is somehow an easy and stupid acceptance that ‘I Am Good, Whatever I Am’. We are not...! We can never be!

Our drives are not our God. Our drives are neither ‘Good’ nor ‘Bad’; neither ‘Right’ nor ‘Wrong’. Evolution is a stupid engineering. It has not installed drives in us with an eye to righteousness, idealism or appropriates. Drives are value-neutral. However, righteousness and goodness is an evolved personality positioning, we are not born with. This we learn and unlearn. Moreover, there can be one set of righteousness for ‘self’ and another set of probably contradicting and conflicting socio-cultural righteousness. We already know, humanity never had a singular God...!

Therefore, do not accept your drives, instincts, visceral-self or gut feeling as God or ‘righteousness unto itself’. Rather, the idealism is, as we have said above, assign the instinctive energy of ‘skepticism’ to all your drives. Empowerment is in seeing, understanding and then accepting our drives. Self-dialogue, self-introspection and self-actualization are the tools of empowerment and these tools, we are not born with but evolve as we grow and mature. We shall elaborate the macrocosmic dimensions of this ‘Be Yourself’ idea in later chapters.

In classical Indian spiritualism, there is a proclamation of ‘*Aham Brahmarshmi*’ (I Am God). This somehow can be accepted as true ‘Be Yourself’ consciousness positioning. This ‘*I Am God*’ proclamation seems like a truly qualified ‘Be Yourself’ positioning because the idea is in beautiful commensuration and symmetry to the evolutionary realism of milieu-specific wired consciousness. It is about elements of outside milieus finding expression in the wired neural make-up of brain states. We shall elaborate it in later chapters.

At the very outset, we need to accept that when thousands of years back, some wise said, ‘*I Am God*’, he probably meant that he has seen, understood and accepted the mechanism of ‘life-living’ by unraveling the structure and functions of drives within. This ‘I Am God’ or ‘Be

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