

**SELF REALIZATION IS THE BEST POLICY OF LIFE
CRITICAL ANALYSIS OF PHILOSOPHICAL THOUGHT**



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Abstract:-A man believes that the ultimate goal of life is to amass material wealth, luxuries of life and live gloriously like a king. Even a slave dreams of becoming a prince. Our teachers and elders have always given a clarion call to strive to reach the summit of our domain. In fact the human nature is such that it is not satisfied with what it gets, but it always aspires to acquire more and more of it, irrespective of the cost in sufferings.

Keywords:Self Realization , Critical Analysis , Philosophical Thought , material wealth.

INTRODUCTION

Unfortunately, the object man seeks to attain proves to be elusive. The more he reaches nearer them. The farther they appear to exist like a mirage in desert, for a thirsty deer. The result is that his life becomes unhappy and even tragic while pursuing his aims, despite man's immense capabilities to enjoy bliss in this world. The root cause of his sorrows. Failures and frustrations is that he longs for those things which are sham and do not constitute the true purpose of life.

SCOPE

The paper highlights the philosophy of great philosophers of the world. Whereas it is a miniature of Vedas and Upanishads that preponderate the relevance of man's living on this earth the materialistic and ingratitudinous life is useless, on the other hand self realization is the suitable this to make man's life meaningful.

METHODOLOGY

Use of Geeta, Biblical and other religious sermons heightens the thought making this paper more truthful than mere description

OBJECTIVES:

1. To know the importance of philosophy of self realization.
2. To exemplify the theory self realization is ultimate reality.

PURPOSE OF LIFE

Man is not born into this world to grow like trees and amass vast material possessions Bhagvad Gita provides the answer that it is "Brahma Samsparsa" yunjann evam sadatmanam, yogi vigata-kalmashah, sukkena brahma-samsparsam, satyantam sukham asnute".¹ meaning Thus the self-controlled yogi, constantly engaged in yoga practice, becomes free from all material contamination and achieves the highest stage of perfect happiness in transcendental loving service to the Lord the Supreme, the Truth in philosophical parlance, is present in every being. "Esa devo visvakarma matatma sada jananam hrdaye sannivistah deho devalayo nama".² Meaning body is the abode of God. The ultimate goal of human life is to manifest this divinity within us. We are here in this world to make in ourselves an image of the Divine. Which dwells in us? All religions emphasize the presence of Supreme within us.

Christian scriptures advice, be ye perfect as your father in heaven is perfect implying the identification of man with Supreme Reality. Islam says that Supreme is not a Sultan residing in a remote home in the sky but dwelling in the inner depths of each heart. Swami Vivekananda says that it is a standing libel on human nature to call him a man. "He is neither matter nor body but an expression of divinity on earth".³ The four great sayings taken from the four Vedas also proclaim the presence of divine behind the body apparatus. "Prajnanam brahma" The conscious intelligence is Brahman. "Aham brahmasmi". I am a Brahman. "Tat tuam asi". That art thou. "Aham atmabrahma" his self is Brahman.

Thus God and man are not separate from each other; the two are one substance made into two. Therefore man must be all powerful on this planet. Nothing should be invincible or impossible for him. Grief and sorrow should not overtake him. But in reality he is one of the most helpless creatures on earth. The reasons are not far to seek.

It is strange and astonishing that very few people do know that they are the embodiments of the Supreme and their ultimate aim is reunion with God. Those who are conscious of this are unable to develop the spark of divinity into a flame. To reach this formless supreme worship, meditations, discipline, austerity and suppression of one's ego are essential. Perseverance, Faith, dedication and Endeavour are required for it while the men are by nature.

POLLUTION OF SOUL

The spark of divinity is in all of us. There are many opaque things that conceal this divinity; they are our passions desire, Greed, lust, envy, ego, fear etc. Under their influence man indulges in hatred. Undue attachment. False pride and thus becomes deluded. These passions constitute the pollutants of the soul. As the sun becomes invisible when the sky is overcast so the divinity in us is eclipsed when these pollutants

defile us.

Desire, lust, greed, attachment, envy, ego, pride, anger and fear are the evil forces residing within us and influence all our activities. They invariably lead us to hell block the vision of divinity in us and inflict incalculable damage on both our physical and mental faculties. They rob us of our peace, tranquility, concentration and engage us constantly fighting with our own self. Subduing them is called ruling ourselves. Among all the evil forces dominating within us probably desire which in turn, generates, lust greed and attachment is the most formidable foe of mankind. It is the source of all sorrows suffered and sins committed by us. Natural desires example, thirst, hunger, sleep are easily quenched by having water, food and sleep. But the cravings for material possessions are artificial ones and never get satisfied. They come back as a passion. Never satiated and instigate man to commit heinous crimes. There are many didactic stories of how desires grip a man inexorably finally leading him to his own doom. Seeing a black lump flonunu in the river. a greedy man jumped in to salvage it, mistaking it for a rug. No sooner did he touch the object than it caught hold of him in a deadly embrace. His friends advised him to leave the rug but he cried out the rug was not leaving him. It was a ferocious bear. Greed pulls down a man into the abyss of depravity. An old learned pundit refused to take food offered by a chandal a very low caste man but gladly obliged him when the latter told that golden plate on which food was served would belong to him. Greed is the deadliest poison while contentment-greatest wealth. The man with no desire is virtually a king of kings. Just as water-drops cannot stick onto a lotus leaf, so sorrows and disappointments fail to overwhelm a man having no cravings. Conquer the greed by contentment which is the greatest wealth. Lust burns a man as a flame reduces insects to ashes.

Envy is another enemy of mankind. It begets anger, selfishness, fear, rivalry and ego in man. An envious man smolders without fire reducing himRself to zero. Anger is temporary madness. A word spoken in wrath is the sharpest sword. Ego is a dream. A mirage a transient vision. Selfishness never pays, while unselfishness is an asset. Unselfishness is more paying than selfishness; only people should have the patience to wait for its healthy outcome. If we want to achieve something substantial in life we must have poise and equanimity event in the midst of worst trials. By conquering our basic instincts we become heir to an ultimate power otherwise sorrow overpowers us as the gale shatters a sapless tree.

DHARMA: THE WAY TO DIVINITY

There are many ways by which a man can control his passions. Desires and fears and rule over him self, but the easiest one is the path of "Dharma". What Dharma? There is a beautiful story about it in our scriptures. In a class a disciple of a sage had put this question. Overjoyed, the sage could only reply. "Da, Da, Da", Dama, Dana. Daya constitute the Dharma. If a man is to regard himself as a follower of Dharma, he must have these three qualities of dama or self-control. daya or compassion land dana or charity. Together these constitute the divine qualities.

If a man is sincere in subduing his passions and desires and wants victory in life he must walk on to the path of "Dharma". If he finds unable to defend himself against any attack from outside it Is because he is lacking the quality of dharma in him. Dharma protects us from fear. It helps us control our senses. No tragedy can overpower a man who has self-control He would stay intact like a rock in a turbulent sea. Daya or compassion is the authentic voice of all religions. There is only one ras in life and it is Karuna (Daya). Without compassion we are only human animals. Spirit of compassion is closest to reality. It is the root of Dharma. If we want to follow Dharma, we must stick to Daya till our last breath. Dana (Charity) is an attribute of a noble mind. It is not the receiver of charity who is blessed but is the donor, who becomes pure and perfect. Self-restraint (Dama) is essential for the progress in life which implies controlling our passions. When a man attains self-mastery and learns to control his passions, he will never utter any notes of despair in life. Self-restraint produces good conduct and is the foundation of character building. Nowhere does a superior mind disclose itself better than in self-restraint. All our scholarship is in vain if we do not attain mastery over our thoughts and actions. By following the path of "Dharma" the sun of Truth and Ahimsa rises in a man. Truth is another name of God. Truth is noble, sublime and everlasting. No one can alter it or improve it. There is no savior in the world except the truth which can shield us from all evils. A truthful dealing even in the least little things is the only secret of pure and holy life. A pure and pious man is infinitely more powerful than a physically strong man. Mahatma Gandhi worshipped truth as God and realized that the only way to attain truth was through the practice of Ahimsa or universal love. Ahimsa or universal love is the greatest motivating force, in the life of a man who can literally perform miracles. It inspires him to put forth his best. It never fails and shall always win the victory. But true love never seeks anything in return for itself. It carries a great burden on itself without realizing the weight of it. It is without any selfish motive and available for the lowliest of lowly creatures on the earth evil forces enter the mind which is averse to Dharma just as rain-drops leak into a house with an imperfect roof.

DIVINITY: A REALITY

Many people specially the scientists, regard God, Soul, Truth and Dharma as bunkum, they are not ready to accept anything which lacks the proof of its existence and logically, they are right in their assertion. Astronauts say that they have not seen God anywhere in their journey to space and moon. Astronomers say that they strove hard to search the Supreme in the sky with the help of most powerful telescopes but nowhere could they find any of His trace. Similarly doctors and biologists say that they dissect the human body daily but never have they noticed even casually any spark of divinity or soul in it. Sages preach that divinity exists within us but common people ask them. "Please tell how to look inside ourselves to see it." These are not funny but logical queries to be answered

Soul or divinity is not a concrete thing but an abstract subject. As the fragrance of flower cannot be seen but so the presence of Divine its power and glare can only be experienced by us to our ecstasy. It needs a third eye the spiritual eye to see and realize it within us. Many people sages, saints and great men of the world have realized it within themselves and they' have the whole world as their domain.

CONCLUSION.

There is no incongruity if men aspires to live king like and grow king-size in the world but rarely are his ambitions fulfilled. Although he is an embodiment of God on earth. He has an inexhaustible fund of energy, both physical and intellectual and is capable of doing anything which he aims at. He fails because his passions, mainly the desires and envy which are the precursors of many evils considerably reduce his power of performance by distracting his concentration and determination. These evil forces can be overcome by treading the path of Dharma, of which, love and renunciation are the vital components of the Supreme or Divinity within himself which is also the purpose of life for which he is created. Thus, man would be virtually capable of achieving the most impossible things in life if only he learns to master himself sublimating his baser instincts for loftier goals in life.

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