



M.C-6

THOUGHT MANAGEMENT IN VEDAS

Dr. S. D. MISHRA
Department of Electrical & Electronics Engineering
Birla Institute of Technology
P.O. Mesra, Ranchi – 835 215
Jharkhand (INDIA)

ABSTRACT

The four elements, i.e., earth, water, air and sky have been polluted is scientifically proved and accepted by all the saints and scientists. One element, fire, is not yet proved or is not in my knowledge that whether this element is also polluted or not. The human being and ones thought born out of five elements is therefore polluted. The origin and end of pollutions may be considered into thought that decides ones action and discriminates man from superman and animal.

A bird's eye view of Vedas reveals to me it as a treasure of higher quality of mind. Individual invokes subtle forces of nature to guard against evil and bestow health, happiness and prosperity upon one. Nature consisting of all its forms and functions, i.e., sun, moon, plants, animals, rain and light, etc. are all prayed and worshipped for different purposes. Thus the mind becomes conscious for the forces of self and surroundings. In due course one begins to receive energies from the nature and translates it into desired purposes without polluting the external nature. Therefore the thought management techniques of Vedas may be practised to achieve jnana (knowledge) and ananda (bliss) on this planet earth.

Introduction

Geographical environment constituted by flora and fauna, climate, temperature, soil, distribution of water, the phenomenon of gravitation, storms, earthquakes, sea-currents, rain, etc. determine the modes and patterns of living, thinking and human behaviour. In previous centuries our own desire for industrial, technological and agricultural advancement have expanded our own realm of investigations and somewhere the love for the nature and chain of thought of search for reality was broken and whole course of our approach moved into understanding and manipulating the matter only.

In recent decades emergence of deadly diseases, perversion and obsession in human thought, aberration in human behaviour, cases of crime and corruption, loss of human values, virtues, truthfulness, honesty and tolerance, etc. is becoming the matter of concern for intelligent few. An analysis of the problem reflects that the land where we live upon, the water in the lakes, rivers, seas and even ground water which we drink, and air which we breath in the environment is all heavily polluted. The akasa (space) is also polluted by the unnatural waves and forces. Thus the tattvas (elements) of which we are made up of are all polluted and therefore human being is undoubtedly polluted also ones thought and action must have been polluted.

The ultimate goal of human life in Veda is Moksha (salvation) and all the human activities, behaviour and thoughts are designed and directed to this single goal. Religion appears to be at the top in society while today we are afraid of calling ourselves religious. We lost our will to stand at the religious standards. We protect ourselves calling the approaches scientific which is materialistic in nature and is least applicable to emotions and biological systems. Our thinking may be modified on the religious and vedic ways to avoid the further destruction, pollution and even the loss of human life from this planet earth.

Pollution of Tattva and Vichara

Pollution of tattva (earth, water, air, fire and sky) probably started from the very moment when the primitive man knew to make fire; since then it has increased and still increasing every moment. The major sources of earth, water and air pollution are volcanic eruption, industrial effluents, agricultural discharges, fertilizers, detergents, toxic metals and thermal pollutants etc. Tiny electromagnetic waves of TV, radio, etc. noise and the gases involved in depleting the ozone layer are also causing the greater damage to the space and environment.

In recent past social scientists have started thinking psycho-social factors of pollutions which have changed the definition of environment and widen the area of research from the tattva to tattva and vichara (thought). Now it is well established fact that the greatest pollutant is human thought and control upon our thinking processes would ultimately may lead to control upon pollution of tattvas. Research experiences have enough evidences to warn the scientists that creating and controlling pollution methodology would not succeed and would never achieve the desired result by the modern methods. For example; so called top people, leader of our society and head of organization are not seen meeting once during their tenure to all the colleagues or even cautiously attend their own body organs (internal and external) once in their life time unless it reaches to alarming state or failure is highest degree of pollution of vichara (thought). One may be reminded that all the wars and destructions happened in the name of protecting humanity, even decided after series of meetings and dialogues resulted by single thought, i.e. at the saying of bosses 'yes'. One may cautiously think that the single thought which takes one to hammerrage, comma, heart and paralytic attacks, etc. did acquire very large amount of pollution and lead to the horror of self and society.

In this connection the occupation health scientists have been mainly concerned with gross changes (morphological as well as physiological) occurring in the workers due to their exposure to toxic substances present in their work place. Experimental studies (a new field of study behavioural toxicology) with a number of neurotoxins like carbon monoxide, mercury, lead, manganese, organic solvents and various insecticides have shown that behavioural aberrations are among the earliest of the toxicity symptoms and often occur at exposure levels insufficient to produce histologically detectable damage in the central nervous system (CNS) or in other organs and appear long before the occurrence of clinical symptoms of poisoning. Some studies on thermal envi-



ronment have reported the level of thermal environmental stress. All these pollutants whether thermal or other reported earlier first appear as stress, irritating, causing uneasiness and latter if the environment is not suitably managed is appearing as deadly diseases of brain, kidney, liver, lungs and heart etc. a net result of pollution of tattva and vichara.

Thought in Vedas

The ancient sages realized the fact that the natural creation has mysteries of 'panchabhutas' or the 'panchatattvas' and emanation of all other materials is enshrined in them. The prithvi (earth) is suited to life nourishing capacity. The apa (water), vayu (air) and agni (heat) is considered to be life in itself. In the akasha (space) these four elements are enclosed and forms the 'environment' for life of plants, birds, animals, men and other species and insects.

The subject of Veda is science of creation of universe, expansion and governance and the role and place of human being. Omniscient Rishis uses the figurative verses, allegory and symbols, etc. to explain the important subject of human life so that a visionary and learned could know the miraculous subtle spiritual knowledge and an uneducated could lead successful happy life from following the techniques of Veda.

Rishis of Veda knew that there is a conscious soul in all the material and physical objects. Probably they express and explain the same consciousness as deity of the different natural substances. There appear verses praying Indra, Agni, Surya (sun), Ausadhi (medicine), vanaspati (plants), animals (cow, horses, etc.) like men and god and to have the fulfillment of desire of wealth, fortune, happiness, shakti (power) and boon etc. They also knew that there is a supreme soul (paramatma) of every form and behind every function. 'Apasyamaham mahato mahitwan martyasta vikshu' (Rigveda 10-79-1) which means, I have seen the grandeur, greatness of eternal fire in the mortal men (paramatma in agni). Similarly 'I pray the creator of creators' expresses that they could see the god (paramatma) in Indra, Agni, etc. (Rig Veda 10-128-7). O! adhanye (not to be killed), fortunate cow, you eat trina (grass), bestow fortune upon us (also make us fortunate), you eat grass and drink pure water (Rig Veda 1-164-40). Competition (if unhealthy; zealous) is endless, nowhere ends and therefore it is advised and advocated to avoid the accumulation of wealth and object of lust and running after any kind of material prosperity. Atharva Veda preaches that the jala (water), anna (grain, cereal) should be equal for all human being (essential for survival). I tie you in one pasha (bandhan) therefore you work together like a wheel of chariot working towards novel or center (shaft of the wheel) (3-30-6).

O! Lord, fix up my sight so that all the creatures could see me as friend, I could also see them as friend and we all could see each other as friend (Yajur Veda 36-18). Moha (attachment), lobha (greed), kama (lust or sex), gambling (share-business of today) and intoxication, etc. are criticized at different places and person involved into it is punishable in this world and world beyond (Rig Veda 10-7-1-2 and 7-10-4-2). One who is sensual (indriya bhogi) put others into loss is blamable and worthless.

These verses indicate the human values, virtues, facts of higher thinking, understanding of evolutionary laws, spirituality to attain bliss, manifestation of bliss in the form of love to all components of creation and individual aspirations for moksha. In veda, top persons of society (Rishis) are seen cautious about each tiny particle (kana) and every moment (chhana). The code of conduct and human behaviour appears to be with the vision of healthy and happy long life without any hindrance in natural ages and enjoyment of other creatures.

Suggestions

Pollution of thought although an outcome of pollution of tattva is matter of great concern. The flow of thought may be allowed but the action should be controlled in a very strict manner and life should be lived in tune with nature and veda to avoid further addition of any new amount of pollution to the tattva. The unprecedented development of business and industrial culture which have reduced the human being to a level of commodity and no more than a structure of flesh and bones. Money and matter occupied the prime position and made the man slave and crazy. These whole wrong approaches may be transformed with due respect to vedic culture where man like other creatures live in tune with nature and learn to invoke energies to recognize subtle link between life and matter. In this process one can take from the earth and atmosphere only so much as one put back into them. Therefore in present scenario 'refuse to misery and menace is refuge in Veda'.

References

1. Sinha, A. K., Singh, R.P. and Rastogi, K.M. (editor) : Human Health and Environment (Vol. 1) Ragarsi Prayakar Pande and Yogista Saxena : Effect of Exposure to Automobile smoke on Memory; published by APH Publishing Corporation, 5, Ansari Road, Darya ganj, New Delhi - 110 002, p.207, year 1997.
2. ibid : Seema Srivastava, Tanveer Hussain and S.K. Rastogi : A study of Thermal Environment in a Brassware Industry; p. 211.
3. Chaurasia, B.P. : Environmental Pollution, Reception and Awareness (b); published by Chugh Publications, 2, Strachey Road, Civil Lines, Allahabad, Year 1992.
4. Sharma, B.K. and Kaur, H : An Introduction to Environmental Pollution (b); published by Krishna Prakashan Media (P) Ltd; 11, Shivaji Road, Meerut - 1 (U.P.), year 1996-97.
5. Pt. Shri Ram Sharma Acharya : Rig Veda (Vol. 1,2 and 3), Sam Veda, Atharva Veda (Vol. 1 and 2) (Sanskrit - Hindi), Shanti Kunj, Haridwar (U.P.), Samvat 2059.
6. Saraswati Swami Dayanana; Yazur Veda; pub. Sarvadeshik Arya Pratinidhi Sabha, Maharsi Dayananda Bhawan, Ramlila Maidan, New Delhi - 1, Samvat 1934.