

GI4QC FORUM



THE QUARTERLY UPDATE

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Table of Contents

From The Editor’s Desk	2
The Quarter That Went By	3
Webinars by GI4QC Forum.....	3
Launch of “International Journal on Eternal Wisdom and Contemporary Science”	4
Other Pursuits by Members/Partners of the Forum.....	6
A Glance at the Events of this Quarter	7
Scheduled:	7
Planned:.....	7
Exploratory:	7
Articles by GI4QC Forum Members	8
Yoga: A Journey of Self-Discovery and Balanced Living.....	8
Notice Board: Call for Papers	16
Notice Board: Call for “Support from GI4QC Forum”	17
Connect With Us.....	18

Please Note: One of the objectives of GI4QC Forum is to make this Forum a valued networked association known for unhindered exchange of ideas. We, therefore, recommend that you read / listen to the views of our guests and members with an open mind and form your own opinion.

From The Editor's Desk

Welcome to GI4QC Forum's Quarterly Update. It is one small step in dissemination of periodic information to members, patrons, associates and well-wishers to keep abreast of various activities undertaken in the previous quarter and planned for the future.

GI4QC Forum, as you know, has embarked on various activities with intermittent goals. The final destination is kept open-ended for members to pursue individually or collectively keeping the Vision and Mission of the Forum as their guide.

The modern era stands at a crossroads where ancient wisdom intersects with cutting-edge scientific investigation and the mankind is left wondering which path to traverse in their ever-evolving quest for knowledge. This Forum is confident that these two seemingly divergent paths ultimately converge at some point. The members are trying to uncover how the age-old philosophies intertwine with modern scientific breakthroughs, particularly in the realms of universal-consciousness and quantum technology.

The ancient knowledge systems provide holistic view of integrated mind, body, and spirit, offering a comprehensive understanding of human existence and the universe. In the recent years, the idea of consciousness has gained traction within scientific circles, particularly in the fields of neuroscience and quantum physics. Researchers are exploring the possibility that consciousness is not merely a by-product of brain activity but a fundamental aspect of the universe, woven into the very fabric of reality. This paradigm shift echoes ancient beliefs, suggesting that consciousness pervades all of existence, a notion that challenges and enriches our scientific understanding.

Quantum technology, the cutting-edge field at the intersection of quantum physics and technological innovation, is another frontier where ancient wisdom and modern science meet. Quantum physics, with its principles of superposition, entanglement, and uncertainty, has revolutionized our understanding of the physical world. These principles resonate with ancient philosophical ideas about the interconnectedness, oneness and fluid nature of reality.

The synergy between ancient wisdom and quantum technology is most evident in the emerging field of quantum consciousness. GI4QC Forum started with its experiment M2CI in early 2022 to explore Quantum Consciousness with credible scientific evidence of Mind-Matter interaction. We plan to revive the study and take it forward. This needs young energetic scientists to come forward to make it a success.

This editorial aims to inspire readers to appreciate the depth of ancient knowledge while embracing the innovative spirit of contemporary science.

We would love to hear your views and suggestions. Please write to the editor, Commander Anil Samantaray, at query@gi4qc.org. Your feedback are very valuable to us.

The Quarter That Went By

Webinars by GI4QC Forum (For Video recordings visit www.gi4qc.org or youtube channel @quantumconsciousness1)

- 24 Apr 2024: **How can we involve Youth in Spirituoscientific branch of study.** It was noted that to awaken the curiosity of the youth a narrative should be built which starts from the contemporary knowledge repository and has relevant elements of ancient wisdom sprinkled here and there.

Moderated by: Mr. Anand Prakash

Key Speakers:

Mr. Anish Rakheja, Founder, Krescon Coaches, is an internationally accredited executive coach, certified astrologer and author. He calls himself an avid student of the Indian Knowledge Systems with a focus on the Nalanda traditions in Buddhism, Digambar tradition in Jainism & different philosophies of Vedanta. He is on a journey to know himself and also to contribute to the spiritual transformation of one and all.

Mr. Kaudinya Arpan is a researcher of Geospatial Artificial Intelligence from Sikkim and Alumnus of Nalanda University. Since his childhood he has been parallelly studying Vedas and Upanishads through the Indian Knowledge System which he utilizes to run his blog Scientific Monk and write columns for outreach of Indian Culture. He is an author of *Avatars of Brahma* which was recently published by Penguin Random House India.

- 15 May 2024: **Role of Higher Education Institutes in Disseminating Indic Knowledge.** The speaker shared his experience of how he got the fellow students interested in Sanskrit Language when he was a student at IIT Kharagpur. He further shared the steps he has taken at IIT Roorkee, as a faculty, to generate awareness about the spectrum of knowledge available in Indic Knowledge System.

Moderated by: Mr. Anand Prakash

Key Speaker:

Prof. Anil Kumar Gourishetty is a Professor of Physics at IIT Roorkee. His research interests are Experimental Nuclear Physics, development of nuclear radiation detectors for different applications, nuclear astrophysics and radiation induced effects in materials. He is also associated with the Centre for Space Science and Technology at IIT Roorkee. He is deeply interested in Sanskrit and Indian Knowledge Systems (IKS) and, presently, he is the Head of the Centre for Indian Knowledge Systems at IIT Roorkee. He played a key role in designing and teaching the courses related to IKS. He is involved in executing IKS related sponsored research projects at IIT Roorkee. For his contribution to the promotion of Sanskrit language and Sanskrit Knowledge Systems, the Central Sanskrit University, New Delhi felicitated him with the award "Samskruta Vratī" on World Sanskrit Day-2022.

- 16 Jun 2024: **Yoga: A Journey of Self-Discovery And Balanced Living:** The speaker explained how yoga's holistic approach can help find the unchanging witness within the ever-changing phenomenon of life and, thus, pave way for leading a balanced life wherein we are able to effortlessly integrate worldly actions with spiritual pursuits.

Moderated by: Mr. Anand Prakash

Key Speaker:

Venu Govindaraju, PhD, is Vice President for Research and Economic Development and Distinguished Professor of Computer Science and Engineering at the University at Buffalo (UB). At UB, he established the Institute for Artificial Intelligence (AI) and Data Science, National AI Institute for Exceptional Education and is the founding director of the Centre for Unified Biometrics and Sensors. He holds six patents, and has authored close to 500 scientific papers. Govindaraju is the Chief Research Officer of UB, where he oversees the university's entire annual research enterprise of \$450M. Govindaraju received his BTech from IIT Kharagpur in 1986 and PhD from the State University of New York (SUNY) in 1992.

Launch of “International Journal on Eternal Wisdom and Contemporary Science”



Launch at Amity University, Noida



Online Launch of the Journal

21 Jun 2024: In a ground-breaking endeavour to bridge ancient wisdom with modern scientific understanding, the first issue of *International Journal on Eternal Wisdom and Contemporary Science* has been published, marking a significant milestone in interdisciplinary discourse. Released by GI4QC Forum, the journal aims to explore the intersections of timeless philosophical insights with cutting-edge scientific research.

The journal features a diverse array of articles authored by renowned scholars and experts from various disciplines. Topics covered include the philosophical foundations of yoga, the parallels between eastern philosophical traditions and advancements in quantum physics and cognitive neuroscience, the implications of advancements in artificial intelligence and so on.



Presenting to Director, IIT Bombay

Prof Ajit Kumar Verma, editor-in-chief of the journal, highlighted the importance of integrating ancient wisdom traditions into contemporary scientific inquiry. "Our goal is to enrich our understanding of the universe and also to foster a deeper appreciation for the diversity of human thought and experience," Prof Verma stated.

Two of the standout articles in this issue explore the concept of consciousness from perspectives ranging from Advaita Vedanta to Artificial Intelligence and their correlation. The research papers delve into ethical frameworks found in various philosophical traditions and their relevance to global challenges such as healthy living, climate change and to bring in holistic living for social justice.

The publication has garnered attention for its innovative approach to fostering dialogue across disciplines that traditionally operate in separate spheres. By juxtaposing ancient wisdom with modern scientific discoveries, the journal seeks to inspire new insights and avenues for research that could potentially address complex contemporary issues.

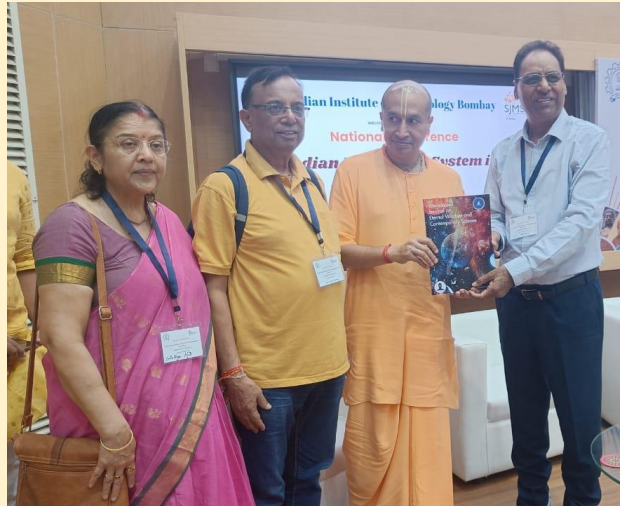
“This journal represents a significant step forward in recognizing the complementary nature of different forms of knowledge. It encourages scholars to transcend disciplinary boundaries and engage in meaningful discussions that can lead to profound discoveries”, explained Mr. Anand Prakash, Director – GI4QC Forum.

The *International Journal on Eternal Wisdom and Contemporary Science* is expected to stimulate further research and dialogue among scholars, scientists, and philosophers worldwide, paving the way for deeper interdisciplinary collaborations in the future.

As the journal gains traction within academic circles, it promises to remain a pivotal platform for exploring the convergence of ancient wisdom with the frontiers of contemporary science. With each issue, it seeks to illuminate new paths of inquiry and foster a deeper appreciation for the interconnectedness of human knowledge systems.



Presenting to Director, IIT Roorkee



Presenting to Gauranga Das ji, ISKCON



Presenting to Vice-Chancellor, Gautam Buddha University



Presenting to Dr. Venu Govindaraju ji, Professor at the University at Buffalo

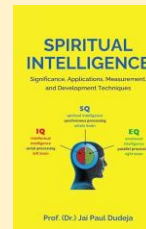
Other Pursuits by Members/Partners of the Forum

- Books

- Fellow Seeker: Ancient Principles for Modern Living
by Krishna Prakash
<https://amzn.in/d/7XvH1zn>



- Spiritual Intelligence: Significance, Applications, Measurement, and Development Techniques by Prof (Dr.) Jai Paul Dudeja
<https://a.co/d/4l1XBik>



- Essays

- By Jayant Kapatkar
 1. “Who is Seeing the Tree?” <https://vedantaandscience.com/?p=1157>
 2. “What is There Within the Mind?” <https://vedantaandscience.com/?p=1166>
 3. “The Processing Power of Awareness” <https://vedantaandscience.com/?p=1173>

- Blogs

- By Tanay Bansal
 1. The Quantum-Consciousness Nexus: Envisioning a Future of Technological and Spiritual Synchronicity
<https://medium.com/@consciouscompute108/the-quantum-consciousness-nexus-envisioning-a-future-of-technological-and-spiritual-synchronicity-e8458dc0f67b>
 2. Why “Everything Happens for a Reason” Falls Apart in Quantum Mechanics?
<https://medium.com/@consciouscompute108/why-everything-happens-for-a-reason-falls-apart-in-quantum-mechanics-d2343539d0cc>
 3. The Boundaries of Knowledge: Linking Consciousness, Agrippa’s Trilemma, Gödel’s Incompleteness and Quantum Uncertainty
<https://medium.com/@consciouscompute108/the-boundaries-of-knowledge-linking-consciousness-agrippas-trilemma-gödel-s-incompleteness-and-a2e98c7acc8f>

- GI4QC Forum’s Volunteers Group Completed Phase – 1 Beta Testing of Arya, AI Spiritual guide (chatbot) from Mokx.org (an initiative of Akash Verma)

A Glance at the Events of this Quarter

Scheduled:

- National Conference on *Indian Knowledge Systems in Management* at IIT Bombay: 4 to 6 Jul 2024 - Anand Prakash and Prof. A K Verma to participate.
- Mr Vinod Tiwari to attend a residential retreat focussed on *Vedantic texts*, at Narayanashrama Tapovanam, Venginiserry, Kerela: 23 to 28 Jul 2024
- I.CAN Retreat, exploring *Science, Scriptures and Spirituality*, in Czechia: 26 to 28 Jul 2024 – conducted by Krescon (Dr. Anish Rakheja), a partner of GI4QC Forum.
- Online Webinar on *Spirituality in the Age of Technology* by Dr. Anoop Kumar, MD, MM - organised by GI4QC Forum on 31 Jul 2024 at 7:30 pm IST.
- *Mind, Meditation, and Management 2024* (Sharpening Human Capabilities with Meditative Science) at Copenhagen Business School: 22 to 23 Aug 2024 - Prof A K Verma to participate as one of the keynote speakers.
- Online Webinar on 28 Aug 2024 at 7:30 pm IST
- Submission for 100-300 word abstract for papers for the December issue of IJEWCS (International Journal on Eternal Wisdom and Contemporary Science – a Journal published by GI4QC Forum): 31 Aug 2024
- Evaluate project proposals received for “Support from GI4QC Forum”: Sep 2024
- Submission Date for full paper for the December issue of IJEWCS: 15 Sep 2024
- Online Webinar on 18 Sep 2024 at 7:30 pm IST

Planned:

- Participate in Viśva-Veda-Vijñāna-Sammelanam at Sastra University, Thanjavur: 23 to 25 Dec 2024
- Half a day module / workshop disseminating specially curated information on “Looking at The Ultimate Reality with a Scientific Lens”
- Multi-institute multi-disciplinary Mind Science Project with Copenhagen Business School
- Students Engagement Program: A series of online sessions for IIT Roorkee on “Consciousness Studies”
- Experimental Research Project in collaboration with Gautam Buddha University
- GI4QC Forum Member’s Directory
- Final Phase of Testing of improvised version of Arya, AI Spiritual guide (chatbot) from Mokx.org (an initiative of Akash Verma)

Exploratory:

- Identify avenues of collaboration with Bhaktivedanta Research Center at Govardhan EcoVillage (a project of ISKCON).
- Partner with the IKS Program hosted at Nation Resource Centre for Value Education in Engineering (NRCVEE) at IIT Delhi.
- Launch a program with the VSRF team (Sri Vedaravishangar ji) on the lines of IKS Engineer Ignited which VSRF team recently conducted at IIT Mandi
- Connect with Rishihood University, Amity University and Sharda University and evaluate possible areas for association.

Articles by GI4QC Forum Members

Yoga: A Journey of Self-Discovery and Balanced Living

Venu Govindaraju

Namaste !

We all know the feeling – pulled in a million directions by work, family, and the relentless buzz of technology. It's no wonder we often feel overwhelmed and off-balance. Today, let's explore how to navigate this chaos and discover a wellspring of peace within ourselves.

Traditionally, yogic paths like Bhakti (devotion), Karma (action), and Jnana (knowledge) are seen as distinct disciplines. However, their ultimate aim is the same: dissolving the ego and achieving a sense of oneness with the infinite. Imagine threading a needle – unless the thread's tip is sharp enough, it won't pierce the eye. Similarly, the ego must be diminished to facilitate this union.

Here's how these paths approach this challenge:

- **Bhakti Yoga** reminds us of our limitations in the face of a higher power, fostering humility and diminishing the ego.
- **Karma Yoga** emphasizes selfless service, shifting our focus away from ourselves and towards others, effectively shrinking the ego.
- **Jnana Yoga**, the focus of today's discussion, takes an intellectual route. Think of it as solving a puzzle. Through thoughtful inquiry, it directly addresses the challenge of the ego.

These diverse paths, often likened to the rivers Ganga, Yamuna, and Saraswati, or the energy channels Ida, Pingala, and Sushumna, ultimately converge at the Triveni – the confluence of wisdom.

Given the intellectual prowess and curiosity of this audience, I believe Jnana Yoga will resonate most deeply. So, let's look deeper into this path and explore how it can guide us towards inner peace. This article has four parts: i) Balanced living, ii) Yoga iii) The true self and iv) Conclusion.

1. **Balanced Living**

Growing up immersed in Indian culture, I was captivated by stories of legendary rishis who gave up everything in their pursuit of truth. Tales of their ascetic practices and solitary journeys through forests fueled a romantic notion of renunciation within me. The teachings of Ramakrishna Paramahansa and Buddha further solidified this image, leaving me to wonder – is complete detachment the necessary sacrifice for supreme knowledge?

However, as I navigated life's complexities, a different perspective emerged. Generalizations are tricky, and each context carries its own weight. I came to believe that complete renunciation is akin to fleeing a battlefield – it leaves us stranded between worlds, failing to achieve true peace. Life, in all its richness, is meant to be experienced fully. This, I believe, is the essence of attaining inner peace and joy in the present moment – a sentiment mirrored in Krishna's guidance to Arjuna.

This shift in perspective found its voice in my poem titled "सहज संतुलन" (Natural Balance), which explores the idea of finding truth and balance within everyday life.

प्रवृत्ति-निवृत्ति गुँथे हुए, एक सिक्के के दो पहलू।
जीवन उद्देश्य साधने हेतु, जीवन को मत नकारो।

**Indulgence and Renunciation are intertwined, two sides of the same coin.
To achieve the purpose of life, do not reject it.**

It is by being in the thick of life's challenges and triumphs that one ought to seek the truth. In fact, life provides us with the best tools on this journey. Another verse from that same poem:

जंगल की गुफा में बैठ, ज्ञान बाँटना है सरल |
दिनचर्या व्यवहार में, निभा सको तो माने।
क्रोध पर काबू का दावा, संयम शांत बने रहो।
ताने मारें करीबी जन, प्रतिवचन में कटुता न हो।

**Sitting in a cave and giving sermons is easy. Can they follow their own advice while living life's tribulations?
Can they respond with kindness when taunted by their own dear ones?**

The idea of staying in the world and finding truth resonates with me deeply. It reminds me of the legendary tennis champion, Rafael Nadal. Nadal's relentless practice sessions are renowned, but he consistently emphasizes the importance of match play in interviews. To truly excel, you need to test your skills under the crucible of real pressure – the roar of the crowd, the tight scorelines, the split-second decisions that can make or break a point. It's the difference between aced practice tests and crumbling under the weight of real exams. The pressure of the real competition reveals weaknesses, exposes areas for improvement, and ultimately hones your skills in a way that isolated practice simply cannot.

This concept extends far beyond the realm of sports. It's like the aspiring musician who spends years perfecting their craft in a quiet room, only to find their voice falters under the bright stage lights and the attentive audience. Or the budding entrepreneur who meticulously plans their business strategy but stumbles when faced with the unpredictable realities of the marketplace. True growth comes from applying knowledge and skills in the messy, dynamic environment of the real world.

Perhaps the analogy stretches a bit, but the core message remains. We need to find balance. We need to experience the world, navigate its challenges – anger, lust, greed, frustration, and even heartbreak. These challenges are not roadblocks, but opportunities to learn and grow. They test our values, refine our character, and ultimately shape who we become. By confronting these emotions head-on, learning to manage them, and finding ways to overcome them, we gain a deeper understanding of ourselves and the world around us.

2. Yoga: Union of Individual and Divine

With the backdrop of seeking truth amidst the complexities of everyday life, let's examine the word "yoga" itself. It's easy to get caught up in the popular image of yoga – bodies contorted into intricate poses on a mat. But yoga, in its truest essence, transcends the physical realm. The word "yoga" originates from the Sanskrit root "yuj," which literally translates to "union." But what exactly is this union, and between whom is it forged?

The most common explanation describes yoga as the union between the individual self (atman) and the divine (paramatman). It's a transformative journey where the limitations of the ego dissolve, and we experience a connection with a higher consciousness. Think of it as a caterpillar undergoing metamorphosis, shedding its earthly form to emerge as a magnificent butterfly, finally united with the vastness of the sky. Throughout history, enlightened beings like Buddha and Ramakrishna stand as testaments to this profound transformation.

However, this concept raises a crucial question: why pursue this union? The answer lies in the inherent human desire for peace and happiness. If yoga, in its multifaceted forms, offers a path towards this ultimate state of being, then it becomes a pursuit worthy of our deepest exploration. Could there be anything more important, more urgent, than achieving lasting peace and fulfillment?

This yearning for inner peace and a life brimming with joy is the very essence of the poem titled "जीवन" (Jeevan, meaning Life). Let's explore this poem next and reflect on the wisdom it offers on navigating the journey towards a life well-lived.

तलाश रहा निरंतर जिसे तू, उसे कैसे जाने कैसे पाए |
 मापदंड निजी अनुभव से हो, जीवन का यहीं एकमात्र ध्येय हो |

सलाहकार मिलते अनेक अनेक, अल्प जानकार, अधिकांश भ्रमित |
 निश्चय कर तू समझ बूझ कर, जीवन काल है अति संक्षिप्त |

लोक प्रशंसा सम्मान और गौरव, पाया धन संपदा और वैभव |
 हर्षित हुए, पर मात्र क्षण भर, पुनः जीवन में कुछ पाने को तत्पर |

शाश्वत सुख का स्रोत कहाँ है, कब तक भटके इधर उधर तू |
 पाए कैसे आनंद रस हर पल, जीवन गुजरे संतृप्त और सरल |

सर्व प्रथम त्याग अहंकार को, निमित्त मात्र है हर कार्य में तू |
 कर्मफल की अपेक्षा क्यों फिर, जीवन सदैव प्रभु इच्छा निर्भर |

**You constantly seek the one, how to know him, how to find him?
The measure comes from personal experience, this is the sole purpose of life.**

**Counselors abound, few with true knowledge, most confused.
One must decide with understanding and wisdom, for life is a fleeting affair.**

**Worldly praise, honor, and glory brings fleeting joy.
Momentary bliss, leaving us always yearning for more.**

**In surrender of ego lies true peace.
Live with love and grace and find in life's journey your sacred space.**

The concept of ego frequently surfaces in spiritual teachings, often triggering an initial reaction: "Isn't that just about curbing arrogance or a bloated sense of self-importance?" While shedding these outward displays of ego is certainly a positive step, the true essence lies far deeper. It's about dismantling what some call the "constructed self," the meticulously crafted identity we use to navigate the world.

This constructed self is a complex entity, built from various elements. It encompasses our name, the label we wear – doctor, teacher, artist – and the roles we play in life – parent, spouse, child. It includes our possessions, the things we own that become markers of our social status or achievements. Even our physical appearance, the way we dress and present ourselves, can become woven into the fabric of this constructed self.

But here's the crux: this constructed self is not who we truly are. It's a mask we wear, a carefully curated persona that can sometimes obscure our authentic selves. Spiritual guidance urges us to peel back these layers, to see beyond the titles, possessions, and manufactured image. It's about recognizing that these external elements, while not inherently bad, don't define our essence.

Think of it like an onion. As we peel away these layers, one by one, we move closer to the core – our true, authentic selves. This core is not bound by external validation or fleeting identities. It's the essence of who we are, the unchanging observer beneath the ever-shifting roles we play.

By dismantling the ego, by detaching from this constructed self, we pave the way for a deeper understanding of ourselves and a more profound connection with something beyond the limitations of the ego. This journey of self-discovery is at the heart of many spiritual practices.

Let's capture this notion again by a few verses from another poem: **में कौन?**

**दुनिया में पहचान तेरी, होगी तरह तरह से |
नाम से, परिवार से, गृह, वाहन और स्थान से |**

**वृत्ति से, आय से, पद और रंगरूप से |
पर कौन है तू असल में, इन सब के जो है पीछे |**

काया बदले नित्य ही, अनेकानेक प्रकार से |
उम्र का प्राकृतिक असर, करे प्रभाव लगातार से |

रिश्ते जुड़े, रिश्ते टूटे, स्वाभाविक सी है प्रक्रिया |
इन के पीछे है जो तू, क्या कभी भी वो है बदला?

कभी हर्षित, कभी पुलकित, तो कभी व्यथित, कभी पीड़ित |
भिन्न विभिन्न अनुभव सभी |

गुज़री जिंदगी फिर, याद किया तो क्या पाया |
इन के पीछे है जो, वो कभी भी नहीं है बदला |

सनातनी वो अछूता, जीवन के हर उतार व चढ़ाव में |
जैसे नहीं निशानी छोड़े, पवन स्वच्छ आकाश में |

साक्षी, पर भागी नहीं, अपरिवर्तित जन्म से मरण |
परिचय खुद से, पहचान असल स्वरूप से |

**In this world, my identity is formed in many ways.
By my name, family, home and place.**

**By my profession, income, position, and appearance.
But who am I truly, the one behind all these appearances?**

**The body changes constantly, in countless forms.
The natural impact of age leaves its mark relentlessly.**

**Relationships are formed, relationships broken, a natural process.
What lies behind these, I wonder if it ever changes**

Sometimes joyful, sometimes elated, sometimes distressed, sometimes tormented,

**When I reflect on my life thus far, what do I find?
The one behind these experiences never actually changes.**

3. The True Self

The poem's poignant question, "But who am I truly, the one behind all these appearances?" cuts to the heart of ego. It compels us to acknowledge that our authentic selves reside beyond the fleeting labels and external validations we accumulate.

Yet, peeling back these layers can feel daunting. Is there a systematic approach to discarding the masks we wear, revealing the unblemished seeker beneath? The quest for self-discovery, as it's eloquently termed, might appear elusive.

The wisdom of the Upanishads offers a powerful method: "neti neti," meaning "not this, not this." This practice hinges on the fundamental question, "Who am I?" to which all our constructed labels cling. We embark on an inquiry, dissecting labels like "man," "professor," "father," or "property owner." Each is examined under a single criterion: Does it remain constant?

For instance, consider the label "60-year-old man." Will this remain true forever? Our age is demonstrably fluid. We were once infants, then youths, then middle-aged, and so on. Any label susceptible to change must be discarded.

Similarly, the label "IIT computer science graduate" readily falls away. There was a time before the degree and a time beyond IIT. By systematically applying this method, we discover the seeker persistently asking "who am I?" while shedding all impermanent labels. They are all bound by time. Eventually, the seeker remains – pure awareness, an unchanging essence. This state transcends time, echoing the notion of "Akali," the timeless in Sikhism.

Deeper reflection unveils this truth as more than an intellectual exercise. It dawns on us that the self within has always been the unchanging observer, a witness to the ever-shifting labels life attaches to us. This witness remains constant.

The essence of self is pure "being," the root of the term "human being" itself. In Sanskrit, the name "Bhavani" originates from "bhav," meaning "to be." Mother Bhavani embodies this pure being. The Bible whispers this truth when it proclaims God's name as "I am," akin to the Upanishadic declaration "Aham Brahmasmi" (I am Brahman), or the derivation of "Khuda" (God) from "Khud" (self). This profound concept finds expression in these evocative verses:

साक्षी भाव में शून्यता है, गुणों, कर्मों से रहित है ये।
 पहचान विहीन अवस्था है, पूर्ण शांति का आनंद यहाँ।
 इस शून्य अवस्था में है कौन, पूछे कौन और जाने कौन।
 जो है बस है, काल से परे, अकथ कहानी कहे तो कैसे।

**In the witness state, emptiness prevails, devoid of qualities and actions.
 An identity-less state it is, where pure tranquility beckons.**

**In this void, who exists, who questions, and who knows?
 What simply is, transcends time, how can one tell its unspoken tale?**

A few more verses here to zero-in on the notion of discovering oneself.

किसी भी व्यक्ति की पहचान, दुनिया में प्रचलित उसका नाम,
एक नाम है मेरा भी, पर मैं हूँ कौन, जिसका ये नाम ?

सोच-विचार बंद हो जाये, शरीर का तनिक खयाल नहीं,
चेतना में हूँ मैं तब भी, इनकार इसे कोई कैसे करे ।

**Any individual's identity, their name in this world's domain.
A name I too bear, but who am I, to whom this name pertains?**

**Thoughts cease to wander; the body's concerns fade away.
Yet consciousness persists, how can one deny its sway?**

This journey of re-union with our divine nature is the essence of many spiritual practices. Through meditation, self-reflection, and mindfulness, we cultivate a constant awareness of our being. As this awareness deepens, we begin to see ourselves not just as a collection of thoughts and emotions, but as an intrinsic part of something much bigger – the divine spark within.

This journey leads to a profound sense of peace and abiding joy by detaching from the persona that carries the burdens and triumphs of life. But how can we, amidst the daily grind, achieve this seemingly distant state?

Here's the surprising truth: it's entirely possible.

सुमिरन की सुधि यों करो, ज्यों गागर पानीहारा |
बोलत दौलत सुरति में, कहै कबीर विचार |

This evocative couplet by the mystic Kabir uses a familiar sight from Indian villages – women balancing water pots on their heads. Despite engaging in lively banter with friends, their focus remains unwavering: ensuring the precious water doesn't spill. Kabir draws a powerful analogy between this focused yet engaged state and the practice of cultivating inner awareness.

Just like the water bearer, we can learn to navigate the complexities of life while maintaining a sense of calm detachment. The key lies not in isolating ourselves for quiet meditation, but in achieving a 24/7 awareness. This constant remembrance, beautifully captured by the Hindi word "sumiran," which transcends the limitations of a single English translation.

The great Buddha asks us to consider the lotus flower – its leaves rest effortlessly upon the water's surface, untouched by the wetness below. Similarly, through yogic practices, we can develop an inner resilience that allows us to navigate life's challenges without being swept away by them.

Just as mystics have used everyday imagery to explain profound concepts, literary giants have done the same. Take William Shakespeare, the Bard of Avon. In his play "As You Like It," he compares life to a grand stage: "All the world's a stage, And all the men and women merely players; They have their exits and their entrances; And one man in his time plays many parts."

Imagine a skilled actor. They inhabit their roles with such conviction that we believe they are the character they portray. Yet, beneath the costumes and stage makeup, lies their true self, the actor who steps out of character when the curtain falls.

These metaphors beautifully illustrate the art of living in the world while remaining centered within. They capture the essence of cultivating inner awareness in daily life. We can fully engage with the various roles we play – parent, professional, friend – while remaining grounded in our authentic selves. The key lies in cultivating a sense of detached observation, like an actor who observes their performance even while delivering it flawlessly. This awareness allows us to navigate the complexities of life's stage without getting lost in the performance.

4. Conclusion

This conversation today is just the beginning, a spark to ignite a fire within us all. It's a compass to guide us on our unique path of self-discovery. Remember, there's no single map or infallible source on this adventure. Great teachers throughout history have offered their wisdom, but ultimately, the answers reside within each of us.

This journey is about asking our own questions, finding our own unique truths. Perhaps the most fundamental question of all, the one that resonates across cultures and generations, is: "How can we find lasting peace?" There will be stumbles and moments of doubt, but with each step we take, we gain a deeper understanding of ourselves and the world around us.

To conclude, let me read a few verses from my poem titled चिंगारी.

मैं बस मैं, विचारहीन, रह जाऊँ, निरंतर ऐसे।
मैं चिंगारी, एक चेतना, अस्तित्व, केवल अनुभूति।

न नाम, न पहचान, न काया, न काल।
सहज भी, दुर्लभ भी, कृपा करो, याचना है।

**I remain, thoughtless, in a state of perpetual grace.
A spark, a consciousness, an existence, a pure sensation's embrace.**

**No name, no identity, no form, no time's relentless sway.
A state both effortless and rare, for this I humbly pray.**

Notice Board: Call for Papers



GI4QC Forum



Call for Submissions: International Journal on Eternal Wisdom and Contemporary Sciences (December 2024 Issue)

The International Journal on Eternal Wisdom and Contemporary Sciences is an online open-access peer-reviewed journal. It serves as a platform for scholars, researchers, and professionals worldwide to explore the integration of ancient wisdom and modern scientific knowledge. The journal aims to bridge the gap between tradition and innovation, fostering a holistic approach to understanding the mysteries of science and nature.

Aims and Objectives:

- Objectively seek evidence-supported explanations for long-standing and perplexing queries, without bias from current knowledge.
- Promote practical and relevant solutions for holistic societal development.

Submission Categories: We invite original contributions in the following categories:

- Research Papers: Presenting novel findings and insights.
- Review Articles: Synthesizing existing knowledge and providing critical analyses.
- Case Studies: Illustrating practical applications of integrated wisdom and contemporary science.
- Perspectives: Thought-provoking viewpoints on relevant topics.

Submission Guidelines:

- Manuscripts should be submitted to ijewcs@gi4qc.org. For more details visit www.gi4qc.org
- All submissions undergo rigorous peer review.

Important Dates:

Brief Overview/Abstract (100-300 words):	31 Aug 2024
Research or Review Paper:	15 Sep 2024
Revised Paper incorporating the peer-review feedback:	15 Oct 2024
Final submission:	31 Oct 2024

Join us in this exciting journey of discovery and collaboration!

Authors are encouraged to explore interdisciplinary connections between ancient wisdom and contemporary sciences. Feel free to reach out if you need further assistance or have any other questions.

Sincerely,

The Editorial Team

International Journal on Eternal Wisdom and Contemporary Science

(info@gi4qc.org , ijewcs@gi4qc.org)

Plot No. 9B/66, Bhagabanpur, Khandagiri, Bhubaneswar, Odisha, India - 751030
email: ijewcs@gi4qc.org; query@gi4qc.org (CIN U85300OR2022NPL040416)

Notice Board: Call for “Support from GI4QC Forum”

GI4QC Forum



Date: 23 July 2024

Dear GI4QC Forum Members,

We are pleased to announce the **Call for “Support from GI4QC Forum – 2”**. Just as last year, GI4QC Forum is planning to support projects (including, but not limited to, research and experimental projects) in the spirituoscience domain.

Interested members may submit a brief overview of their concept along with the details of support (monetary as well as non-monetary) that they are expecting from this Forum.

Ongoing projects seeking additional support from GI4QC Forum can also be submitted.

Please send the project proposals in a pdf format (maximum 700 words) to query@gi4qc.org by **25 Aug 2024**.

Selected proposals will be invited for a detailed discussion with the Project Evaluation Committee in due course of time.

Looking forward!

Sincerely,

The Core Team – GI4QC Forum

Plot No. 9B/66, Bhagabanpur, Khandagiri, Bhubaneswar, Odisha, India - 751030
email: ijewcs@gi4qc.org; query@gi4qc.org (CIN U85300OR2022NPL040416)

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Subscribe to our Mailing List for receiving “The Quarterly Update” and information on upcoming events like Webinars. Write to us at query@gi4qc.org with the subject line as “Subscribe”

Looking forward....

