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## Awakening of consciousness for Humanitarian Approach

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### Abstract

Life is to live, to enjoy, to learn, to attain divinity. It is given with a mission and motive that can change the course of entire life. The main thing is to recognize and feel that mission by the common human beings who are always surrounded by their own created follies, miseries, confusions and sufferings. That divine goal is higher than earning and spending. Really there should be an awakening of the consciousness that should be freed from all vices and illness. So now the time has come to think higher and try to feel the sense of inner peace and satisfaction. Just try to recognize your capacity and strength; you can get whatever you want. Nothing is impossible but there should be the awakening of consciousness for humanitarian approach.

**Key-Words:** Echoes, Grandeur, Etiquette, Fantasy, Inexplicable, Dagger

### 1. Introduction

“There is no need to  
go to the garden of  
flowers, Within  
your body is a  
garden.

Take your seat upon the thousand-petalled lotus,  
And gaze at the Infinite Beauty.” (Verse of Kabir, translated by  
Rabindranath Tagore)

Human being is the most powerful creation of God. The garland of life is full of happiness and surprise so try to feel that magic spall of nature with more enthusiastic and energetic spirit. The glory of this and other world is waiting for the pleasant one. With this positive approach, an attempt has been made to sooth the heart and mind of the suffering humanity, to give them comfort, to unbind them with narrow-mindedness. A lot of ways and

methods are discussed to make oneself internally strong and powerful because it has been rightly said by Rhonda Byrne in his famous book, 'The Secret', "The Universe is a masterpiece of abundance. When you open yourself to feel the abundance of the Universe, you'll experience the wonder, joy, bliss, and all the great things that the Universe has for you- good health, good wealth, good nature." (127)

## **2. Human Being: A powerful Creation of God**

Really the human being can do whatever he wants, he can convert the heaven into hell and hell into heaven, and it is the creation of only his mind and thoughts. Kashmir is the best example of it. The most enchanting piece of earth is getting destroyed by some useless ideologies and politics that are the product of some wicked thoughts, ideas and principles. This magic creation of God that is human being is the real son of God, same powerful as God, same innovative as God, same creator as God. He can change the whole universe only by his thoughts.

## **3. Awakening Call**

This is the main reason that such disturbances as the sense of dissatisfaction, tyranny, corruption, narrow-mindedness, stress, illness, death, suffering are all around the universe. These are the out- comes of his thoughts and due to this self created environment, he himself has become the victim of stress, depression, disappointment, worries. He always dips down in the ocean of echoes. He is always surrounded by a lot of concerns sometimes personal and professional or sometimes social or moral. Now the out-look of the people has been changed, they think that they alone are not the prey of such illness rather all over the world, no one is happy and the real method of living is only to struggle and struggle. This method should be changed; this sickness should be cured so now it's enough, now the time has come to awake, to store all energies and to divert it into right direction. We are not doing right to ourselves then how we can do well for others. Now everyone has become fed up by all this illness. People want a new beginning, a new awakening that's why now-a-days a lot of motivational speakers are getting success and popularity because everyone wants shanty and inner peace. That particular sense of shanty can be inculcated by controlling mind and heart. Try to make your mind more powerful as the famous motivational author Robin Sharma wrote in his famous book, 'Megaliving': When you dedicate yourself to tapping into the extraordinary potential of your mind, Body and spirit, you set powerful forces into play and things starts to happen in every aspect of your life. And when you know that you are improving, your confidence and enthusiasm starts to blossom. And when your enthusiasm starts to blossom, your passion and energy blooms. And when your energy starts to explode you start to create opportunity after opportunity for success in your life.(9)

## **4. The Visionary Torch**

God has send us on this earth with a vision but while engaging in the deeds of this world, we are just ignoring and neglecting our basic Karams and becoming more busy in the useless task and competition. Really we are just digging our own grave. We are getting affected by the artificiality of this colorful world and we are becoming the far away from the white radiance of God. And then after spending the whole life in earning and spending, when we reach at the last phase of life, we feel panic because after all we will have to go empty-handed. Then the God will ask about the fulfillment of our mission-----

So when you die and meet the Lord, or that Supreme Being who holds the gateway into the other world and he asks you ‘did you live?’, everyone would answer, ‘yes’. But what He means by ‘did you live?’ is much deeper and much more spiritual than the act of breathing and shying alive. What He means is, did you live in accordance with your spiritual grandeur? The terrorist who killed people also lived, the man who cheated people also lived, and the man who contributed goodness in people’s lives also lived. It’s the last one who gets entry into the next level of his spiritual adventure while the others are sent back, to live again. (The Calling, 84)

We are aware of this fact that at the end, we will have to meet into the dust, we will leave all our wealth, passion, status on this earth, and we cannot carry them after our death. We know it, we know about our end, but then also, we are just trying to hold the shadow. Only one thing can go with us and it is the goodness of our deeds and actions. Then why we are not handling the matters. When we are alive, we have endless desires. We want to achieve a lot but still we are in empty handed.

### **5. Improvement in Upbringing and Life-style**

Now-a-days, it has been realized that the mission of life for all has been changed. All are living this blind race; they are just digging their own grave. A blind race, they are following. That’s why all are shattered. There is no system, no approach. People’s thinking has been changed. Their life-style has been changed. As according to the present social system, in a family, there is no space for elders, there is nuclear system in which there are limited members- father, mother and kids. Father and mother are working. The kids are taking their first lesson of values by mobiles and internet. Parents don’t have time for their kids and kids; they know their aaya more than their parents. Females are also working, they don’t want to take any interest in house-hold works and males think that they are not made for doing any work or help related to kitchen or home. Husband- wife, they don’t have time to talk face to face rather they prefer to converse on facebook. Really no attachment is there, no feeling is there, no respect or it can be said no value is there. The real source of inspiration and education (parents) is missing. No basic education is there. Parents think that it is the responsibility of schools to provide the best education (practical, moral, technical and scientific) to their children because they are paying a lot. They can afford a lot of money but they cannot arrange time for their babies. Schools know the mentality of their customers so they are minting money

by making them fool. Just try to realize, it is the first and basis step to learn and we are just helpless. The basic is missing. That's why now the young generation does not have any sense or respect. They have heart but without realization process. They are losing their etiquette. No doubt, in joint family system, a lot of values can be learnt automatically. But now, having everything, we are just in empty handed. No moral is to be found. People, they don't have any sense of right or wrong, they cannot feel for others. That's why, everywhere there is disturbance, madness. No one is happy or satisfied here. Everyone is

disturbed due to some reason or problem and for it, he is blaming to others. Rich and prosperous celebrities condemned the political policies. The middle men blame the rich people and the poor ones hate their destiny. Surprisingly, none wants to ensure himself and it would not be wrong to say that the people want to follow the short-cuts to tackle any problem. If they have enough money in their purse, they needn't to follow any rule and they can handle the matter very easily. From the very beginning, they start to make their benefits by telling the lies or by making others fool as the author has written:

When I had started out with my career I had lied about my talent, education and abilities I had painted a picture that was bigger than I was. And even though I got the job, I was Not equipped to do justice to it. So to hide my shortcomings I put the blame on others, keeping them small so the attention would be off me. As much as that formula worked, It did not serve me. I pushed others to achieve more so that I could look good. They Looked up to me for guidance and I pushed them to give a good performance without myself being an example of the dedication that I expected from them. I did not have it in me to lead people, because I had failed many times to do the right thing myself. I hid my lack of talent by riding on other people's success. I did not deserve all that I had but I did not feel guilty for taking the credit away from others or for not empowering those Who deserved it. (126) Really nobody is in real relation. Actually the people don't know and understand the real meaning of relationship because from their childhood they have seen like it. They are living in an artificial life where nothing is clear; everyone is in doubt or in fantasy. They know how to flatter and how to love but they don't know in what manner they should respect this feeling of love. There is only affection due to attraction not the real devotion. What they look like is just different from inside. In these lines, just try to analyze the situation: Maya had left me because I had sowed seeds of insecurity in my marriage. Ever since I met her I had felt inferior to her. She was beautiful, smart, intelligent and strong. I had never met a woman like her before. She had a presence about her. I loved her with all my heart but at some inexplicable level I was intimidated by her. So I would manipulate her into feeling bad about herself. (125)

## **6. Enlighten the Thinking**

So now the time has come. Really it's enough now. People should understand that they are the creator of their own destiny. What they saw

today, they will have to reap it tomorrow so improve your goodness so that we can remove all the dirt from this earth. Try to be empowered by the supernatural powers of God that is inside it. By our deeds, we can be great. So first try to improve your thinking then enlighten your ideas and then nourish your deeds. When you give respect only then you will receive it so try to give respect to others. You should show the same attitude what you expect for yourself so try to inculcate the element of humanity. Just try to evaluate yourself as sister Shivani has told:

One thought possesses one quality. That one quality could be either the right quality or the not-so-right quality. If I am creating a pure, powerful and positive thought, then it is the right quality. If I am creating a negative thought an unpleasant thought, a thought of anxiety, pain and worry, it is a wrong thought. If it's the right thought I feel good if it's not the right thought, I feel low. (Happiness Unlimited, awakening with Brahma Kumaris, 23) And in 'The Calling', the same concept has been written by Priya Kumar: You are the creator of your own world. What others do in your world is on your wish, your intention and your calling. Who saved you from the car accident? You did- Who was there to make it happen that is only incidental. It could have been anyone. If you had planned to die today, no one could avert that for you. My being here would have no consequence to your intention. You wanted to live and so my cooperation was only in accordance to your will. (51)

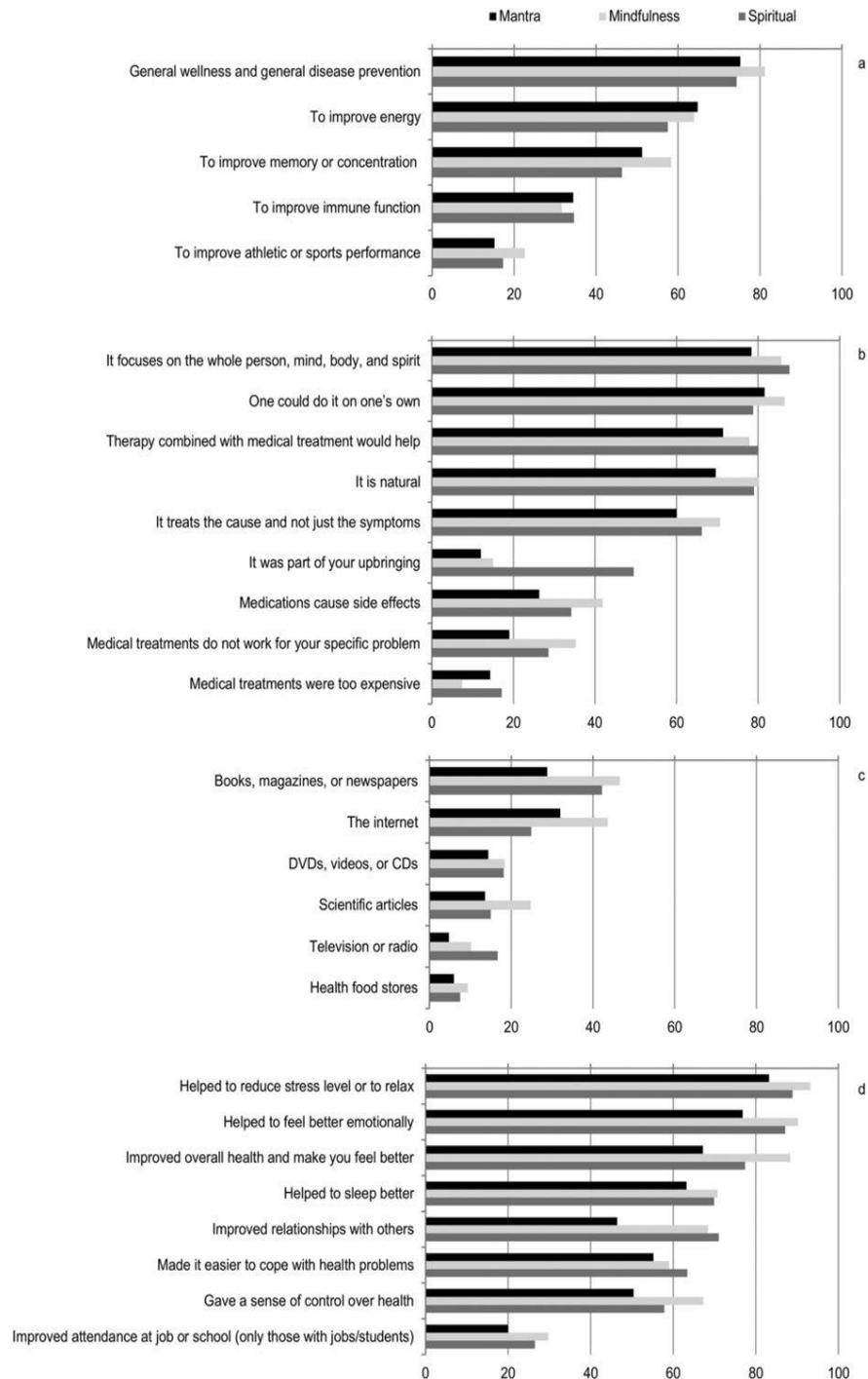
### **7. Inner Satisfaction and Peace**

Now people want to achieve the sense of satisfaction and inner happiness and for achieving it they are taking interest in meditation, yoga and other motivational programmes because they want to take a sound sleep anyhow. A lot of motivational speakers are getting popularity by their speeches, activities and other encouraging talks. Facebook, Watsup and other social media are becoming popular for their quotes and inspiring videos. People want to change their life-style. They are coming close to nature. They prefer natural product rather than others. People want to live a stress free life by controlling their thoughts and for it a special subject that is called stress management has been introduced. People are taking interest in counseling sessions, everywhere in schools, colleges, industries, offices people are highly interested for counseling classes. People want to achieve the positive results by law of attraction and visualization process as the great author has written: The reason visualization is so powerful is because as you create pictures in your mind of Seeing yourself with what it is you want, you are generating thoughts and feeling of having it now. Visualization is simply powerfully focused thought in pictures, and it cause equally powerful feelings. When you are visualizing, you are emitting that powerful frequency out into the Universe. The law of attraction will take hold of that powerful signal and return those pictures back to you, just as you saw them in your mind. (81)

### **8. Meditation**

People are taking interest in meditation. They want to get rid of their

problems by this process and they are achieving success to lessen their disturbances. Through meditation, people are feeling internally strong. It has been experienced by Rajinder Singh, “Meditation provides a similar



solution to the eliminate them, but it gives us a new angle of vision, a new perspective. It takes us above the sphere of the physical world so we can enter regions of peace and bliss. (Inner and outer peace through meditation, page no.5)

The role of meditation can be felt by this table:

### 9. Humanitarian Approach

So the basic requirement is just try to realize the inner strengths and powers, nothing is impossible, everything is in our hand. Have faith on your capacities; try to give your best. Never give up hope. Really you can turn the tables by your efforts. It has been rightly announced by Praya Kumar: Your life was not God's play. It was yours. You were only playing it all wrong. If you stay true to who you are and act in that accordance, your life will be a prayer answered. People will talk about you as an example of goodness. People will quote you, admire you, adulate you, follow you and listen to you. (142)

So with this positive approach, try to lead your life in the best manner and achieve your mission by your efforts. Always give respect and honor to others. Behave others in such manner as you want to yourself. It has been mentioned: There is divinity and greatness in everyone. In failing to treat the next person with respect And love is to disconnect instantly with the force that hold our hope and our happiness. No matter what the guise, no matter what the occupation, on a deeper level we are all Chandus, transporting our lives to a higher peak, transporting people to a higher purpose, Transporting the world to a level of unbounded abundance in all that is good. (140)

It can be concluded by saying:

“This sacred land of God has been trampled With the barden of oppression.

Life is not a dagger stained with the blood of hatred;

It is a branch filled with the flowers of love and compassion.” (Inner and outer peace through meditation, page no.50)

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