

## AWARENESS (JAGRUTI)



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FROM THE DESK OF CHAIRMAN

### **WHO AM I? WHY I AM HERE ? WHAT IS THE PURPOSE OF LIFE ""**

Paryushan Parva is regarded as the most important of all Jain festivals, because it provides us with an auspicious opportunity to reflect, introspect and strive towards achieving our spiritual goals.

Human beings have been eternally asking the question 'WHO am I?? A human being is a seeker, who is in search of himself, Many seek : however only a few find the answer.

Life is eternal: we never give a thought to this truth. When someone dies we declare that the person is immortal, but the truth is we ourselves are immortal too. That is why we do not feel that we have grown old.

No matter how old person is, he feels he is never going to die. If someone else dies, we say 'oh that poor fellow died'. 'Everyone else dies but I won't this feeling is there somewhere. There is a stream of awareness within us that cannot be destroyed. To acknowledge and observe that stream is spirituality- 'I have not change, I have not own grown old I am just the same.' This brings such courage and strength in life that nothing can shake you, examining your life, observing it is spirituality, it is 'satsang'.

Satsang is not just listening to discourse or singing bhajans but pondering on the truth of your life. What is the most important truth of your life- there is an element within me that does not perish. Does not diminish and is deathless. If you direct even the slightest attention to it, life becomes easy and uncomplicated.

The second truth - everything changes. The body undergoes many changes, as does the mind, so do our thought. Knowing that everything is changing stabilizes you. When you are established in this truth, such a smile blossoms from within you that can never fade, cannot be robbed. To sit in an efforts to gain this knowledge is satsang. If we change , we can change our environment, our society and this world.

'God knows , how many lifetime it will take for me to gain this awareness' - do not harbor such thoughts. Now that you have come to satsang, believe that you have already gain it. Once you are on the train, know that you will reach the destination. That is for sure. How do we make this smilesunshakable? How do we make our time on the planet meaningful? Being human we all have certain needs and certain responsibilities. If your needs are more than your responsibilities, there will be unhappiness in life guaranteed! If your responsibilities are more than your needs, life will be peaceful. What you need to do is reduce your desires and take on more responsibilities. It is for us to realize that there are two stages in life: the first when we run after the worldly pursuits chasing power, pleasure, possessions and prestige. We seek our happiness in acquiring these toys, Many of us do not go beyond this first stage and waste our entire life pursuing these material goals .

While a few reach the second stage on their own, many start the journey on this second stage because of some rude awakening or a harsh wake-up call, the death of a near and dear one, some major financial setback, loss of a job, breaking up of marriage, a near death experience or on advice from near one and well wishers etc.. These events set one on the path to the second stage, Death in this sense is a friend as it puts us on the right path of thinking, We only start living when we think of death seriously.

In this second stage, of life we discover that there is much more to life than merely attaining worldly progress. We come to realize the worthlessness of our wealth and personal belongings. We realize the emptiness of the so-called success in life or business/profession, our power and our prestige. We realize as Bhagvat Gita says :-

"What belongs to you today, belonged to someone else yesterday!!! and will belong to someone else tomorrow,"

When we die, only two questions remain: how much love have you shared, and how much knowledge have you gained? One day or the other, we are going to die. But we have to make sure, we all together and create a divine society till the time we are in this world.

**TREAT OTHERS THE WAY YOU WANT TO BE TREATED**

**REMEMBER "THE SOUL IS ON THE JOURNEY"**

*Thank you all..... Always in Gratitude*

*CA Dinesh Shah*

