

Awakin Reflections





Since my childhood I have been very fond of reading new materials, reflecting on the readings and sharing with others. One of the resources I have found is weekly AWAKIN.ORG readings. I am grateful to AWAKIN.ORG for publishing weekly articles by great writers from different backgrounds. This is a weekly gift to us, the readers. As readers of these weekly AWAKENING articles, we send our reflections on these articles. I have been writing My Reflections on the weekly passage sent by AWAKIN.ORG.

I have been having weekly Satsanga meetings on Mindfulness Meditation for the last 15 years. Ramya Ranganathan has been offering her valuable services to the attendees in our weekly Satsanga meetings. I want to express my gratitude to Ramya for taking time from her busy life to prepare the E-book.

This is a gift to people who are coming to celebrate my 100th Birthday as well as people who couldn't make it. I'm very grateful and happy that you receive this e-book.

The only gift I'd like to get from you is to donate to sevamission.org. It's a non-profitable organization that started in India a few years ago. And the purpose of this mission is to help school children in villages where they may not have necessary facilities like cool water, uniforms, or books.

Namaste!

Dr. Jagdish P Dave

[*A Spiritual Conspiracy*](#)

In response, Jagdish Dave wrote on Nov 29, 2011 ...

I love this conspiracy. Mostly, intuitively, and unconsciously, I have been a part of this global conspiracy. This is the core of all religious traditions. I call it spiritual consciousness or transcendental consciousness that brings young and old, rich, not so rich, and poor, literate and illiterate, men, and women across the board for creating and sustaining life at all levels. As I am getting older, precisely-I am getting more hopeful for the real transformation taking place silently, visibly, and invisibly. It inspires me to live longer and stronger. Thanks for describing the global conspiracy beautifully.

Jagdish P Dave

[*On Perfection and Priority*](#)

What is your top priority in life? And how do you stay determined to cultivate that priority till it delivers wholeness? How do you reconcile staying determined to follow your priorities with being open to the possibilities of life and avoiding rigidity? Can you share an experience where following your priorities under great challenges led you to wholeness?

In response, Jagdish P Dave wrote on Jun 05, 2012 ...

My priorities have been changing as I have been going through varied developmental tasks in my life. For the last two years the topmost priority in my life is to take care of my wife who is suffering from Alzheimer's disease. I know fully well that my equally important priority is to keep myself well as a caretaker for taking care of my wife. I do not see and experience these two priorities as opposite of each other. In fact, they go hand in hand, they flow into each other. It is experiencing oneness in apparently different "twoness" or "manyness". When I am fully present and attentive in doing what I do lovingly, my action is parama, excellent. It is an inner state in which the doer, the deed and the doing become one. Then sitting by the river, spring comes, and the grass grows by itself. Namaste.

Jagdish P Dave

[*Letter on the Kitchen Table*](#)

What does telling your ego that it can only be in your life by invitation mean to you? Can you share an experience where you were aware of your ego coming in uninvited and were able to ask it to stand down? How can we cultivate ourselves to be able to see ourselves separately from our ego?

In response, Jagdish P Dave wrote on Jul 17, 2012 ...

Ego goes when I become aware of it and let it go. It shows up in many faces in different guises, in different contexts and at different times. It goes away when I take a walk by myself in my garden, when I watch the clear sky. I used to experience the ego-less state when I would put my head in my mother's lap. It happens when I hold a crying child in my arms comforting him. It happens when a song comes to me, and I sing it for singing with no one present around me. These are precious

moments. They come without making any effort. It happens when I do not make it; when I let it be.
Jagdish P Dave

[*Sunrise in Laos*](#)

The author captures a scene made possible by great diversity and yet great unity through interdependence - what do you understand by unity in diversity? How can we avoid the trap of seeking unity through uniformity, and instead, learn to appreciate unity in diversity? Can you share a personal experience of a time when you saw unity in diversity in front of you?

In response, Jagdish P Dave wrote on Oct 23, 2012 ...

Such day in and day out graceful rituals provide us a rich experience of giving and receiving gifts silently from our hearts. Manyess in Oneness and Oneness in Manyess is experienced in our hearts and sustained by such wonderful traditions. Though I am in Phoenix, AZ, I feel connected with the people far away from me.

Jagdish P Dave

[*Planetary Birth*](#)

How do you relate to the author's use of the birth metaphor to describe the present human condition? The author implies the need to hold and nurture that which is being born, bearing all the pain that comes with such a holding, and at the right moment, let it separate naturally without holding on to it - how can we bring such an attitude to all that we are creating? Can you relate a personal experience where you felt that you were giving birth to something sacred?

In response, Jagdish P Dave wrote on Nov 06, 2012 ...

I am going through the pain for more than a month since the day my wife passed away. It was a sixty plus years of loving and fulfilling relationship. I need to feel the pain to heal myself and allow the birthing and emerging of my evolving self. The loving connectedness we have had between both of us is providing me with the nurturing energy that I need to continue living fully. This openness and not holding onto the past that is no more in and with me is liberating and refreshing. I see the parallel between the individual death-pain- birth and rebirth cycle and the collective death-birth-rebirth and evolutionary cycle. How do we remain connected with the past without being bound by it is a challenge. This thought-provoking reading is inspiring and enlightening for me.

Gratefully,

Jagdish P Dave

[*Can You Love The One Who...*](#)

The poet draws our attention to a remarkable level of acceptance - how do you relate to using love as a practice to be able to embrace all that is? How can we stand up for our truth and at the same time love those who are not aligned with that truth? Can you share a personal story of loving someone while disagreeing with their actions?

In response, Jagdish P Dave wrote on Jan 29, 2013 ...

The poem is like a mirror for me to see me as a whole person compassionately. It is by being mindful of and remaining mindful of all the colors of the rainbow of my human consciousness that I can and will be a whole person. The poem reminds me that I am a HUMAN and also a BEING. I need to let my Human be reflected in all accepting BEING to be a whole and wholesome person.

Thanks for sending me this beautiful poem and giving me moments to reflect on myself.

Jagdish P Dave

[Stop Shooting Arrows](#)

How do you relate to shooting the unnecessary second, third, fourth and fifth arrows at yourself? Can you share insights from a personal experience where you attempted to examine your pain? What are your thoughts on the "strange questions" that the author asks in the last paragraph?

In response, Jagdish P Dave wrote on Mar 12, 2013 ...

I have been experiencing chronic pain in my shoulders. It affects my sleep and makes me tired. I know the cause of pain and suffering -taking care of my life partner for two years and her passing away six months ago. I tried to take care of my pain and suffering during these tough years lovingly shouldering responsibility of taking care of my beloved. The demand was more than I could handle. After she passed away, I became more cognizant of my ongoing pain. Shouldering necessary and heavy responsibility has caused pain in my shoulders. I become mindful of my pain, my breathing, my thoughts, and accompanying feelings and let them come and go. I do it for a short time during the day and spend more time before I go to sleep and after I wake up. This holistic way of mindfully working on my self has been helpful in reducing my emotional suffering slowly and gradually and also reducing my physical pain. My sleep is getting more restful, and I am able to feel more energy. Mind, Body and Breath are three interrelated sides of my being. How I relate to them is my choice.

Jagdish P Dave

[Why Not Be Ready?](#)

What would you be thinking of if today was your last day alive? How do you relate to using this style of thinking as a tool for our evolution? Can you share a personal story of a time that you thought or were forced to think this way?

In response, Jagdish P Dave wrote on Apr 16, 2013 ...

Four significant events that occurred in my relatively long life (87 years) woke me up from my daily sleepiness. The first one was I was 19 years old when I for the first time fell passionately in love which resulted in total loss of interest in living-a not successful effort in dying. It took quite some time for me to wake up for my life to be back on track. The second event was witnessing the peaceful passing away of my father's life. It was another wake-up call for me to realize the impermanence of life-another wake up call. The third was passing away of my mother in India while

I was in the USA. The fourth one happened just six months ago when the sixty years of loving relationship ended by her passing away. Watching her peacefully passing away had the most powerful impact on me. It made me realize the significance of living my everyday mindfully, compassionately, and as fully as I can. It is a slow and gradual awakening, like aging gracefully and consciously. In my case, I needed powerful reminders not only to open my inner eyes but to keep them open. I needed to fall down to learn to stand up. I hastened slowly. Thanks for doing such a life awakening and enriching work you are doing.

Jagdish P Dave

[*Selfless Climbing versus Ego Climbing*](#)

What does taking each footstep as an act of devotion toward something holy mean to you? How do we develop ourselves to be selfless climbers and not ego-climbers? Can you share a personal story where the difference between the two became clear to you?

In response, Jagdish P Dave wrote on May 02, 2013 ...

Simple questions that I ask myself are like this: Where am I at the present moment? Am I with myself totally when I am writing this reflection at this moment? Am I half here or half of my mind somewhere else? When I listen to someone, am I totally with that person or my mind has already response to what you are saying? Am I listening and mentally talking at the same time? When I hold you, where am I? When I am with me where am I? Am I totally with me?

These are basic questions I ask myself in different contexts in my life: when I am by myself, when I eat, when I take a walk in the garden, listen to birds, when I listen to myself and to someone else who needs to be attended. Such encounters with myself, with nature and with people enrich my inner self and my relationship with others. I am a teacher in a Montessori school. I take time to build up relationships with my students, parents, and fellow teachers by being fully present with them. I am also a psychotherapist. I help my clients to learn how to listen to them fully, compassionately and non-judgmentally. I have learned that I cannot teach them unless I do that for me too.

I value and cherish such experiences enriching me and enriching my relationships. The Kailash is now and here. What we need is to remain awake, aware and be fully present.

Dr. Jagdish P Dave

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In response, Jagdish P Dave wrote on May 03, 2013 ...

Giving a hand to get something in return, name, fame, and the like is ego-climbing. Giving a hand expecting nothing in return is selfless climbing. When we do such actions in our everyday for people we know or do not know it is a spiritual way of living. I experience such simple acts of selflessness and kindness everyday which make my day. Such actions do not have to be big or heroic. Such actions are holy actions. I see such actions in the school where I teach, in Trader Joes where I shop, and places with which I am not familiar. They are not pre planned and premeditated. They are natural and spontaneous. These acts come from the heart, not the calculating mind. The more we get "schooled", the more we lose the natural ways of living.

Jagdish P Dave

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In response, Jagdish P Dave wrote on May 07, 2013 ...

I have difficulty in the thinking paradigm of ego or non-ego, black or white, materialism vs spirituality. I feel close to the and in between the two extremes. My observations and experiences of many spiritual teachers is that they have a functioning ego which they use as a tool as and when necessary, but they do not have the limiting selfish ego. They are here in this world to guide us to live happily by learning how to follow our bliss, using our gifts to go beyond the ego boundaries, the egoic mind.

I appreciate the diversity of minds expressed in the comments.

Jagdish P Dave

[*The Gentlest Thing in the World*](#)

What does being nothing mean to you? How is being nothing different from doing nothing? Can you share a personal story that illustrates being nothing?

In response, Jagdish P Dave wrote on May 14, 2013 ...

Something to reflect on with an open mindedness to experience the fullness of emptiness, the presence of eternity, the sound of silence-the heaven if you call it or shunyata if you will.

I experience such moments by becoming mindful, when I become aware. of my projections of conscious and subconscious unprocessed wishes, longings, and attachments-the closed mind and the closed heart, when I do not react but respond with empathy and compassion to myself and to others.

Jagdish P Dave

[*The Gentlest Thing in the World*](#)

What does being nothing mean to you? How is being nothing different from doing nothing? Can you share a personal story that illustrates being nothing?

In response, Jagdish P Dave wrote on May 15, 2013 ...

Nothingness is not a thing. If it is not a thing, it is beyond a thing-an experience or realization of being, a state of being, oneness within and without, having no conceptual boundary, indescribable in words. So, I need to be silent and let the silence speak for itself.

Jagdish P Dave

[*Seven People Cutting Stones*](#)

How do you relate to the seven different responses to work? Can you share a personal story that illustrates a deepening of your relationship to work? How can we go closer to the elder's experience in our relationship with work?

In response, Jagdish P Dave wrote on May 21, 2013 ...

When it comes to work that brings fulfillment and joy, I consciously and largely unconsciously follow my bliss. In this context, work becomes worship for me. I experience these feelings in many areas of my daily living; washing dishes to help my daughter-in-law, talking with my grandchildren, doing my one hour-a-day mindful walking, helping children learn, doing counseling and doing parental classes. Almost all such work is done on a voluntary basis and the blessings I derive from this way of living are countless. Such a way of living did not happen overnight. (I am 88 years old. it is never too late to learn and continue learning!) My family planted the seeds and nurtured them, and I learned many lessons of living holistically and mindfully from many teachers-live and by coming across readings such as the one I am reading now. I thank such teachers and my fellow brothers and sisters for extending and holding my hands lovingly. Life indeed is beautiful, simple, and uncomplicated.

Now is the time for me to be silent and quiet.

Jagdish P Dave

[*Micro Moments of Love*](#)

How do you relate to the circular relationship of love with health? What do you make of love as a micro moment of positive connection? Can you share a personal story of a micro moment of love that left you transformed?

In response, Jagdish P Dave wrote on Jun 18, 2013 ...

I have experienced in myself and from others both kinds of love: conditional love and unconditional love-love with expectations in return and with no expectations in return, with attachment and without attachment. The first kind of love arises in and from the "lower heart" and the second type

of love arises from the "higher heart". There are also times when I have experienced both in varying degrees. I am a human being. The human part is associated with my lower heart and the being part is associated with my higher heart. When I accept the hurt and disappointment with grace as a way of growing and maturing, I move into the pure and unconditional love. I feel I am maturing and getting a little wiser from my experiences. To me experiencing love and growing from love is a life long encouraging process.

I make a conscious shift using my energy from nerve wrecking story telling, why me suffering, to what is the purpose and reason for my suffering for me, what is the lesson I am learning for myself. This way of working on myself is liberating, encouraging, and promising.

Jagdish P Dave

[*The Gentlest Thing in the World*](#)

What does being nothing mean to you? How is being nothing different from doing nothing? Can you share a personal story that illustrates being nothing?

In response, Jagdish P Dave wrote on Aug 24, 2013 ...

Open mindedness is one of the ways of looking at myself to realize my true nature, by facing my egoic mind mindfully and gradually freeing myself from myself. It is like cleansing the mirror of my consciousness to regain my child like eyes. This process has taken quite a bit of time for me for working on myself and I know I have not yet arrived. To me this type of journey itself is the destination. I am hastening slowly, patiently, and compassionately. The proof of this way of working lies in tasting it. Different players have different drums. This drum feels right for me.

Jagdish P Dave

[*To Have Without Holding*](#)

What does "loving with the hands wide open" and "having without holding" mean to you? Can you share a personal story where these came to life for you? How can we develop our ability to love consciously, conscientiously, concretely, and constructively?

In response, Jagdish P Dave wrote on Oct 15, 2013 ...

My loving experience has helped me grow and enrich me throughout my life and it is still offering me gifts. Loving freely without holding has been the most difficult part of loving someone closely. I have had my own needs, desires, ideas and ideology and stubbornness. There have been times when we were in total sink and flowing together and there were times when we felt emotional tension in letting go of our insistence. As we grew older, letting go became easier, almost effortless. When I look back I see my drawbacks and limitations and a regret for remaining blind and asleep. Thanks to the kindness and empathy of my soulmate, I have grown and still growing. Though she is

not with me anymore physically her presence still gently taps my shoulder and lovingly and softly whispers what I need to hear. My heart says love never dies.

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Jagdish P Dave

[*A Guide To Life's Turning Points*](#)

What do you make of "Do less, not more." How do you relate to the notion of moderation in everything? Can you share a personal experience that illustrates the need for moderation of both enthusiasm and despair?

In response, Jagdish P Dave wrote on Oct 18, 2013 ...

I feel centered when I am balanced. I feel balanced when I pause and not let myself be swept away by the pull and push of my desires and insistences. A simple example in my everyday living is eating. I have prostate cancer. I know cancer cells thrive on sugar. I enjoy eating sweet food especially when it is done with love and offered with love. There are two sweets-the food and the love. Instead of reaching out to grab the food, I pause and take 5 to 10 breaths to be centered. I thank the server for offering me the delicious, sweet food and gently put it aside. I apply the same stance when it comes to communicating with others and relating to others. The insistence on being dogmatically right and always right with no room in between is a sure way of causing pain and suffering within me and without me. Remaining mindful of the gestalt of myself has been very helpful to me for living with ease and joy.

Jagdish P Dave

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What do you make of "Do less, not more." How do you relate to the notion of moderation in everything? Can you share a personal experience that illustrates the need for moderation of both enthusiasm and despair?

In response, Jagdish P Dave wrote on Oct 22, 2013 ...

All recommendations deserve contemplation. I apply those that resonate with me. I like the one that says be still. I like to pause before transacting. When I do not give that space within me, I react rather than respond. I also am trying to be moderate in all walks of my life and value the simplicity. I add on step in working on my disturbing thoughts and feelings. I mindfully let them come and process. It is good self-work for me, and it enhances the quality of my transactions with other people.

Jagdish P Dave

[*Do we Use Thought, or Does Thought Use us?*](#)

How do you relate to the notion of thoughts using us instead of us using thoughts? What does intuitive intelligence mean to you? Can you share a personal story that illustrates intuitive intelligence?

In response, Jagdish P Dave wrote on Oct 29, 2013 ...

When I am fully present to what is happening in my mind and or before me I feel free from my neurotic patterns of thinking and feeling. I am with it. I feel connected with me and with others without feeling bound by my thoughts and feelings. I can describe my experience as a flow of energy. When I am not in the flow, thoughts about my past and at times about the future pop up. I mindfully let them come and go. This way I am able to feel more energy and am able to do things better. In this free state of mind creative ideas show up and result in innovative actions.

Jagdish P Dave

[*Reaching Underneath Our Protective Shell*](#)

What does celebrating those parts of ourselves that we've earlier found impossible mean to you? Can you share a personal experience that illustrates such a celebration? How can we connect with our feelings with a sense of kindness?

In response, Jagdish P Dave wrote on Oct 31, 2013 ...

Growing up is not always easy for anybody. The most difficult part of growing up for me was when I was going through my young adulthood, a time to be connected with someone romantically and passionately. I went through an agonizing relationship experience. It took almost a year for me to bounce back from my depression. As long as I was focusing on finding faults, blaming others for my misery and suffering, I could not really free myself from my suffering. I did not blame myself for my chronic and crippling emotional pain. I also tried to console me by attributing my unhappiness to

fate and destiny. That brought a little solace but did not alleviate my deep suffering. Support from a couple of my close friends and my deep passion for learning helped me to get out of the deep whole of depression. Real healing slowly happened to me by mindfully embracing my suffering-owing it, contemplating it and accepting it. I grew from my unforgettable experience. It helped me to understand clinical depression and helped me to cultivate compassion for me, accept me as a human being and feel genuine empathy for others. This experience was an awakening call for me. It paved my way to be psychotherapist to serve others who like me go through the inevitable cycle of suffering. I am at peace within me and with me. Life offers not only to deny but to also blossom.

Jagdish P Dave

[*Reaching Underneath Our Protective Shell*](#)

What does celebrating those parts of ourselves that we've earlier found impossible mean to you? Can you share a personal experience that illustrates such a celebration? How can we connect with our feelings with a sense of kindness?

In response, Jagdish P Dave wrote on Nov 08, 2013 ...

I am glad to know that you're trying to relate to her anger with empathy. I know it will take time for her to change herself. Patience and compassion are the two wings of the bird of healing. We try our best with God's blessings. We need to raise the sails for the grace of the Divine to help us.

Jagdish P Dave

[*Beauty Harmonizes Law and Liberty*](#)

How do you relate to the notion of law being the first step toward freedom, while beauty is the complete liberation standing on the pedestal of law? How does this affect your worldview of law, freedom, and beauty? Can you share a personal experience of being bound by strict laws, and yet, transcending them to express beauty?

In response, Jagdish P Dave wrote on Dec 17, 2013 ...

I am very fond of Rabindranath Tagore. I love his poems. He has helped me to appreciate the beauty in all phases of life. He inspired me write poems. Law and Liberty do not oppose each other unless I allow myself to be bound by the law. When a poem comes to me, I spontaneously go beyond words and grammar. I hear the voice without words. I transcend without knowing the boundaries of the form. There is a natural flow from form to formless. from sound to soundlessness, a sky-like freedom.

Jagdish P Dave

[*Honoring the Gill Inside You*](#)

What do you make of the author's emphasis that it is "more important to swim through the days and honor the gill inside you than to figure out how it all works"? What, like a gill, transforms your experience into sustenance? Can you share a personal experience of a time when you were able to honor the gill inside you?

In response, Jagdish P Dave wrote on Dec 20, 2013 ...

When my analytical or synthetic mind is quiet and when I am in the pure and bare heart zone of being, I feel the flow of floating, gliding or flying within me and between people and nature with and around me. The doing-talking, listening, writing a poem and the un-planned bodily spontaneous movements unfold, arise not bound by the external factors or ideas. The doing is in total alignment with the being. That feels like the sound of one hand clapping without bound by the other hand. In the words of Rumi, it is the " Presence" of the pure presence.

Jagdish P Dave

[*What to Remember When Waking*](#)

What are you carrying that is hidden, and a gift to others? How do you experience the urgency of your hidden gift? Can you share a personal story that illustrates a remembrance of your hidden gift?

In response, Jagdish wrote on Dec 31, 2013 ...

Just for communication, I name this kind of experience and living as the fourth dimension- a dimension that transcends the other dimensions of seeing, perceiving, thinking, and expressing. It is beyond conceptual, philosophical, and other boundaries. It is like being in the moment and not thinking about the moment. It is where the dance, the dancer and the dancing become one. I experience this fourth dimension in many contexts when chanting comes to me and I become the chanting, when I see a mom with her child being fully present to each other and I deeply feel a part of them, and I feel that when I am holding a sad child in my arms. it is not even I and Thou. It transcends the I- Thou, a child, and an old man- dimensions of the relationship. This is a gift for both. It is a cyclical experience and not a linear experience. The veil disappears and there blooms the beauty of the beloved, the Divine.

Jagdish P Dave

[*Deep Inquiry: Not for the Faint of Heart*](#)

What does deep inquiry mean to you? Can you share a personal story around fears that you had to overcome in order to engage in authentic deep inquiry? What do you understand by "releasing the constructed world while remaining conscious?"

In response, Jagdish P Dave wrote on Jan 17, 2014 ...

To me, inquiry is a curiosity to understand me and others in my life. The starting point and the continuing point are me and that ongoing process includes the outer world the people I relate to.

Openness, mindfulness, and courage to be myself are important ingredients of this process. It is not always joyful to me to discover and face the inconvenient truth about myself. This is where the push from within to continue working on myself helps me. At times, the process slows down and it picks up and continues. Is it marked with? (question marks),! (wonderment), pause and excitement.

Jagdish P Dave

[*The Power of Patience*](#)

What does patience mean to you? Can you share a personal story of a time when you experienced the power of patience? How can we grow in patience?

In response, Jagdish P Dave wrote on Feb 09, 2014 ...

When I introduce my full name- Jagdish P Dave- I always say P is for patience. And I mean it. Patience has helped me to listen to the other person with full attention. Not hearing but listening helps me to be connected with the other person. The other person feels valued, cared for, and understood- the basic ingredients of connectedness. Patience also helps me to remain relaxed and empathize with other people.

When someone is eager to share an idea or something that troubles him, I mindfully refrain myself from abruptly expressing my point of view or offering a suggestion. or some advice. Our conversation becomes deeper and richer. When someone keeps on talking on and on, I feel impatient. This is the time that is challenging for me. I do not want to offend him, and I do not want to pretend that I am listening to him. I become mindful of the impact of his behavior on me-my impatience, my irritation, and my inclination to ask him to stop talking forever. I take a few deep breaths and summarize what I heard from him. Then I respond. I do not want to react to him which is a sure way of cutting the thread of communication.

Standing in a line in a grocery store with a few items in my hands in front of a customer with a full cart load of items is another trying situation for me. I use this time for relaxing and quieting my mind. Interestingly, when I take this stance, I empathize with the person and feel for him. When I drive and when I am in a hurry, the red light stares in front of me. instead of cursing the red light, I take this waiting as an opportunity for me to take a few relaxing breaths.

In the fast paced world we live in, an ongoing challenge is how to deal with my impatience without reacting and without stuffing my stress in my body and mind. I find taking deep belly breaths very helpful. And the good thing about it is that I can do it anytime and anywhere. It is good for me and for the people with me and around me. Live long Patience!

Jagdish P Dave

[*Your Life Cannot Go Wrong*](#)

How do you relate to the notion that you can never lose your path? How can one develop such an absolute trust in life? Can you share a personal story of a time when you experienced this trust?

In response, Jagdish P Dave wrote on Feb 17, 2014 ...

Jeff offers an interesting and refreshing perspective on life and living. I feel close to this teleological perspective. I also relate to the causal perspective. Bad things have happened to me for a variety of reasons. Some of them seem to be largely beyond my hands and control. The prostate cancer that I developed at the age of 85-I am 88 years old and still going- seems to have a genetic basis. What caused it I do not know. I have some ideas about it-the toxic conditions I have been (like most of us are) exposed to, chronic stress I have been going through like most other go through and a lack of adequate exercise and a lack of hundred percent wholesome food that I should have eaten consistently and on and on. I have not given up on living. I have learned a few good lessons from this happening, and I am doing the best I can to treat it. I have been learning a lot from my illness, and I am sharing my lessons of living with many I come across. So, there is also a purpose for me going through this somewhat devastating experience.

And there have been a few self-caused emotional sufferings and regrets I have had due to my own foolish and narrow-sighted ways of pursuing my desires, needs and wants. These experiences have caused suffering, humiliation, regrets, and remorse. I have learned from my mistakes and wrong doings and have become a little wiser. My sufferings have made me more empathic and compassionate and kinder to others.

I believe we all are here for a variety of reasons. Remaining awakened, mindful, and aware of myself and others in my life is a way of growing and fulfilling of our purpose of being in this world. Knowing that and living that way keeps me going on my path.

I am grateful to Jeff Foster for creating an inner space for me to contemplate, reflect and share myself with many of my fellow travelers.

Jagdish P Dave

[*Practice Without Integration is a Waste*](#)

How do you integrate your practice into your daily life? Can you share a personal story of such integration? How do you let go of what's stopping your integration?

In response, Jagdish P Dave wrote on Mar 19, 2014 ...

I learned spiritual practice by experiencing spiritual values such as love, compassion, truthfulness, service, and kindness. The foundation of spiritual learning was constructed in my childhood. It is like planting seeds and slowly growing and blooming. To me it is an ongoing process. It is a way of living. I am not perfect and there are times when I deviate from this path. With mindfulness, I come back and continue my journey. Meditation, following my bliss and serving and helping others with love and gratefulness fills the cup of my life.

Namaste.
Jagdish P Dave

[Are You Bored Yet?](#)

What does "boredom" mean to you? Can you share a personal story of a time when you challenged your thoughts of boredom? How do you liberate yourself from the chase of the next new thing?

In response, Jagdish P Dave wrote on Mar 25, 2014 ...

Boredom is a subjective experience of doing something that has no intrinsic connection with me or meaning to me. When I feel disconnected with any activity, task or a person I feel bored. At this time, I become mindful of my feeling of boredom and make an existential response. This response varies. There is no one standard and fixed response. I turn another page of the book or skip something that is not interesting me. I withdraw my mind from the superficial participation in the activity or the shallow presence of myself in the conversation. I take boredom as an opportunity to understand why I feel bored and make a conscious choice. I do not like to pretend that I am interested in what is going on. Taking such steps mindfully makes me more authentic both in a personal and social context. I stay with boredom if it feels right to stay rather than withdraw. pretend or deny. Mindful processing of boredom has helped me to learn more about me. In that case, boredom becomes a gift to me to work on myself.

I do many apparently boring tasks mindfully such as cleaning pots and pans and dishes and going to grocery store, I see the value of doing them to help me and others and to serve them. These tasks take a different meaning, and I do them joyfully. The tasks become purposeful as I change my perspective. This shift in perception is very beneficial to me. I have fond memories of fetching water from the well and helping my mom wash clothes. I cherish those moments-the moments of having quality time with my mom and serving her. In a large family consisting of four brothers and three sisters, having such quality time was deeply meaningful to me. Such experiences have planted precious seeds in me and have impacted me deeply. Mom! I am very grateful to you.

When I am in a meeting and I sense the boredom arising in me, I take a mental nap and let me my mind and brain rest. At times I let people know that I am feeling bored and check with others if others feel that way too. This happens when the person in charge of the meeting keeps on harping on the same topic as if we have not heard him or understood him. On such occasions, I let the person know politely how I feel and can we move on to another item on the agenda. I personally feel that I need to give constructive feedback compassionately and politely. I like to be authentic and compassionately assertive rather than faking and being aggressive. This way of dealing with my boredom helps me to be myself and maintain connection with me and with others.

As always, I am grateful to Nipun and others for giving such weekly gifts to reflect, communicate and get connected with all of us.

Jagdish P Dave

[Should We Spend Time Like Money?](#)

How do you relate to the notion that we have no time because we are stressed? What does creating a belief "I have time" do for you? Can you share a personal experience of a time when you were able to see the correlation between inner time and external activity?

In response, Jagdish P Dave wrote on Mar 28, 2014 ...

Time and space are mental construct we have created from functional point of view. The sun and the moon and the natural phenomena follow their own natural rhythms. Civilization is not natural. Cultural is not natural. People in different civilizations and cultures have a different perspective on time. In this digital period everything is moving fast including our mind. So, the speed of the time and the value of the time, fast or slow, useful or useless, good or bad, is perceived, assessed, evaluated and is felt by our mind conditioned by our culture.

When I am in a village in India, the understanding, perception and value of the time is do different when I am in a big city. The people who do not carry watch or cell phone have a different way of looking and feeling time. I will never forget an experience I had in a small village in my home state. My sister used to live in the same small house that was the farmer's house. It was living in an extended family. I watched the farmer family=husband and wife, getting up early in the morning before the sun rise. They would do the morning activities without feeling stress that included lighting up the candle-like lamp, bowing to the lamp and praying together. The husband would take his home made fresh simple lunch with him. Every morning, the wife asked the same question with a genuine natural feeling as her husband would leave: what time will you come back? Her husband's answer was the same expressing the genuine joyful and thankful feeling: I will come home when the dust arising from the hoofs of our cows settle down. Like all villages, they worked hard with a great sense of pride in doing their work. No rush, no quick kiss on the lips, no hurriedness in their daily life cycle. This was an eye-opening and unforgettable experience for me.

This is what I learned. Flow with the time and do not let the time determine the flow of my energy. When I misstep, I pay the price for it-sometimes headaches, at times tension in my stomach. I am creating my own psycho somatic disorder, deviating my natural orderly rhythm. If I am late due to traffic jam or an auto accident, I take deep and soft breaths practically doing nothing except observing the annoying and upsetting behaviors of my fellow car drivers praying for their well-being. Without rushing and feeling anxious I call the receptionist or leave a message on the voice mail. I make it sure that I do not act irresponsibly and insensitively.

So what is time? It is a man made construct and not the reality. We make the world how we perceive it. it is the mind's creation. It is up to me to make myself imprisoned by the culturally created and conditioned mind set or letting my mind free from the culturally conditioned my mind. It is a matter of making a conscious choice with a quiet and clear and free mind. Knowing when to run and when to walk slowly, when to eat and not to eat, when to go to bed and not to go to bed. It boils down to making a clear and conscious choice making. It requires remaining awake in my mind. The awakened mind is a wise mind, a peaceful mind and unhurried mind.

Jagdish P Dave

[Only Service Heals](#)

How do you relate to the notion that only service heals? Can you share a personal experience where the difference between helping, fixing, and serving became clear to you? How can we resist the temptation to help and fix, and instead grow in service?

In response, Jagdish P Dave wrote on Apr 04, 2014 ...

As I was reading this writing, words of St Francis flashed in my mind: Make me an instrument of thy peace. Serving others is going beyond myself, surrendering my ego. The big I does many admirable and helpful things, fixing and helping. In this ego bound limited consciousness, the other always exists-the other separate from me. When I serve the other from my heart, the ego dissolves. The drop becomes the ocean. Peace blossoms and joy radiates.

My mother's heart was always open to offer unconditional love and serve others joyfully. We felt deeply connected in her presence. I have had many heart touching memories as I was growing up. The stream of her loving presence continued until she passed away. I feel that stream in my heart even as I am nearing 90.

In the Mindful parenting class that I am teaching, I posed a question to the parents attending the class: who comes to your mind who treated you special when you were a child? My answer to the question arose effortlessly. My mom. Tears of gratitude flowed from my eyes. Her loving presence in my heart created deep connectedness with us and among us. Such connectedness happens when I serve children in my daughter's Montessori school. This happens when I water the plants; when I hold myself compassionately when I feel deeply sad missing my wife.

At times, fixing is necessary; helping is necessary. Serving oneself and serving others creates a profound healing in oneself and in others. I think we need to tap this inner resource more than we do, individually and collectively.

Namaste.

Jagdish P Dave

[In Praise of Idleness](#)

How do you relate to the author's thesis that originality springs forth when people do things that they are not required to do, but enjoy doing? Can you share a personal experience of a time that the harmfulness of hard work without any leisure became clear to you? How do you create a space for adequate leisure in your life?

In response, Jagdish P Dave wrote on May 30, 2014 ...

Bertrand Russell is one of my favorite authors, thinkers and activists for social justice and fairness. I read what he writes with respectful attention. Work hard, don't be lazy, don't be a bum, has been a modern person's mantra. To write about "In Praise of Idleness" is by itself a bold and out-of-the box kind of thinking. The title of the article was good enough for me to read, reflect and respond.

The Bhagvad Gita-The Divine Song- is one of the few books that have made me think about balance, equanimity, excellence in action, and fulfillment. The book for me is about asking deep questions about living a happy and fulfilling life. It is about discovering and practicing the Yogic way of living.

A mindful and balanced way of living has been very helpful to me. I have learned that there is a time for work and time for leisure; a time to be alone and a time to be with others; a time to be serious and time to be silly; a time to be sad and a time to be glad; a time to receive and a time to give; a time to talk and a time to listen. These stances may seem opposite to each other. To me, they are complementary, like back and front, day, and night, yes and no, right, and wrong. They are not absolute. Either/or dichotomous way of thinking and way of living and relating is not my cup of tea. I like the "and" between two apparently opposites; to be able to see them as different. A lot of unnecessary and harmful pain and suffering has been caused by the either /or- stance-either you are with me or against me- a way of thinking and living and relating. The differences do not have to cause distances if we keep our mind and heart open, to be empathic to others.

So work is worship and play is also worship. It is indeed simple unless we make it complicated and difficult. Simplicity is easy to understand but difficult to practice. Small is beautiful but difficult to implement. We are all familiar with conditioning, hypnotizing and brain washing. Liberating oneself from these powerful external forces is difficult.

I always appreciate getting such weekly gifts, reading reflective comments by other friends, and remaining connected with them.

Gratefully,

Jagdish P Dave

[The Golden Eternity](#)

What does the golden eternity mean to you? Can you share an experience of a time you felt that everything was alright forever and ever? How do you get your thinking mind to stop getting in the way of this awareness?

In response, Jagdish P Dave wrote on Aug 15, 2014 ...

Jack Kerouac's poem evoked a poem in my mind.

It is an echo, not the sound.
Do not chase it and call it your call.
Your legs will be tired and your voice will be lost.

Who is to forgive and what is to forget.
It is all the mind's game.

The loser is the winner and the winner is the loser.

Still the body and quiet the mind.

Let a smile flicker on your face.

Let it come and let it go.

Nothing is here for ever.

Even the time!

Nothing to do,

Nowhere to go.

Be here and now-the ever present.

Jagdish P Dave

[*Get a Life*](#)

What does getting a life mean to you? Can you share a personal experience of a time that you noticed the grandness of life all around you? What has helped you to "get a life" that is grand, generous and shared?

In response, Jagdish P Dave wrote on Sep 26, 2014 ...

How to live a life is a choice making journey. The bottom line as I understand is to make choice that makes and keeps my body healthy, my mind calm, clear and creative and my heart caring, compassionate and loving. The wise choice for me is learn to be fully present to myself, to others in my life, to nature and to what I am doing and what is happening in me and around me. To me life is a like a flute through which divine music flows which brings deep joy in me and fulfillment in me. I share my music with my family, my friends, my clients, and my students and whoever is around me and with me. The more I share, the more I feel I connected within me and with others. Life is a beautiful song which does not depend on having expensive things and making a big name. All these things are things, not me. The big challenge for me is not identify myself with my external clothes and lose my being.

I have not found it difficult to follow this simple path and I have never felt poor inside of me. I am blessed to have such inner abundance. I am grateful to my parents who lived that way and showed me the path how to live from within. I am very grateful to them and also grateful to many wonderful spiritual teachers who have inspired me to live that way.

Namaste.

Jagdish P Dave

[Who are you, really?](#)

How do you tap into the truth about you that lies beneath everything else? Can you share an experience of a time you felt this truth? What do you understand by "the truth of who you are does not come and go?"

In response, Dave J wrote on Nov 18, 2014 ...

Though truth of who I am is beyond thoughts and words, I use words to describe the realization of the truth which is beyond the thoughts and words. I am reminded of a story from the Buddhist literature. Buddha, the awakened one, held a flower in his hand and asked a simple question to his listeners, "What do you see in my hand?" All who were present were looking for a word to describe what they were seeing. Mahakashyapa, the one who was sitting quietly, smiled. Buddha said, "Mahakashyapa. You got it." Realization of the truth about me is felt in the cave of the silent heart. The thinking mind is completely quiet, Awareness dawns on its own and I realize who I am. I have glimpses of such indescribable beyond the beyond, the beyond experiences in deep meditation, when I feel the presence of the air touching me, seeing the innocent and wondering eyes of a child, the sound of a bird coming from nowhere, watching a hummingbird dancing on a flower and a smile flickering on my face effortlessly, words coming out of my mouth spontaneously. Rumi uses the word Presence to describe what is indescribable in words.

I bow to you silently, friends.

[Who are you, really?](#)

How do you tap into the truth about you that lies beneath everything else? Can you share an experience of a time you felt this truth? What do you understand by "the truth of who you are does not come and go?"

In response, Jagdish P Dave wrote on Nov 18, 2014 ...

Truth about me-who am I, my true self-is multidimensional. I am born in this world, somewhere, sometime which can be described in words and needs to be described at times. I have grown and developed in my culture which can be described and is helpful to me and others related to me. I have had beliefs about what is right and good and what is not right and good and I have spiritual core values by which I live my life. I have cultivated tastes for a variety of things. I am different from others, and I am also alike others.

Is there something which is universal without boundaries created by us as human beings? Is there something that bonds all life, which has no name but exists, which is beyond thoughts and words? Do we experience that without the intervention of our mind? Can we feel it, sense it, realize it?

I am reminded of a story that I had heard in a discourse. It is the story of Buddha holding a flower in his hand and asking the listeners the following question: What do you see in my hand? Everybody started thinking about the flower, looking for words to describe it. Mahakashyapa saw the flower,

smiled, and said, "I see the flower." He saw the flower. He did not think about it, and did not compare it with other flowers. He saw the flower as it was. To me, truth is being fully present as it is revealing, unfolding, and emerging on its own, spontaneously, and effortlessly. It is perceived as it is without coloring it by past experiences or future anticipations. It is realized in the here and now consciousness. To quote Krishnamurti, it is choiceless awareness or as Rumi puts it, it is Presence.

When and how do I experience such awareness? When I am in deep meditation I am in the awareness being zone. When I see a child with an innocent expression of wonderment. When I see a flower blooming, I hear a bird chirping, birds flying in the sky in a V shaped design, looking at the twinkling stars and moms holding their babies in loving hands. I feel it when words come out spontaneously connecting people I have known or have not known. It has its freshness and fullness. These are precious moments. They are not repeatable as they are always in the here and now flow.

Bow to you friends.

Jagdish P Dave

[*You Cannot Capture Silence, It Captures You*](#)

What does the silence referred to in this piece mean to you? Can you share an experience where you were captured by this silence? How do we practice awareness of this silence?

In response, Jagdish P Dave wrote on Apr 01, 2015 ...

Silence is my way of being connected with myself, with others in my life and with nature. Silence helps me to mindfully process my inner world of thoughts, feelings, and emotions. It helps me to get out of my autopilot mode of doing to the mindfulness mode of being. I practice mindfulness meditation everyday regularly for twenty minutes. It helps me to clear up the clouds I create in my consciousness. I also do mini mindfulness practice when I go through stressful experiences in my daily life. I start my classes and therapy sessions with 15 minutes of Mindfulness Meditation. That helps me, my students, and my clients to get centered to learn how to focus our energy for learning and working on oneself and others connected with us. Every day offers me this opportunity to save and invest my energy for creating, nurturing, and sustaining wellness in me and people connected with me.

Namaste.

Jagdish P Dave

[*Surrender Your Data*](#)

What do you understand by the choice that is both 'now or never' and 'now and always'? Can you share a personal story of a time you faced this choice? What is a practice that helps you remember this choice in the midst of ceaseless activity?

In response, Jagdish P Dave wrote on Apr 17, 2015 ...

I hear the clear voice of YES when I am still. In that space of being, I feel the presence of YES. This YES is beyond my analytical mind and free from self-created afflictions. This YES is my never-failing friend, the eternal beloved. It is beyond the right and the wrong. I feel this YES when I hold a sad and crying child in my arms. I feel it when a stranger holds me from falling down and when someone lets me cry and wipes my tears. I feel it when I laugh spontaneously by myself and with my family, friends, children and at times with strangers. It happens. I do not make it happen. I feel blessed to have such YES experiences everyday in my life. It is the sound of silence and I hear it when I my noisy mind is quiet, I see the ever present light when the self -created clouds fade away.

YES is the meeting place where we celebrate the gift of life together transcending divisive boundaries created by us.. Blessed we are to receive and share such blessings. Life is good.

May we all get connected with the flow of YES. Namaste

Jagdish P Dave

[*A Strange Predicament*](#)

What comes up for you as you contemplate the ability to waft through different identities? Can you share an experience where you felt an invitation to leave cramped, uncomfortable quarters and live more expansively? What is a practice that inspires you to go beyond small identities?

In response, Jagdish P Dave wrote on May 18, 2015 ...

I know. No man is an island. We are all connected; branches of the same tree called The Tree of Life. However, most of us are taught and conditioned to create and live in an individualistic bubble. I am an individual physically. I have my own mind. I have my own personality, my own signature, my country, my religion, and ME. When I operate with this perspective, my relating to me and to others who are very close to me have this I-and- You. It seems like the reality. There are moments in my life when this unique and divisive separateness disappears and vanishes. This happens to me when I naturally and truly follow my heart. I feel one with me and with the other including nature. Where there is no TWO. There is one flow of energy, the earth and the sky merging, no sense of duality, beyond subject and object. The bubble becomes the ocean. These are moments of awakening hard to express conceptually and verbally. This feels like the sound of silence.

Is the first world of separation an illusion? I do not know. I know that it is transitory, like an ebb and flow, day and night, pleasure, and pain. There is also another world- a world of oneness. How to live in the world of subject and object with the perspective of oneness is a challenge for me. And I

accept it gracefully.

Namaste to all who live in the dualistic world knowing there is the real world that transcends the dividing boundaries and barriers. And we are blessed to have the awakened and enlightened beings who live in the world but not of the world.

Jagdish P Dave

[*Eulogy Versus Resume Virtues*](#)

How do you relate to the distinction between eulogy and resume virtues? Can you share a personal story of a time you became aware of this distinction in your own life? What practice helps you develop eulogy virtues?

In response, Jagdish P Dave wrote on May 22, 2015 ...

David Brooks talks about me and many friends I know deeply. People may not remember me for what I did or said. They remember me and will remember me by how I made them feel, how I got connected with them in my heart. We are so much used to use the head language and the mind language, useful and necessary but not enough. When I listen and relate to me and others with an open heart and open mind, I feel the deep connectedness, intimacy and oneness. Such experiences create and leave deep traces in my brain, in my mind, in my heart and in my soul. As I am getting older (90 plus), I am getting richer in my heart and my relationships with people of all ages regardless of the outer shapes and colors are getting more lively, energizing, joyful and meaningful.

When I was in India, I went to an exposition. The theme was The Family of Man. When I entered the hall, I read a poem written by the American poet Carl Sandburg. I still remember the words. They deeply resonate with me. Here are those words:

There is only one Man in the world and the man's name is All Man.
There is only one woman in the world and the woman's name is All Woman.
There is one child in the world and the child's name is All Child.

This is the spiritual dimension of ourselves. We experience it when we open our mind and heart and live mindfully and heartfully. Blessed we are for having such potential in us and I bow to many who have opened their minds and hearts to me and let me dwell in that sanctuary.

Namaste.

Jagdish P Dave

[*Love is the Source of Fearlessness*](#)

What do understand by love being the source of fearlessness? Can you share a personal story of a time you were able to turn your work into a gift with fearlessness? How do we develop awareness of the prison of fear we are in?

In response, Jagdish P Dave wrote on Jun 03, 2015 ...

This writing evoked memories of many experiences and things I have done in the past and what I have been doing in my long life span. years. There is a continuous and consistent theme running through my life.

As a teenager I wanted to relate to girls of my age passionately. A part of myself wanted to do it and a part of myself restrained me from acting on it. The restraint came from my fear of being rejected or ridiculed or criticized for doing the wrong thing or not doing the right thing. It was not a devastating deal for me as I had strong interest in studying and I had many close boyfriends. I learned not to do what I would love to do out of fear. And that continued until I reached 20. And when I took the risk of expressing my true feelings of love for a lovely girl, I was thrown out of that girl's family circle. Love should bring happiness and joy which I deserved. In stead I got a big setback, a deep hurt, and deep feelings of depression. The ray of hope was my sense of self. I never felt unworthy. I love myself and there is no fear in having a positive sense of myself. And that trait in me led me to a very loving and a beautiful soul mate whom I happily married. Both of us could do it because both of us loved deeply and were ready to face difficulties arising from her parents not wanting me to marry her because of class differences- me an ordinary low income earning teacher and she having all the comforts and luxuries one would like to have. Love triumphed as we embraced life fearlessly.

Another significant arena of my life is characterized by the theme of follow your bliss. I was eager to go to school as a child because I love to learn. That passion has enriched my life to make me a life-long learner. Nothing has deterred me from following my bliss. The other side of the equation of learning is teaching. I love to learn and to teach. I became a teacher in Ahmedabad, my hometown in India. The teacher's salary at that time was very low. But that did not stop me from following my bliss. And it did not stop Vanleela from being my life partner. I love to teach, and I teach with love. It is very fulfilling. At the age of 90 plus my journey still continues with the same passion and vigor bringing gifts of happiness to me and to others connected wit me. The more we give, the more we receive.

May the spirit of fearlessness enkindle love in all of us.

Namaste. Love.

Jagdish P Dave

[*Not Minding What Happens*](#)

What does 'not minding what happens' mean to you? Can you share a personal experience of a time you were able to be in a relationship of inner nonresistance with what was happening? What practice helps you develop an inner alignment with the present moment?

In response, Jagdish P Dave wrote on Jun 09, 2015 ...

Yes, it sounds simple, but it is very profound. It seems easy to understand but difficult to implement and practice. This secret of living mindfully and fully reminds me of short yet profound sutras like Be Here Now, Now Consciousness, Beginner's Mind, Suchness, Isness and many other similar pearls of wisdom. Cultivating mindfulness practice everyday holistically in many contexts of my everyday living has been very helpful to me. Does it mean I do not use my mind for planning, problem solving and processing information? Of course not. It is like everything: clearing up self-created clouds and relating to me and others mindfully and wisely. When I do not live this way I compassionately forgive myself and count the blessings without dwelling on my burdens. This for me is an art of living and it is an ongoing amazing journey.

I always appreciate getting wonderful weekly gifts getting and reading reflections and comments. Thank you all and namaste.

Jagdish P Dave

[*Privacy Is Not Possible*](#)

How do you relate to the notion that your inner or psychological life is a social issue? Can you share a personal experience of a time you experienced the deep interconnection between your psychological and your social life? How can we develop awareness of how interconnected our minds truly are?

In response, Jagdish P Dave wrote on Jun 12, 2015 ...

On level, we all are one. On another level we are different from each other in many different ways. When these differences create distances and disrupt or break or damage connectedness, they become obstacles and result in me being against you. My space is your space too. What I think, what I feel and how I act not only have an impact on me but on many connected with me or even remotely connected or not connected at all. How to transform the me space into we space is a challenge for me. Gratefully practicing mindfulness and empathy and compassion keeping my mind and heart open has been very helpful to me. It becomes effortless. We are in the being Gonne. This happens in many contexts for me. When I walk in natural surroundings, when I meditate and live meditatively and when I serve

I have learned life lessons from Mahatma Gandhi, J Krishnamurti, my parents,, my wife and from children. I am grateful to Nipun for sharing this illuminating real life experiences..

Namaste.

Jagdish P Dave

[*A Bigger Container*](#)

What does creating a bigger container mean to you? Can you share an experience of a time you felt your container enlarging? What helps you be aware of the limits of your container so you can enlarge it?

In response, Jagdish P Dave wrote on Jun 23, 2015 ...

When we relate to the world, people and nature, by the separating and isolating egotistic mind, our life container is very small and shallow. Our pleasures are short lived, and we go through the cycle of pleasure and pain. When we I realize that this way of living has no deep meaning and purpose, We wake up, we awaken. We realize the futility of chasing the shadow. The challenge is to stay the course of awakening.

The daily practice of mindfulness meditation has helped me to work on myself by becoming aware of my bodily sensations, ego generated thoughts, feelings and emotions and to be free from their grip, I experience the expansion of my container. My relationship with myself becomes happy and contented and my connectedness with others gets richer and deeper. I feel more alive, loving and loved, more compassionate and understanding and more happy.

I am grateful to the teachers who have shown this way of living by living this way, by walking their talk. I am also happy to see more people moving in this direction.

Jagdish P Dave

[*Man's Most Important Mistake*](#)

How do you relate to the notion that there are many "I's" within you and each "I" has a different wish? Can you share a personal story of a time you became aware of the real "I" amidst the other "I's"? What is a test that helps you know that you have touched the real "I"?

In response, Jagdish P Dave wrote on Jul 01, 2015 ...

There are three interrelated dimensions of my self: The changing self, the spiritual self, and the social self. The physical, mental, and emotional aspects of myself are changing experiencing pleasures and pains, ups and downs. The spiritual self is unchanging, unaffected by the changes taking place in the changing self. The social self, the cultural self, is the relational self-having a network of different relationships helping me grow but also conditioning my changing self. The intra-personal self and the inter-personal self creates varieties of colorful experiences, pleasant and unpleasant. The spiritual self is the being self-the embodiment of love, compassion and bliss. When I am in the becoming zone, I experience the changing self. When I am in the being zone, love, compassion, and bliss arise on their own. The changing self is the doing and possessing self creating bondage in me. The spiritual self is the freeing self, the universal self. When I practice mindful awareness the clouds generated by my changing self slowly fade away and I experience blissful openness, clarity and expansion of my consciousness. When I relate to others mindfully, I experience connectedness, compassion, and gratitude. During that time, I am more in the being

zone while I am in the doing zone. According to my experience, the being self, the spiritual self is experienced in the doing zone when there is no bondage created by my expectations. The challenge is to remain awake when I go through self-created clouds of suffering.

This is an ongoing journey from me, and I love it.

Jagdish P Dave

[*Money is a Lot Like Water*](#)

What does looking at money like water mean to you? Can you share a personal experience of a time you felt money flow in a way that served your highest ideals? What practice helps you engage with money in a mindful manner?

In response, Jagdish P Dave wrote on Jul 07, 2015 ...

Money, like any other thing such as nuclear energy, is a reality of life and living. It is not what we have but how we use it. People do charity for a variety of reasons. The best is doing it from our heart and feeling the fullness of giving. It is like a selfless service or loving someone unconditionally. This is spirituality at its best. However, there are going to be people who do acts of compassion and kindness, small and big, with mixed or selfish motivation. Should we feel guilty for giving money or food or clothes or other things with selfish motivation and or should we feel guilty for receiving it? I donate my skills, knowledge, time, and things as gifts with no ulterior motives. And when I do it, giving feels like receiving. This is what I call my heart acts. But when the ego comes into picture, what is also for me, it taints the act of doing. I am a human being and there are times when I have acted like this. It is not the money, time or knowledge that we give that makes our acts spiritual. It is the motive, what is behind my doing, makes it spiritual.

And we had, and we will have these two streams of giving in all parts of the world, rich or poor, the first world or the third world countries. I believe in counting our blessings and not judging others who have different motivations for doing what they do. Maybe, the more industrialized and urbanized and materialized we become; we lose heart to heart connectedness. I would like to continue evolving from self-centered consciousness to transcendental state of consciousness. That makes my life journey a pilgrimage.

May we cultivate empathy, compassion, and kindness for all who need our help.

Jagdish P Dave

[*Call Me by My True Names*](#)

What does compassion, encompassing all its "true names", mean to you? Can you share a personal story of a time when you were touched by such compassion, either within you or from someone else? What practice helps you find such compassion?

In response, Jagdish P Dave wrote on Jul 10, 2015 ...

Compassion is like unconditional love, not bound by right or wrong or good or evil laws. Compassion has no boundaries or barriers. Compassion is like mercy offered to anyone regardless of flaws. I used to begin my classes with meditation in a state university. There was no reference to any religion. The students loved it, and they found it very helpful for relaxing their body and quieting their mind. One of the professors objected to starting my classes with meditation in a state university. It took the turn of a scandal. According to me, I was not violating any law as meditation is not religious. In his eyes, I was trying to convert the students to follow a religion. This situation presented a great learning opportunity for me to apply compassion to my apparently adversarial colleague. I requested him to visit my class any day and then make a judgment about what I was doing. He accepted my invitation, and it resulted in a respectful and cordial genuine relationship. Practicing compassion has made me humble and has helped me keep my heart open to relate to others with no expectation in return.

Compassion, like unconditional love, is a spontaneous emotion with no agenda for getting anything in return. It is not imposed on anybody. It is not offered when someone asks for it. When I see someone in pain or hurting, I deeply feel for that person and offer my helping hand to him. A compassionate act does not look for a reward in return. It is an offering from the heart. Compassionate actions have enriched and fulfilled my heart.

This poem eloquently expresses the beauty of compassion and kindness. I read it over and over and it feels my heart with joyful gratitude.

May we feel compassion for us, for the people close to us and far away from us, and especially those who disagree with us and may hurt our feelings.

Namaste.

Jagdish P Dave

[*Effects of Adversity*](#)

What do you make of adversity helping answer the question 'Why be good?' Can you share a personal experience of a time adversity that helped you grow? What helps you to avoid despair when faced with adversity?

In response, Jagdish P Dave wrote on Jul 21, 2015 ...

It is my experience and observation that we all experience adversity and suffering in varying degrees. How we take it makes the difference in the impact of adversities. I also realize that some adversities are out of my control such as natural happenings like floods, hurricanes, volcanoes, and earthquakes. But most of our sufferings are self-created and self-sustained,

Looking back at my life, I see how we growing up in a poor family did not suffer for not having many things others had in their lives. My parents had a deep sense of contentment with whatever possessions we had. By growing up in such a family, I did not feel the poverty within me for

not having "enough" in my life. I married a woman I loved very dearly. She was born and raised in a very rich family having luxurious things she wanted. She left her home and embraced to live in the poor extended family out of deep love for me. Love and faith were our anchors that kept us flowing with the wonderful life.

That happy journey ended when she passed away about three years ago. Did I suffer? You bet. Losing someone, a soul mate for some 60 plus years of my life is very hard. Is there a grace in suffering? Yes. I have realized the truth that every hi has a bye and every bye has a hi. Nothing is here forever. Living life with this awareness is keeping the cup of my life full. Sharing the fullness of my living with others and serving them from my heart is a blessing to me and I feel gratitude for receiving such blessings from others. It is by giving I indeed receive.

May the suffering we go through enkindle the light of forgiveness and compassion in us and make us feel connected with each other..

Jagdish P Dave

[*The Surrender Experiment*](#)

What does the "surrender experiment" mean to you? Can you share a personal experience of a time you consciously decided to surrender instead of trying to control your environment? What practice helps you develop awareness of the natural forces of life and harmonize with it?

In response, Jagdish P Dave wrote on Jul 24, 2015 ...

To me, surrendering means surrendering my egoic mind, the mind that is self-centered, possessive, not caring for others that includes nature-animals, plants, trees, water, earth, and sky. I am responsible and accountable for messing things up and doing right to sustain and preserve the creation. How do I employ my energy in creating, sustaining, contributing, and serving life is my life mission. When I live this way, I feel I am in harmony with life force. I feel like I am in a dance with the life force. When I receive the grace from nature and people, my heart is filled with joyful gratitude. Such gifts are not measured on a materialistic scale. They are experienced in our hearts, and they blossom our hearts.

This may sound very simple. It is my knowing that too much "heading" takes away the simple joys of 'hearting'. How to have the joyful innocence of a child in an adult body and mind is an interesting challenge. It is like planting a seed and watching it grow with an ever-present curiosity. It is like hearing the birds chirping, watching the clouds floating and listening to the inner voice singing on their own. These are the moments of grace, and I am blessed to have them coming every day on their own. My heart is filled with gratefulness.

May we keep our hearts open to receive and give gifts coming from everywhere!

Jagdish P Dave

[*The Pleasure of Serving*](#)

How do you relate to the notion that serving is not a labor just for inferior beings? Can you share a time where you felt the beauty of doing what others dodge? How do we develop ourselves to experience deep gladness in small acts of service?

In response, Jagdish P Dave wrote on Jul 30, 2015 ...

This beautiful poem deeply resonates deeply with me in my heart. I wonder who has not been touched by the tender and gentle touch serving joyfully. I see the signatures of many, both natural and human, extending their helping and nurturing hands right from my childhood until my old age. The world would not be able to survive and flourish if there were no serving hands.

Some have served the whole mankind leaving their footprints behind on the sands of time. They left their names behind with no conscious intention of leaving their name and fame behind. They served because that was in their nature. It was their breath.

And there are many who do small acts of kindness joyfully. We have a vegetable and fruit garden in our front and back yard. Nature's hands are bountiful. She serves us with the gifts she gives us the gifts of fruits and vegetables. We express our gratitude for the gifts we receive from her. We serve her by doing whatever we can, watering the seeds and plants and providing organic soil. We give our friends vegetables and fruits and enjoy sharing our gifts with them. I remember Mahatma Gandhi had named the community where he lived Seva Ashram- a community who serves a community of servants. That work is being carried on in the Gandhi Ashram in Ahmedabad, my hometown. When I visited Gandhi Ashram last summer with my young grandson, I was deeply touched by the service the Ashramites do for slum children. It was quite an experience for us. serving people is God's work. In our language we have a saying: Seva paramo Dharmaha- serving others is the spiritual way of living.

May we serve all beings with our heart and be grateful for serving them.

Jagdish P Dave

[*Spontaneous Resonance*](#)

What do you understand by the difference between spontaneous reaction and spontaneous resonance? Can you share a personal story of a time you felt spontaneous resonance? How do we get over 'the stuff going on in our heads that blocks the flow of spontaneity?'

In response, Jagdish P Dave wrote on Aug 07, 2015 ...

As I understand, a spontaneous reaction is an action to a stimulus outside of oneself. It is like a fight, flight or freeze stress response. It is instinctive with no intervention of cognitive processing. It is an instant reaction. It may result in a positive or negative outcome, a blessing, or a curse; a blessing to celebrate, a curse to regret or repent.

Spontaneous resonance happens within oneself with no conscious intention or deliberation. It just

happens. It is like a flower blooming, a poem birthing and naturally coming out. It is unfolding. It is like the fragrance of a flower spreading without an effort. It is an effortless happening.

I have experienced both -spontaneous reaction and spontaneous resonance. I reacted to a scorpion by jumping off- an instant avoidance behavior, resulting in no painful stinging. Reacting to a driver cutting me off with an angry feeling is another example of an instinctive reaction.

I have had many experiences of spontaneous resonance. I am a poet. The poems spouting from my heart effortlessly have been the most endearing poems. I get lost in my own self to find myself. I am not composing the poem; the poem is composing by itself. The song is composing itself and I am listening to it. The composer and the listener merge into each other. The dancer becomes the dancing, or the dancing becomes the dancer. The subject-object separation gets dissolved resulting in oneness. There is a knowing, an experiencing, a realization of the mantra, aham brahmasmi- I am that. It is an awakening experience. I have such experiences when I meditate, when I walk in nature by myself, when I read certain poems that touch my heart.

We all are blessed with such gifts arising in and from our hearts. It is my observation that we are becoming more and more head-oriented, missing the joys of uncomplicated simple but profound living.

May we keep our hearts open to receive and give simple gifts of love and joy.

Jagdish P Dave

[*Choosing Suffering over Safety*](#)

How do you relate to choosing suffering over safety? Can you share a personal experience of a time when you became aware of this choice? What practice helps you see joy within your experience of suffering?

In response, Jagdish P Dave wrote on Aug 18, 2015 ...

I am learning to accept what is and not to resist or to deny the presence of what is. The first suffering I experienced was the passing away of my dad. I did not want him to leave me. What helped me to accept his passing away was the way he embraced his breath leaving his body. He used to recite the verses from the Bhagvat Geeta shedding light on how to live with equanimity, how to remain centered and balanced in the midst of the rising and falling waves of life. He lived that way and died that way. He used to teach me how to live by the way he lived his life. He was walking his walk. He planted the seeds of the art of living and leaving. Breathing in and breathing out are the wings of the bird of living fully.

Three years ago, my beloved wife passed away. She had very aggressive breast cancer. Six months before she passed away, she asked me to look into my eyes, "Jagdish! Do you think I will survive? I trust you. You will tell me the truth." This was the most difficult question for me to answer. I was

holding her hand in my hand and this answer emerged from my heart: " Everyone is going to pass away sooner or later." That answer was enough for her. Without any hesitation, she accepted the truth. There was a glow of acceptance on her face. And that's the way she lived her life. She was ready to go when the time would arrive. Before she passed away, she asked all of us- me, our grown-up children, and grandchildren- to face her face. She touched everybody's hand, looked at all of us and said, " Is everyone OK?" She lived that way caring for all and left the same way showing her caring for all. These were her last words, and these words deeply resonate with me when she comes to my mind and heart. Like my dad, my wife taught me a lesson of how to live and how to die.

Suffering is an integral part of living fully. The evening is born in the womb of the morning sun. There is no morning without evening and there is no evening without morning. The river of life flows in between the banks of joy and suffering. They are intertwined. They are the wings of the bird, the tide and ebb of living.

May we cultivate this art of living and dying to live fully and die fully.

Namaste.

Jagdish P Dave

[*The Power of Art*](#)

How do you relate to the author's notion that the highest duty of an artist is to remain true to oneself and let the chips fall where they may? Can you share a personal story of a time you were true to yourself through your art? What helps you recognize your own artistic potential and honor it?

In response, Jagdish P Dave wrote on Aug 28, 2015 ...

The Sanskrit word for the poet is arshadrushta- one who has a clear sight and has a clear vision of the future. It is like seeing through the "third eye". She lives in the present, knows the downside of power, is aware of social injustice but is not imprisoned by the short and narrow vision. What she says, writes and stands for may not be popular and may go against the prevailing societal currents. They have clear inner vision and inner strength. They blaze a new trail.

Art, like strength, takes different forms. There is the art of living- living a life founded on a cosmic vision of living. A living that goes beyond self-serving, self-centered, greed-based, power and fame hunger, my is the only right way and others are ignorant, stupid and inferior. Such narrow and short sighted vision has damaged the lives of people, nations and life in nature. We are blessed to have visionary people with cosmic consciousness to help us expand our consciousness. Such visionary people at times are crucified. They leave inspiring footprints on the sands of time. I am blessed to experience the presence of such highly evolved beings as Mahatma Gandhi, Rabindranath Tagore and Anandimayya to name a few.

All of us have the potential to be such artists. We are in the process of evolving. There are times when we wake up and start walking on that path and feel deeply connected with the higher level of

consciousness. And sometimes we go back to the same old way of living, going back to sleep.

May we have the vision and courage to go beyond the limited and limiting way of seeing and living!

Jagdish P Dave

[Love Like Water](#)

What does loving like water mean to you? Can you share an experience of a time you felt or received such a love? What practice helps you develop the ability to love like this?

In response, Jagdish P Dave wrote on Sep 04, 2015 ...

I love this reflective reading on Love. Love gives birth to life, nourishes it, sustains it, enriches it, and lets it bloom and blossom. This is what a mother does for the child she bears and provides nurturing and blossoming energy to her child. Such love does not have criteria or conditions set in advance to meet to be loved. Love is spontaneous and unconditional. It is beyond right or wrong. Love's hands are always open to give and receive. Giving becomes receiving and receiving becomes giving. We witness such love in nature, in animals and in us as humans.

I have experienced such love from my parents, brothers, sisters friends, teachers and my students and at times from strangers. And they have experienced it from me too. It is a natural flow of life sustaining and flourishing energy. Love bubbles from within. It cannot be poured from outside. It is like feeling the touch of water, wind, and a loving hand. It is like smelling fragrance coming from a flower or a smile sparkling on a face with no apparent reason. When I hold a crying child in my hands, it creates a deep bonding between me and the crying child. There is no guidebook or prescription for it. It just happens. Such experiences are very precious and rich. They make our day, our night and our life.

What blocks the flow of such natural energy? We all know the answers because we have experienced both the natural flow of energy and the blockage of the flow of love energy. When I become self-centered and self serving, place conditions for relating to the other, build up expectations from the other or relate to the other out of obligations or fear, the pure joy of loving goes out of windows. It is like going back to sleep and continue living in the illusory dream! We all, in varying degrees, have lived in these two cities; The city of illusion or the city of Maya, and the city of Love or Prem.

May our life touch and be touched by the pure water of Love!

Jagdish P Dave

[*The Gift of New Eyes*](#)

What do you understand by the "field beyond right and wrong?" Can you share a personal story of a time when you were able to enter the field beyond right and wrong? What practice helps you develop the new eyes to see beyond right and wrong?

In response, Jagdish P Dave wrote on Sep 11, 2015 ...

Rumi's poem says it all. Yes. There is a place beyond right and wrong, a place beyond the legal, rational, social, and moral right and wrong. And that place is the place where there is no yours or mine zone. As the Buddha says: Gone, gone, gone beyond the gone and even beyond the beyond. What an awakening! what a bliss!

Our two worldly eyes are colored by the non-unifying perspective. We live in the dualistic physical, mental, emotional, social and even religious world. As law-abiding citizens of this world, understandably, we need to comply with the laws to maintain social order. However, when we love someone from our heart and in our heart, the outbound rules and regulations disappear, and we breathe the same breath. The other is no more the other. The other is me and me is the other. There is seamless oneness.

This is not an ideal utterance or wishful thinking. I have experienced such Divine oneness in deep meditative state, in relationships with people close to me or remote from me. I feel it like being in the clear blue sky. It is like being touched by a cool breeze of air, like holding a baby in our hands, or someone offering a glass of water to a thirsty traveler. I have experienced such precious moments. We are blessed to have such Divine experiences in this world while we are alive.

May we know how to create such a sanctuary and live in the field beyond the right and wrong!

Jagdish P Dave

[*Awareness is Profound Interest*](#)

How do you relate to notion that wanting improvement precludes awareness? Can you share a story of experiencing communion between the observer and the observed? How do you reconcile the practice of self-improvement with this author's criticism of it?

In response, Jagdish P Dave wrote on Sep 18, 2015 ...

J Krishnamurti is one of my great teachers who has been teaching me how to be in choiceless awareness. I felt it when I attended and mindfully listened to his talk on awareness. I am in awareness when I am fully present to what is happening in me physically, mentally and emotionally without reacting to the happenings in me. I mindfully, nonjudgmentally observe what is going on in me and around me. When a thought arises or shows up in my mind, I notice it without judging it, approaching, or avoiding it. I let it come and let it go. I do not get stuck with it. In that free space an insightful understanding arises, and it helps me grow.

I find the application of such mindfulness awareness in my relationship and in my daily actions and transactions with people in my life.

To me, it is an ongoing life journey bringing gifts to me and to others in my life.
I bow to such great teachers who have been teaching me the Art of living.

Namaste.

Jagdish P Dave

[Compassion: an Objective Form of Empathy](#)

How do you relate to the notion of compassion being an objective form of empathy? Can you share a personal story of a time you were able to transform a challenging situation into a coachable moment? What practice helps you to get out of your world view and see other perspectives?

In response, Jagdish P Dave wrote on Sep 27, 2015 ...

Subjective empathy is feeling the pain and suffering of another person. Objective empathy implies not only feeling the pain and suffering of another person but also understanding our own perspective on his suffering as well as remaining open to understand the other person's perspective. We need to have both head and heart to feel for the other person and have an empathic understanding of the person in relationship. I will add hand to head and heart. The hand stands for action. Compassion implies empathy and acts of kindness.

Practicing loving kindness has been very helpful to me in my everyday living.

Namaste.

Jagdish P Dave

[Humility Really Cannot be Considered a Virtue](#)

How do you relate to the notion that humility is simply understanding the world? Can you share a personal story of a time you were humbled by such an understanding? What practice has helped you develop such an understanding?

In response, Jagdish P Dave wrote on Oct 03, 2015 ...

As long as ego occupies the center of my being, I am going to feel ups and downs, successes and failures, admiration, and condemnation. Look what I have, how I look, what I do, whom I know, where I live and what I possess-all such thoughts and feelings are the outcome of my ego-centered being. When I am in the being zone, I surf on the rising and falling waves with evenness knowing that I am an integral part of the ocean of existence. I experience the oceanic feeling of oneness.

This happens when I am fully present in moment to moment flow of the here and now consciousness. It happens to me when I am in a deeply relaxed meditative state, when I am compassionately connected with another person, when I mindfully take a walk in nature or when I am fully involved in a project when the time and space boundaries vanish on their own. As I am

getting older, I am accepting the changing landscape of my life with grace and gratitude. It is good living.

May we learn how to surf the waves of the ocean of our life gracefully and gratefully!

Jagdish P Dave

[*We Are What We Choose to Be*](#)

How do you relate to the distinction between "free to have" and "free to be?" Can you share a personal story of a time you felt that you could choose to be? What practice helps you realize that you are more than your fear?

In response, Jagdish P Dave wrote on Oct 10, 2015 ...

Many times, we have read, heard and talked about wisdom sayings like, "Know thy self," "An unexamined life is not worth living", "The essence of living truly lies in the heart of our cave". These are great words of wisdom for contemplation and reflection. We all know that to be truth is to live the truth freely and fearlessly. When we make it a goal to achieve it, we have it, we are adding one more on the doing and having list. Being is like the sun rising giving its light, the flower blooming giving its fragrance, the wind touching and the mother loving. Having has a beginning and ending bound by space and time. In the having world-both internal and external, there is no wholeness and fullness. There is always that dear-like, chasing the mirage, there is always that striving, needing, and wanting more and more. We are too familiar with this world of doing and having.

I have faced this question many times: What is my purpose for being here in this world? To be happy? My happiness was contingent on having someone to love me. Does it have that forever ingredient? Did I always feel loved and happy? To me freedom is the freedom of being and not having. Having is more like having clothes but not the wearer. As I am getting older, my "having world" is shrinking effortlessly and my "being world" is effortlessly expanding. In that "being world" there is I without being bound by my ego. When I step out of this being zone, I quickly become mindful of it and move into the being zone.

May we be awakened to be in the being zone! Namaste.

Jagdish P Dave

[*Lessening the Power of Negative Emotions*](#)

How do you relate to the strategy of reducing the opposing factor, while fanning the flames of the virtuous quality? Can you share the story of a time when you were able to refrain from anger? What practice helps you lessen negative emotions?

In response, Jagdish P Dave wrote on Oct 20, 2015 ...

What choices do I make that drain and deplete my energy and the energy of others? This is a very important mindfulness question for me. Negative thoughts and negative emotions drain my energy. Positive thoughts and positive emotions enhance my energy. They also result in negative and positive actions hurting or healing me and hurting or healing others. The other is me and I am the other. We are all connected with each other. My intention is to understand the causes of hurting or healing energy, replacing the causes of hurting energy with positive energy and enhancing the ways of healing energy.

I practice mindfulness for recognizing the patterns of thoughts that create negative energy. I do not suppress or use defense mechanisms to stay away from them. I observe them, let them come and go. If positive thoughts and feelings come, I observe them, let them come and let them go. This kind of mindfulness processing of my inner world of thoughts and feelings helps me to be free from getting stuck with the negative thoughts and emotions. I sense the change of energy in my body, mind and heart. It makes me whole and wholesome.

May we work on ourselves mindfully to be connected with ourselves and others and create experience goodness in our life!

Namaste.

Jagdish P Dave

[Organic Gift](#)

How do you relate to the notion that burnout results from trying to give what we do not possess? Can you share a personal experience of a time that the traps of inorganic gifting became clear to you? What practice helps you move toward organic gifting?

In response, Jagdish P Dave wrote on Nov 06, 2015 ...

An organic gift is an offering from the heart. It has no conditions, expectations, and attachment to its outcomes. In the Bhagavad Gita, such a gift is called Karma Yoga that creates a union between the giver and the receiver. Giving becomes receiving. My daily gifting is mostly organic.. It is effortless. It is natural. It is fulfilling. It nourishes my heart. It enlivens me and brings blessings to my life. Such gifts do not have to be big. I do small acts of kindness with love such as holding a crying or a sad child in my hands, smiling at someone I run into, cleaning pots and pans in the kitchen and spending time with others who are suffering.

When I overstretch myself and do more than I can, it drains my energy. I am learning the art of operating within my limits. I need to take care of myself in order to take care of others. I do not call it selfishness. I call it enlightened self-caring..

I also encounter many people in my life who offer such organic gifts. I am very grateful to them. Let me conclude with the simple yet profound saying by Mother Teresa:

Three things in human life are important:

The first is to be kind.

The second is to be kind.

The third is to be kind.

May we let the milk of kindness flow from our heart!

Jagdish P Dave

[Time is a Season](#)

What does viewing time as we view seasons mean to you? Can you share a personal story when you felt the eternal had broken into time? What practice helps you escape the prison of time and grant the hours their own life?

In response, Jagdish P Dave wrote on Nov 15, 2015 ...

We bind ourselves by closing ourselves to the ever flowing river of time. When my mind is fully present in the moment, I feel the touch of the ever flowing time. I am in the flow of time fully immersed in it. The water of time is flowing, and I am flowing in the water, with the water. I am blessed to have such flowing time when I listen to music, take a walk in nature, meditate, and place myself in the loving hands of people who are fully present in the moment. There is fullness in such timelessness. I describe it as the being zone, a zone of doing nothing but just being. Such being zone is described in this beautiful poem:

Sitting by the river
doing nothing,
spring comes
the grass grows by itself.

Another poem captures it in the following words:

Ten thousand flowers in spring,
the moon in the autumn,
a cool breeze in summer,
snow in winter,
if your mind is not clouded by unnecessary things,
this is the best season of your life.-Wu Men

May we all learn the art of living in the present that gives birth to newness in the womb of now-ness!

Jagdish P Dave

[*I Awaken Before Dawn*](#)

What do you feel grateful for? Can you share a story of a time you realized how much your life was supported by the work of others? What practice helps you grow in gratitude?

In response, Jagdish P Dave wrote on Nov 20, 2015 ...

This is a wonderful ode to gratitude. It shows how we are connected with each other. Many unseen hands have been instrumental in creating the cup and creating tea. A cup of tea is a symbol and a reminder of the interconnectedness of existence. We all are everyday receiving gifts from nature and human beings from far and near. We need to be mindful of the visible and invisible thread that connects us all. We are grateful for the gifts that we receive everyday.

I have been blessed to receive such gifts everyday from the morning to the night in many ways; My daughter making a cup of coffee for me and reminding me to drive to work safely. Children greeting me Namaste:by folding their hands lovingly. My colleagues extending their warm and kind hands when I need help from them. I feel happy to offer my gifts to my students, colleagues, and parents. It is my experience that when I keep my mind and heart open, I realize how deeply we are connected with each other and how blessed we are to have such gifts every day in our life.

When I take a walk in nature, I realize how the sun, the air, the earth and the water and the space are intimately connected with one another. We are grateful to have such gifts coming to all of us without discrimination.

May everyday be a Thanks Giving day. May we all be mindful of this interconnectedness and be grateful for such precious gifts.

Jagdish P Dave

[*Every Seed Carries a Secret*](#)

What does care in outer and inner ways mean to you? Can you share a story of a time you felt the need to protect the sacredness of life inwardly? What practice helps you become aware of the secret behind every seed?

In response, Jagdish P Dave wrote on Nov 29, 2015 ...

I deeply resonate with the last sentence of this writing. It is the seed of love. It says it all. It is pure energy- life creating and life sustaining, connecting within and without. It is both inner and outer. In pure love, the me and the other, the inner and the outer distinctions, go away. The tree of life grows from the seed of love. Such a tree provides shade and shelter, nurturance, and nourishment to all forms of life. It is always full.

Greed, selfishness. What is it in for me, possessiveness, and such inner self-based wishes, thoughts and actions disconnect us from the seed of love? Truth and Love are the two wings of the Bird of Creation. They create the sacred life, the Divine Light. Our ignorance blinds us to see the Divine Light, which is always in the here and now pure consciousness. We all have been blessed to

have glimpses of the Divine Light. The sad part of being human is that we do not remain awake and go back to self-created dark zone. With awareness and conscious efforts, we get reconnected with the Divine Light. the Pure Love and have inner and outer peace and fullness.

May we remain awake to receive and give the gifts of love in our everyday life!

Namaste.

Jagdish P Dave

[*Why Are We Running Out of Time?*](#)

How do you relate to the notion that being truly present is to have conscious attention? Can you share a story of a time that you felt truly present through conscious attention? What does the practice of conscious attention to yourself mean to you?

In response, Jagdish P Dave wrote on Dec 28, 2015 ...

Wisdom traditions have taught us how to be free from our self-created and complicated spider web. We want everything new and instant right on our palms. We as human beings have created high tech and are being allured and captivated by fast connecting, fast moving, and fast changing innovative devices. It is my observation and experience that we hardly find time for ourselves and for others to be connected on a deeper level. It is almost like jumping from one branch to another branch of a tree without being rooted. There is an excitement about such swaying at a high price-the price of losing in-depth internal and interpersonal connectedness. We need to be mindful of what we are losing by gaining something. We need to be still to contemplate, meditate and reflect and transform.

May we learn and cultivate the art of hastening slowly and mindfully!

Namaste.

Jagdish P Dave

[*I Have Decided to Stick With Love*](#)

What do you understand by the strong demanding love that the author talks about that is not "emotional bosh?" Can you share an experience of such love? What is a practical test that helps you check whether your work is filled with such love?

In response, Jagdish P Dave wrote on Jan 01, 2016 ...

Love is the master key that opens the door for healing, harmonizing, nourishing, connecting, caring, enriching, and uplifting. Love indeed I invokes the God Light, the God Truth, and the God Peace in all of us. All traditions of wisdom, all highly evolved spiritual teachers all over the world have taught us the healing power of love by their examples. All of us have been blessed to have

parents, siblings, friends, neighbors, teachers, farmers, workers, innovators, care takers and even strangers who have given us taste of unconditional love occasionally or on a consistent level. They are living examples of the kind of love Martin Luther King Jr is talking about so eloquently. Simple acts of kindness touch our hearts with love. Our thoughts, words and actions that harm us and harm others deprive us and others from benevolence, hurt us and hurt others perpetuate the cycle of hatred and suffering. No violent actions are justified by quoting the name of God or by righteousness. History is full of wars fought in the name of God and by believing and stating God is on our side. And seeds of peace and good will are also planted and blossomed by people who relate to others like their sole brothers and sisters.

I myself and many others whom I know well have been blessed by having people who have showered their love on us on a regular basis. When I offer my service to others selflessly, I smell the fragrance of love, the taste of kindness, the sweetness of compassion and the touch of divinity. Usually, such acts happen. I do not plan them in advance. Being human, I run into helping hands when I need help. And people run into my helping hands when they need help. It is an everyday happening. My cup of life is filled when I reach out and help others and also when people reach out hold my feeble hands.

May we cultivate loving kindness in our hearts and create connectedness within ourselves and others by offering and receiving gifts of love!

Namaste.

Jagdish P Dave

[*Be Cool to the Pizza Dude*](#)

What does remembering the fickle spinning of the wheel of life mean to you? Can you share a personal experience of a time when you were able to go beyond thoughts of ownership to allow others to share the space? What lessons from this piece speak to you as a practice for your own life?

In response, Jagdish P Dave wrote on Jan 10, 2016 ...

The pizza wheel of life has many interconnected spokes: honoring work, serving and treating people with equality, courtesy, modesty, humility, self-regard and empathy. Our self-worth does not necessarily depend on what work I do but how I do it. Do I put my heart in it? Do I accept it? How do I treat and serve others related to my work? I have been applying this philosophy of living and working to the best of my ability. It has filled the cup of my life with deep contentment, gratitude, empathy, joy and a wholesome sense of myself. Work can be worship no matter where I work and what work I do. How I work, the inner quality of my work, is more important than the outer forms of my work.

May we work with kindness, compassion, dedication, empathy, humility and gratitude!

[Absurd Heroism](#)

How do you relate to absurd heroism coming from 'the energy destroying belief that we can change the world?' Can you share a personal story of a time you recognized emergence and put down your boulder? What practice helps you shift your focus away from absurd heroism and toward the values you treasure?

In response, Jagdish P Dave wrote on Jan 16, 2016 ...

We, as a human race, are encountering gigantic storm. We witness it as well as we experience it. We have all kinds of storms created by us...No Gods have condemned us to death. We are condemning ourselves to death. We have weather storms, climate storms,, ecological storms, radical ideological storms, financial storms, political and social storms. It is a stormy world we live in. And we all are paying a heavy cost physically, mentally, emotionally, socially, spiritually and globally.

We cannot afford to have an ostrich mentality wising, hoping and praying that these storms will pass away over our head. Apathy, denial, blaming and doing nothing constructively is suicidal.

Now is the time to wake up. Now is the time to join hands with people close in our family and community. Now is the time to join hands with people beyond our borders. We need to break out of individualistic, isolating, and self-serving mindset. Now is the time to tackle it. If not know, then the Doom's Day prophecy will prevail.

When things did not go the way I wanted and expected, I used to externalize and point finger towards somebody. That kind of mindset caused suffering in me and people close to me. I have learned to look within mindfully and free myself from the bondage I create within myself. When my mind is liberated, I feel positive energy, robust hopefulness and deeply connected with people who are joining hands to create a better world to live in-a world where sanity prevails; a world where we have a common mission and vision of treating each other as sisters and brothers, as friends and fellow travelers with open minds and open hearts. This is me, a child of the sacred Mother Earth receiving blessings with gratitude.

May my stay be instrumental in planting trees of love, compassion and selfless service! May we all join our hands to work for a noble cause!

Jagdish P Dave

[The Same Self Is in All of Us](#)

What does responding 'always to the Self within' mean to you? Can you share a personal experience that illustrates going beyond someone's ups and downs, likes, and dislikes, and focusing on what is changeless? What helps you see the same Self in others that you see within yourself?

In response, Jagdish P Dave wrote on Jan 27, 2016 ...

I have learned many wonderful lessons from Eknath Easwaran. I am very grateful to him for giving me gifts from his heart. This is the way he lived his life. When we realize the oneness in manyness, life becomes a blessing, a beauty and joy for ever. Our egoic mind creates separation and divisiveness, mine and thin, better, and worse, black, and white with judgmental lenses. When we see the connecting link between and among us, we are moving in the oneness zone.

This is my experience in my everyday transactions. I spend a great time with children in a school setting. They are different from one another in many ways coming from diversified backgrounds. What brings them to gather is kindness to each other, holding each other's hands that include me and playing together. When personal likes and dislikes come into play and when they treat each other unkindly, they experience disconnect for a short time. They come back and rejoin their hands. They do not close their hearts. Oneness dwells in the house of our heart. And that is the way I realize oneness in manyness.

May we keep our heart open to feel the bliss of oneness in all of us!

[Sufficiency is Not Abundance](#)

What does sufficiency mean to you? Can you share a personal experience of a time when you discovered, through sufficiency, an immense energy to make a difference? What helps you to remember to value your inner riches over your outer riches?

In response, Jagdish P Dave wrote on Jan 29, 2016 ...

I love this idea of sufficiency which creates and sustains a deep sense of contentment. If we focus our attention and our energy on sufficiency, life will be less complicated and less stressful. The economic gap between the classes-the upper, middle, and lower- will decrease or hopefully dissolve giving birth to sharing wellness-based wealth according to the needs of the people. As we all know, the money-based democracy is not creating authentic political democracy. This is one of the reasons why the have nots resent and rebel against the haves. We do not have to go back all the way to the Roman Empire to test this idea. We see how it prevails in all countries, the richest and the poorest.

I like and endorse this radical idea, and I find it relatively easy to apply it in my personal life and in my family. I have simplified my life significantly. We feel much lighter as we have reduced our load of having more and better and newer things in our lives. We have more time to spend with each other, enjoy what we have. We are more relaxed, contented and happy. Mahatma Gandhi and Mother Teresa are contemporary examples of simple and higher living. They had profound inner richness. They did not live their life on scarcity but on inner abundance, inner richness, or inner wealth.

Our financial system is based on consumers economy-the more they consume, the more we produce. We need to pause and ask the question-at what cost? The answer comes from within if we shift the idea of happiness. It is the deep contentment we feel in ourselves. A deep sense of fullness

and fulfillment we cherish every day. It is a wonderful feeling of joy we feel in giving, sharing, and serving others. To me this is spiritual living. I am blessed to have inspiring people in my life as models teaching me the lesson of simple living and high functioning.

We are all together like a family, the children of Mother Earth. We need to learn to love over neighbor living next to our house or far away from us. We need to make a shift from what it is for me to how can I reach out and extend my helping hands.

May we relate to others with compassion and kindness and fill the cup of our life with contentment, joy and happiness!

[*Relationships Make You Conscious, Not Happy*](#)

How do you relate to the notion that relationships are here to make us conscious? Can you share a personal story where unconscious behavior was held in the loving embrace of knowing, without reacting? What practice helps you to remember your reactions and grow in awareness?

In response, Jagdish P Dave wrote on Apr 15, 2016 ...

I have been learning a lot about me by my relationships with others. The other becomes a mirror for me to see my true and original self. My transactions with significant people in my life make me see those parts of myself that I unconsciously hide from me. They create a larger space within me to look at me, hear me, show my limitations and help me go beyond the self-limiting boundaries I have unconsciously created in me. It has not been always easy to acknowledge and accept my shortcomings.

Such a journey is an ongoing process for me. I am grateful to people in my life for removing my blindfolds.

When I notice anger arising in me by someone's behavior, I pause, breathe, and become aware of my own reactive thought and emotional patterns. Creating such quiet space within me helps me to respond wisely. Such experiences and behaviors help me to connect myself with others empathetically and enrich our relationship. I am very grateful to people in my life for helping me understand my conditioned and habitual patterns of reacting rather than responding. I am happy to travel on this path.

Namaste.

Jagdish Dave

[*Pronounce a Silent Blessing*](#)

How do you relate to the notion that our ability to bless one another is evidence that we have been blessed? Can you share a personal experience of a time you pronounced a silent blessing for someone? What has the practice of pronouncing a silent blessing done to your life?

In response, Jagdish P Dave wrote on Apr 29, 2016 ...

To me, pronouncing a blessing is to remain open and pay attention to what is, not how it should be, could be or would be. Seeing whatever clearly with bare attention, with its unfolding presence, is a miracle. When I saw the face of a child in a classroom filled with sadness, I stopped walking and sat beside him. I held his hands compassionately and said softly " You look sad". He sat quietly. I gave him space to be himself. Slowly he started crying. His eyes were filled with tears. I held his hands tenderly letting him feel I am with him. I felt his pain. These were very precious moments of intimacy transcending the age, he being 8 years old and me being 90 years old. These were sacred moments unfolding oneness between two beings. To me it was a miracle. Slowly we started breathing together, feeling more connected. Slowly a smile dawned upon his face, and he said gently "Thank you." I placed my hand on his head and blessed him. We made each other's day. That little boy filled my heart with joyful gratitude. He gave me his blessing.

Such experiences happen quite often in my daily life. Such experiences blossom my heart. They bring nectar-like sweetness. If we keep our mind and heart open and learn to live mindfully, our life itself becomes a blessing to us and to others.

May our everyday be filled with blessings. Namaste.

Jagdish P Dave

[*Rediscovering the Art of Reverence*](#)

What does the art of reverence mean to you? Can you share a personal story of a time you felt deep reverence in your heart? What practice helps you live with reverence?

In response, Jagdish P Dave wrote on May 06, 2016 ...

Reverence, like unconditional love, is the foundation of my life. I revere life like a flower with one thousand petals, different yet the same, having the underlying unifying and harmonizing oneness. I have reverence for my parents who gave birth to me, nurtured me and loved me unconditionally when I was a child. I felt their loving and guiding presence even when I became an adult and had my children. I feel deep reverence for all my family members and friends who stood by me through thick and thin. Many have gone away physically leaving their blessings in my heart. I have deep reverence for the bountiful nature for providing food for life.

I feel deep reverence when I read teachings of highly evolved beings from different wisdom traditions. I bow to them for enriching my spiritual living.

To me, reverence is an offering that arises in and from my heart. It has nothing to do with external and social dimensions. It is a deep feeling that is felt in my heart and continues nurturing, nourishing and enriching my life.

Namaste.

Jagdish P Dave

[*The Value of Solitude*](#)

What is the importance of solitude in your life? Can you share a personal story of a time when you experienced the value of solitude? How do you balance the need for solitude with the need for community in your life?

In response, Jagdish P Dave wrote on May 14, 2016 ...

When I sit still and mindfully explore my inner land- scape of bodily sensations, thoughts and feelings compassionately, I deeply feel connected with me. I just got a call from my client who is feeling very lonely, bored and depressed. I asked her to do mindfulness meditation with me on the phone. In the beginning it was difficult for her to let the bodily sensations, thoughts and feelings come and go. She started feeling close and more connected with herself and with me too. A bridge of empathy, compassion, authenticity and connectedness was being built from a long distance call. It was a short session on the phone, but it was very effective. I felt pretty good for being with her when she needed my help and she expressed her gratitude for being for helping her.

So we need solitude, stillness, for nurturing ourselves and also for nurturing others in our life. I use technology wisely and I am teaching my grandchildren to use social media wisely. Slowly and steadily, they are getting the message, and I am not in hurry.

May we cultivate kindness and compassion for ourselves and others to learn how to be still in the midst of ongoing noise within and without us.

Namaste.

Jagdish P Dave

[*Learning Not to Be Afraid of Things That Are Real*](#)

What does becoming 'real people' mean to you? Can you share a personal experience of a time that you were able to get in touch with what was real for you? What practice helps you be true?

In response, Jagdish P Dave wrote on May 20, 2016 ...

Seeing ourselves as we are and seeing others as they are is not that easy although it is liberating. We wear lenses of our desires, wants and biases to see ourselves and others. Our lenses need to be clean and clear to see the reality or the truth. The truth liberates us from the delusions, maya, we create within our own selves. It is like chasing the mirage. No wonder why we go through ups and downs in our life. Sitting quietly in a meditative way helps me to see things more clearly and dispels my delusion.

I cause my own suffering by projecting my own wishes and desire and seeing things the way I want to. It has resulted in pain and agony. I attribute my suffering to the other person in my life with a blaming stance. What has helped me and still helps me is sitting still to listen to my unfiltered voice and seeing the truth. Such mindfulness processing frees me from my self-created bondage and makes me whole and wholesome. I always set aside time for awakening myself. This mindfulness

meditation helps me to remain centered and grounded.

May we all find some time everyday to be with ourselves mindfully to see the truth for awakening..

Namaste.

Jagdish P Dave

[*Creative Living*](#)

What does "creative living" mean to you? Can you share a personal story of a time you were able to tap into what makes you truly light, joyous, and creative in your own skin? What helps you tap into creative living?

In response, Jagdish P Dave wrote on May 31, 2016 ...

"The light to shine our life is within us." My dad used to tell me these words of wisdom when I needed to hear them. He was a living example of knowing that truth. I was blessed to have such a wise teacher in my life. It took time for me to realize this truth. When I was 18 years old, I felt that call coming from within to remain open to have glimpses of the rich treasures shining within me-the treasures of aspirations, aliveness, joyfulness and deep contentment. I felt deeply connected with that call when I put my heart in doing that filled my heart with joy and aliveness and enthusiasm. I enjoyed learning about what makes me feel centered, fulfilled and looking forward to continuing my journey. Sharing what thrills, me with others and teaching such wonderful findings brings a tremendous of joy and energy to me. The beauty of this discovery is that it does not get stale. It has its ever abiding freshness. It is old and it is new.

I am very grateful to have teachers in my life who have compassionately held my hand and shown me a way of living fully from within.

May we all be blessed to discover our hidden treasures dwelling with us and sharing our light with others.

Namaste.

Jagdish P Dave

[*Planetary Beings with Planetary Hearts*](#)

- How do you describe your experience of "liquid fire?" - What practices do you have to connect, maintain, and reconnect to that "liquid fire"? - What stories, personal or otherwise, demonstrate to you this collective calling forth of "liquid fire"?

In response, Jagdish P Dave wrote on Jun 13, 2016 ...

"Be true to yourself" is one of my guiding mantras. When I act according to this mantra, I feel whole, clear, energetic, creative, compassionate, and liberated. My inner pure and clear voice has always helped me to walk on the right path.

When I feel conflict in me, a divided self, I have learned not to listen and follow that voice. I take time out, sit, be quiet, take deep breaths and mindfully process whatever arises in my mind pertaining to the confusing conflicting situations in my life. Such mindfulness and compassionate presence with my conflicting self helps me to be grounded and listen to the true friendly voice inside myself. My closed and deaf ears open, my cloudy eyes become clear and my heart receives the grace of the voice of my true self.

It has not been always easy for me to listen to the voice of my true self. There have been times in my life when I have turned my deaf ear to my true self. When I get caught up in fulfilling my selfish desire or need, I move in the dark zone and refuse to see the light of my true self. After some time and it has not been right away, I realize my own stepping over myself and hurting me and that way hurting someone associated with the situation.

I have cultivated courage to be my true self and free myself from my self created bondage. I feel light and unburdened and feel free to relate to the other person in a compassionate and loving way. My transformed self heals me and heals the other person. I know it is an ongoing journey. It is my realization that it gets easier and relatively quicker to be true to oneself and live accordingly. According to the Buddha, when we remain awake and open, we naturally walk on the path of liberation. I bow to the Buddha for teaching this mantra of inner liberation for peaceful living.

May we all strive for listening to the voice of the true self and live our life following our true inner voice. Namaste

Jagdish P Dave

[Keeping Nothing Between](#)

What do you understand by "keeping nothing between?" Can you share a personal story of a time you kept nothing between? What practice helps you keep nothing between?

In response, Jagdish P Dave wrote on Jun 24, 2016 ...

What stops me from being myself to myself? What stops me from being myself to yourself? What is in between me and me and between you and me? What is that in me which blocks my natural childlike curiosity to look at you and get connected with you?

To find the answer to my questions, I need to look within me with an open and present mind to see my original face. I need to set aside consciously the three clusters mentioned by Eugene Gendlin in this writing: my inner struggles going on in my mind, my mind preoccupied with what I need to do right now and the conventional way of saying hi to myself and others. These are the obstacles that obstruct me meeting me and really knowing me. I do not become intimate with myself. The same

obstacles obstruct me to see you freshly, clearly, and deeply and to be connected with you. A loss on both sides!

What helps me is very simple. I have set aside daily time for me to be with me inviting and greeting whatever and whoever shows up in my consciousness. This mindfulness meditation has helped me to do self-work to be whole and wholesome. It has helped me to relate to others in my life with openness, wonderment, and freshness. Working with children in a school setting has been very beneficial to me.

I would like to conclude my reflections with words uttered by an Indian poetess by the name Meera. They are in Hindi. I translate them into English. "Remove the veil that you are holding inside yourself and you will find your Beloved." And that's what I am doing.

Namaste.

Jagdish P Dave

[Giving Up is Different From Letting Someone Down](#)

What do you understand by the author's exhortation that we must all mother each other? Can you share a personal story that illustrates giving up without letting someone down? What practice helps you experience leisure as a virtue instead of a privilege?

In response, Jagdish P Dave wrote on Jul 05, 2016 ...

I think we need a healthy balance between the apparent opposites: taking and giving. We are very familiar with the stressful life we have created in ourselves because of the time pressure we feel most of the time. Sadly, we do not have time to be with ourselves, to listen mindfully listen to what's happening in our body, mind and heart and in the lives of the people who are close to us. We have allowed ourselves to be caught up in the no-time cycle. We know how or we may not know how much price we have paid for trading on the fast stressful lane. There is always more to do, more to accomplish- more money, more name and fame, more power and possession. We are paying a big toll for neglecting or sidetracking the other side of the doing lane-the lane of not doing, relaxing, giving time to ourselves and the folks in our life, to enjoy the bounties of nature, to reach out and offer our compassionate caring hands. No wonder why there is an increase in mental and medical diseases. They are mainly caused by our lack of giving quality time to ourselves, to our families and to relate to the gifts of nature.

I have seen three generations in my relatively 91 years old life. The first generation, my generation, when we had more time to give to each other with hardly any mechanical and electrical toys to play with. Going to bed when the night arrives and waking up when the sun shows up, taking long evening walks and running around with no reason. Life was simple and easy. We had more time to give to ourselves and to others. When I entered into the second generation I witnessed the heavy

impact of the industrial revolution, taking more time to do and giving less time to be. The third generation has its own world- the world of computers and social media. I take a lot of time to check my emails, text, call and Facebook, without facing the real person in front of me. Benefits? Yes. Losses? Yes.

I am learning how to use my discretion to make wise choices, to strike a balance between the world of doing and the world of being. How can we have a balance between taking and giving is a challenge for all of us. This challenge has given me an opportunity to live more mindfully.

May we all learn, teach, and share our ways of creating and sustaining such balance wholesome balance!

Namaste!
Jagdish

[*The Power Paradox*](#)

How do you relate to the notion that power is the medium through which we relate to one another? Can you share a personal story of a time you realized that power is give to us by others, rather than grabbed? What has helped you view power from a service perspective as opposed to a Machiavellian perspective?

In response, Jagdish P Dave wrote on Jul 12, 2016 ...

Power is a relational concept and experience. When we try to control somebody in the orbit of my relationship and feel good, great and superior to the other, we loose our wholesome connection with the other person. Empowering oneself at the cost of others is the root cause of exploitation causing adversarial relationship. When we use power to help the other, to be connected with the other on equality basis, and with love in our heart, power becomes a great positive force. It results in giving and sharing rather than taking and controlling. Power can kill and power can heal. One has to make a wise choice.

I work with children and help them to make wise choices in relating to other children and their teachers. When they get caught up in a power struggle situation with another child or a teacher, I ask them to play a pillow game. In this game. The person who feels like " I am right, and he is wrong", I ask both the children to take turns and let the other child know that he indeed understand his or her perspective empathetically. The other child goes through the same process. Listening to each other with an open mind and empathetic heart builds bridges and not walls. We need to build more bridges of empathy, respect, and actions.

I use the same model in interpersonal communication and relationship. If we do not learn and practice such positive way of working on our relationships on all levels family, community, economic and political, we are planting and nurturing the seeds mutual destruction.

May we keep our mind and heart open to relate to differences wisely and constructively!

Namaste!
Jagdish P Dave

[*Stepping into the Present Is a Gift*](#)

How do you relate to the notion that safety is ego's single goal? Can you share a personal story of a time you were able to hear your heart over ego's compelling stories? What practice helps you give yourself the gift of stepping into the present?

In response, Jagdish P Dave wrote on Jul 30, 2016 ...

Carolyn Hobbs' writing resonates deeply with and within me. As I understand, each one of us has two identities: Ego Identity and True Identity. Our ego identity is developed in social contexts and social milieu sustained by identifying ourselves with ego identity and living in that socially conditioned bubble. Since all of us are born in a social nest, we are all impacted by our upbringing and social transactions. Such conditioning serves to some extent our practical functions of living. However, it restricts and limits our inherent capacity to develop and cultivate our true identity. Our true identity has its own authentic true voice not suppressed or muffled by the voice of the ego identity.

When we live and behave from the center of our true identity, we feel whole and wholesome, relating to ourselves and others genuinely, empathetically, and compassionately. We become each other's brother keepers. It is a relationship in which join our heads, hearts and hands come together. We move from ego bound identity to transcendental true identity. We move from an unawakened and ignorant state to an awakened and enlightened state, from bondage to freedom, from darkness to light. We regain our childhood- a source of pure and joyful energy, seeing our face in other's face. We make wise choices and build and sustain our infrastructure of loving kindness, brotherhood and sisterhood.

How do we make a shift from ego identity to true identity? All wisdom traditions have explored this ever present and universal challenge of humankind and have offered pathways to realize our true nature and be happy and blissful. Our challenge is to embrace the pathway that suits our personality and consistently practice it in our everyday living. Following such a path with mindfulness has been a blessing to me. It has helped me to live in the present more fully. When and if my mind goes away from the here and now consciousness, I become mindful of my wandering mind and get centered. With practice, it has been easier for me to walk on this mindfulness path. My daily transactions with a variety of people have become more genuine and compassionate. Now when I go back to "sleep", I become unmindful, it does not take much time for me to wake up and be mindful. This is a lifelong journey, and I am embracing it with hope, joy, and gratitude.

May we become each other's brothers and sisters' keepers and be grateful for receiving Divine blessings!

Namaste.

Jagdish P Dave'

[*Reflections on Life from Death Row*](#)

How do you relate to staying open to the potential of the present moment while at the same time accepting its reality? Can you share an experience of a time where you saw things correctly while also participating in being the change? How do you develop the ability to face the reality of difficult situations while also staying rooted in the full potential that you embody?

In response, Jagdish P Dave wrote on Aug 06, 2016 ...

How to turn a cell into a retreat for deep introspection and transformation? How to be a change agent by confronting nonviolently unjust and inhuman acts done by powerful forces? Most of us face such existential and significant questions to work on ourselves and work for a just cause. This is an inspiring story of an inner transformational process of a young man on a death row.

How I relate to this inspiring story as a mirror to look at my inner landscape and how do I relate to inhuman and unjust acts happening in the world I live in? I firmly believe that in order to see the outer world clearly and comprehensively, I need to continuously keep on working to see and understand my inner world clearly, compassionately, and courageously. It is like a coin with two sides-the inner and the outer. The inner world needs to be cleared and transformed to clear and transform the outer world. Such inner explorations require a cell time, a retreat time to sit, pause, and see. Such retreats can be short or long. I always find time for me from my busy and active life to do mindfulness meditation. This is my time for stepping out of my everyday busy time. This is my quiet time be fully present to my inner world, letting the noisy mind stuff-thoughts and emotions-come and go. I am freeing myself from myself. This practice has helped me to understand and transform myself and relate to the outer world more constructively. I see myself progressing slowly but steadily. This is not a one shot deal. It is an ongoing and encouraging self -work.

May we find some time everyday from our busy time to do such mindfulness introspective work to heal ourselves and others!

Namaste.

Jagdish P Dave

[*My Work is Loving the World*](#)

How do you relate to the notion that our work is to love the world? Can you share a personal experience of a time you felt that what mattered most was to stand still and learn to be astonished? What practice helps you develop gratitude for your life?

In response, Jagdish P Dave wrote on Aug 13, 2016 ...

I am looking for beauty far away in the snow clad Himalayas; I am seeking fragrance in the flowers in the garden of Aden; I am searching for the holy foot prints on the sand of the Ganges; and I am yearning to hear the Divine voice in holy places.

When I stand still, I hear the soft whispering voice of a flower right in front of me, look at me, I am right here fully present. O seeker! Where are you?

I am like the musk deer looking for the enchanting fragrance coming from somewhere. I go North, South, East and West, look above, look below getting exhausted and worn out.

When I stand still, I hear the sweet voice coming from within like the voice coming from the navel of the musk deer. I am here, right here within you.

The Upanishad Rushi sings with his hands folded, It is far, and it is near. It is near, it is far.

We need to visit ourselves, be with ourselves as poet Rumi says.

May we find a quiet space within ourselves everyday to embrace our searching soul and listen to our quiet inner voice, counting my everyday blessings.

Namaste.

Jagdish P Dave

[Accessing Desire As Loving Motivation](#)

How do you feel about the absence of coercion and 'should' thinking being an important context for cultivating organic and genuine desire to care for another? Can you share a personal story of a time you made an internal shift from 'I should' to 'I want to... because I...'? What helps you access desire so deeply that it can serve as a loving motivation?

In response, Jagdish P Dave wrote on Aug 19, 2016 ...

This relationship dialogue rings bell in my ears. I have learned to make a shift consciously from I should, or you should to I would like me to, or I would like you to followed by a rational good reason statement.. Words matter. What I say and how I say has a great impact on me as well as another person involved in the transaction. The word Mindfulness is a very important word in the dictionary of my relationship and interpersonal communication. The word "should" connotes demand, not a request. Demand causes a gap or disconnect between two people involved in the situation. Remaining connected with each other is crucial for interpersonal communication and relationship. We can be authentic, respectful, and empathetic or compassionate in our communication. Such communication builds bridges and not walls, cooperation and collaboration, and not divisiveness. and non co-operation.

I would like to present the significance of the intrapersonal communication to cultivate the skills of interpersonal communication. What I say and how I say to the other person is the reflection of what I say and how I say to myself. It is from the inside out. I find this mindfulness way of communication within and without very helpful. I counsel children, couples and families. The first thing I teach them is how to be aware of the impact of the other person's verbal and nonverbal behavior on themselves. I teach them to attend to what arises in their mind, -disturbing thoughts and feelings and feel their bodily sensations- without judging them and with empathy. You do not fight them, resist them, chase them, cling to them or stuck with them. You need to be free from holding on to or reacting to such thoughts and feelings. Once we clear up the heavy clouds in our mind and body, the compassionate, kind, caring and loving part of ourselves comes out. We get a better and clearer understanding and insight about the difficult conditions disrupting the relationship. It is self-introspective work. Such mindfulness work is essential for personal, interpersonal, and familial well being. It's an ongoing journey expanding and deepening our intrapersonal and interpersonal relationships.

May we create silence within ourselves to listen to ourselves and to others with an open mind and a kind heart!

Jagdish P Dave

[Taking a Stand](#)

What does taking a stand mean to you? Can you share a personal story of a time you took a stand? What practice helps you find the courage to take a stand?

In response, Jagdish P Dave wrote on Aug 31, 2016 ...

Taking a stand means being who you are, what you believe in, and live accordingly. When a person takes a stand for a noble cause, his life becomes his message. People listen to him/her, join hands with him/her and brings about a transformation in the lives of many. There are many examples of such daring people who have taken a firm and radical stand against injustice.

There are also people who have taken a strong stand for an unholy cause. History is full of such demonic people who have ruthlessly tortured millions of people.

When I was a child, we lived in a cooperative housing society. Whenever an important issues came up, my father took a clear and strong position that would serve the entire community and not a few chosen ones. His position was at times was not popular, but he remained steadfast and did not cave in. He was well known for being impartial and bold. People respected him for his integrity and courage. He was a good role mode for us.

I have followed in his footprints. There have been times in the community where I lived in, I took a

firm position for electing a president of the organization not because he gave a big donation but on the basis of his merits. Sadly, money talks and silences right voices. I persisted and eventually convinced others to do the right thing.

When we take a position for the right cause, we derive a lot of strength from within. And we leave a mark behind. That's why people who have taken a clear and strong position for a noble cause dwell in our hearts.

May we cultivate inner strength to take a position for a noble cause to serve others!

Namaste.

Jagdish P Dave

[*Simplicity of the Heart*](#)

How do you relate to the notion that "reality is unattainable through any means"? Can you share a personal story of a time you experienced simplicity of heart beyond all inner and outer desires to be? How do you reconcile the teachings that focus on being with this message that a desire to be is also an attachment that takes us away from the being of reality?

In response, Jagdish P Dave wrote on Sep 03, 2016 ...

Natural way of living is a free way of living. It is a way of living different from the habitual and conditioned way of living. It is a way of living without getting attached to our desires. Our attachment to desires makes us bound by our desires. And we all know that when we are bound by the desires, we go through the inevitable swings of pleasure and pain, elation and depression, ups and down in our life. Suffering arises from our attachment to desires.

Wisdom traditions have offered different ways of liberating ourselves from the clutches of our desires. If we pay our full attention to what is happening in our body, mind, and heart. We get helpful feedback from our own selves. We pause, recognize, and allow ourselves to witness without judging what is happening in the present moment. We inquire and get an insight and an answer from within. This process helps us to make a wise choice. We learn not to make a self-hurting tight fist. If we don't make a tight fist, we don't hurt ourselves. In the quiet inner space, we make a conflict free wise choice.

It is my understanding that it is the self that liberates itself. Such ongoing non-judgmental awareness has helped me to walk on the Samyak- the right path. We need to remain awake inwardly to enlighten our path. This is my everyday practice of living.

May we let the light within us shine to guide us to walk on the natural, wholesome, and blissful way of living!

Namaste.

Jagdish P Dave'

[*Right Away is the Opposite of Now*](#)

How do you relate to the notion that *right away* is the opposite of *now*? Can you share a personal story of a time you became aware of the need to step away from *right away* and step into *now*? What helps you protect yourself from turning into a "hungry ghost?"

In response, Jagdish P Dave wrote on Sep 12, 2016 ...

Most of the time we do not live right now and not right here, in the flow of the present moment. We follow our habitual and conditioned patterns of living there and then caught up in the past which is dead and in the future which is yet to be born. When I embrace the present moment fully, I feel more alive, vibrant, with me and with others in deeper way, more intimate way. It is a reflection of what is happening in me. I am more intimate with me; I am more together with me and that facilitates closeness and togetherness with what I am doing and with the people with me and around me. The ghosts of the past and the future evaporate, and the loving feeling good and breathing self shows up on its own.

Before I started reflecting on this wonderful writing, I had a counseling session with a client who has been going through depression. I led her through this mindfulness process by asking her to be present with what is always present, our breath. She spent a good amount of time doing belly breathing, deep and slow. feeling centered and grounded. When I sensed she was ready, I suggested her to let whatever was arising in her mind-thoughts- and heart -feelings and emotions and letting them go by each inhalation and exhalation. Ghosts from the past and the future visited her, and she let them come and go without reacting, resisting or denying. I stayed with her compassionately and helped her process whatever was showing up in her mind and heart and to become mindful of the variety of bodily sensations she was experiencing. It is by feeling we heal, not by suppressing or denying our thoughts and feelings. We need a compassionate and skillful guide to help us heal and get well.

It is an inner work, and it needs to be done regularly to work on ourselves. It helps us unburden ourselves from the regretful grip of the past and the worrisome net of the future. By working on the shadow, we see the glimpses of light.

May we daily carve some time from our frenzy and overly busy lifestyle to take care of ourselves and relate to others in a compassionate and constructive way. May we give such a priceless gift to ourselves and to others and realize that by giving we receive.

Namaste.

Jagdish P Dave

[Trees are Sanctuaries](#)

How do you relate to the author's notion that trees are wiser than we are as long as we do not listen to them? Can you share a personal story of a time when you felt the sacredness of a tree? What has helped you listen to trees?

In response, Jagdish P Dave wrote on Sep 21, 2016 ...

Life is a tree. rooted in the all-embracing, loving, and nurturing soil. The tree of life grows and faces all kinds of weather, losing leaves and re-growing again, going through the cycle of birthing, growing, withering and re-birthing. This tree of life is eternal. When we get disconnected from it, we go through suffering. When we silently listen to the tree, we get re-juvenated and joyful. It is our deep trust in the goodness of this tree that upholds us and helps us to rebound.

This is my tree of life. As a human being, I have gone through ups and downs and have fallen flat. I have suffered. When I become still and accept and process my suffering compassionately, I regain my energy and internal strength. I fall and I rise. I have that unshakable faith in the innate goodness and kindness and forgiveness of the eternal tree within me, I rise with gratitude and start walking on the path of my life. I feel at home in the caring and loving hands of my home where I can be my true self. Life is a blessing, and we all are blessed to have the unending support and love coming from within and without.

May we be grateful to the holy Tree of Life birthing us, taking care of us and providing shade to us when we suffer!

Jagdish P Dave

[Becoming Free of Our Substitute Life](#)

What does a substitute life mean to you? Can you share a personal experience of a time you became aware of the smallness of your attachments? What has helped you avoid the temptation of an escape strategy when dealing with your fears?

In response, Jagdish P Dave wrote on Oct 01, 2016 ...

This writing reminds me of Mahatma Gandhi's words. " Our thoughts become our feelings. Our feelings become our actions. Our actions become our habits. Our habits become our character. Our character becomes our destiny."

My identity is shaped by many beliefs. One of the basic beliefs is that I should always tell the truth and live my life truthfully. I know from my own experience how difficult it is to always tell the truth. When I do not tell the entire truth, I feel bad, guilty and ashamed. I find no reason to justify it. What is missing is the courage to tell the truth. Telling a lie is self-serving and self-limiting. And that makes me feel unworthy. What has helped me is to mindfully and compassionately process my guilt filled thoughts and painful feelings by letting them come and go and slowly and gradually free myself from the grip of the emotional pain. It is by letting the dark clouds come and go I see the light. Mindfulness practice has helped me to cleanse me and brought me to a wholesome place.

This is an ongoing inner work. It needs time to go through this self-owning, self-examining, self-confronting, self-cleansing and self-forgiving inner work. It feels so good to live a genuinely authentic, truthful and compassionate life.

May we all be free from the bondage we create in our own selves and by our own selves!

Jagdish P Dave

[*Reengineering Our Patterns*](#)

How do you relate to the author's observation of how being selective helped him grow on the spiritual path? Can you share a personal story where you experienced a re-engineering of your own patterns? What helps you let go of the unnecessary and focus on the essential?

In response, Jagdish P Dave wrote on Oct 07, 2016 ...

If we equate time with money, then we are the losers. It is like putting myself in the ever-busy hands of time. So, when I say I don't have time, I need to pause, be quiet for a moment to ask the question: Whose voice is this? When I realize that this is not my voice I consciously distance myself from the "I don't have time" voice, I become free from my own self and make the wise choice. Do I need to unnecessarily hurry, or can I move slowly? Is it that important that I have got to do it right at this moment? What if I do not rush like crazy and take it easy?

I have found the word "pause" very helpful. It helps me to reset my time button. After pausing and taking a few deep and long breaths, I make a wise choice. I jump if I need to jump. I run if I need to run. I know what I need to do. I know myself. I am not a work-shirker. I am a responsible person. As the author says, use discretion. Identify what is central and what is peripheral and then respond to the task accordingly. I do not like to be Type A Personality or Type B Personality. I want to act like Type A person when needed to move fast and act like Type B person when it is time to take it easy. The hyper or hypo cycles in my opinion are counter productive. We need to strike a wholesome balance.

May we take some time to see the real value of time, pause, breathe and make a wise choice!

Namaste.

Jagdish P Dave

[*Destiny is Within Us*](#)

How do you relate to the notion that destiny is within us? Can you share a personal story of a time you were able to shift your awareness from external circumstances to internal choices? What helps you develop such an awareness?

In response, Jagdish P Dave wrote on Oct 15, 2016 ...

We make choices in life from the time we wake up and the time we go to bed. Certain behaviors are habitual which do not require my conscious choice making. There are situations which warrant choice making. If I do not make a wise choice and act accordingly, I miss the bus and regret after words, blame myself or blame the other or come up with an explanation like it was not meant to happen, it was not destined to be.

I have learned that it is up to me to make my choice. I have freedom to make my choice, and I am accountable for the outcomes of my choice. I have prostate cancer. Of course, the first choice I made was to look for a competent oncologist and consulted him. He mentioned the right conventional medical treatment for me. I read more about it and decided to go along with his recommendation. I also read about what causes prostate cancer, scientific research done by renowned researchers in the field. I have made radical changes in my diet and lifestyle. I have been able to control the growth and spread of the cancer. By making wise choices I am shaping my destiny.

I use mindfulness paradigm for making wise choices when I encounter situations that have the potential for causing pain and suffering. And even when I go through emotional pain, I mindfully process my emotions and arrive at peace within me. I have learned not to react and not to blame others and not to hold onto the past which is already gone.

I find the Serenity Prayer authored by the American theologian Reinhold Niebuhr very illuminating.

God, grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference.

May we cultivate wisdom by the light within to make wholesome choices that do not hurt us and others in our life!

Namaste.

Jagdish P Dave

[The Glass is Already Broken](#)

What do you understand by living 'as though we were already dead?' Can you share a personal experience of a time you were able to do this? What helps you see the impermanence of things without falling prey to indifference?

In response, Jagdish P Dave wrote on Oct 30, 2016 ...

The presence of the present is the only Reality, the Truth and nothing but the Truth, and not to get attached to what is not in the present moment is the core message of the wisdom traditions. The challenge for me and for most of us is to stay fully in the present moment. When I bring the

shadows form the past and the shadows of the future I disconnect myself with the flow of the present. It is relatively easy for me to flow in the river of the present when I give myself time to be still and remain awakened and aware of this ever presence of the present, I feel the fullness of the moment. It is non-conceptual, non-local and non-causal. I become the present. The I gets dissolved into the river of the eternal and universal flow of energy. This knowledge and awareness has helped me to go through ups and downs with equanimity, peace, compassion and love. It has taken time for me to arrive at this place in my life. It is a blessing, and I am deeply grateful to the teachers who have blessed me by showing the path.

May we be blessed by the beings who guide us on the path of light and love!

Namaste.

Jagdish P Dave

[*Why I Make Movies*](#)

How do you relate to the difference between absolute truth and relative truth? Can you share an experience when the honest witness deep inside you tingled? How do you reconcile manipulating reality with accepting reality as it is?

In response, Jagdish P Dave wrote on Nov 08, 2016 ...

There is my truth, your truth, and the Truth. My truth is subjective as I perceive it, and your truth is also subjective as you perceive it. The absolute truth is beyond the subjective lenses. Knowing that my truth is not absolute helps me not to close my sight to understand and appreciate the other person's truth. Remaining open to understand the other person's truth has widened my lenses and has enriched my mind and heart.

The absolute truth has intrinsic consistency. Whatever is born is bound to die. Everything that has form is going to vanish. Whatever is space and time bound comes and goes. The world caused by ego, mine and thine, is like a veil covering the face of truth. When I experience the world unbound by my ego, I feel intrinsic oneness with life everywhere. It is like a shift from somebody to nobody to everybody. In such a state of unity consciousness, truth, love, and bliss become one. Taking a mindful walk in nature, comforting a sad child, giving my hand to a handicapped person entering a medical building, attending to a client going through pain caused by cancer are a few blissful gifts that I receive that fill my heart with deep gratitude and joy.

May we keep our mind and heart open to receive and give the wonderful and graceful gifts of living!

Namaste.

Jagdish P Dave

[Restoring Balance and Meaning in Ourselves](#)

How do you understand the notion of becoming active participants translating meaning into life? Can you share a personal story of synchronicity where your returning to balance coincided with harmonious external changes? What helps you stay focused on your inner balance when you notice disharmony in the outer world?

In response, Jagdish P Dave wrote on Nov 13, 2016 ...

Such readings make me go deep inside of myself. I have come to realize that when I create dissonance in me by being carried away by myself fulfilling needs without consideration of the other, I create a big split in me and the other. When I become aware of my self-created disharmony within me and consciously make a shift in me I once again feel wholeness in me and with the other. This is like tending my garden and receiving the rain of grace. To me this is the awakening coming out of my slumber and relating to the light within me and without me. This is the middle point where both hands come together, the outer and the inner. And the rain of joy, love, light and peace showers.

May I continue learning how to remain awakened and balanced and receive the blessings of the rain!

Namaste.

Jagdish P Dave

[Love Needs to be Constantly Cleansed](#)

How do you relate to the notion that we mistakenly consider emotions like worries and jealousy as proof of love? Can you share a personal story of a time you became aware of the need to cleanse your love? What helps you stay aware of the need to constantly cleanse your love?

In response, Jagdish P Dave wrote on Nov 19, 2016 ...

It has been my experience that pure love brings peace, joy, happiness, and fulfillment. It has helped me grow and expand. It has also helped the others connected with me grow and expand. Love keeps the tree of life green and flourish.

It has also been my experience that craving to possess and to control the other in intimate relationships causes suffering. Such suffering has helped me to reflect on me, awaken me and is has created deeper bonding. Such love showers flowers of joy, peace, happiness, and fulfillment. When love gets soiled by selfish desires and cravings, we need to cleanse the dust before it gets dense and heavy.

It is my conviction that when I wake up from my self-created suffering, the light of love dawns upon me and makes me free from my own bondage. Such awakening demands courage to be true to oneself and to the other.

May we wake up from our self-created suffering and be grateful to receive the blessings of pure love!

[Every Piece is Meant For You](#)

How do you relate to the notion that every piece of the puzzle you find yourself in is equally important and meant for you? Can you share a personal story of a time you saw pieces fitting in and insight emerging? What practice helps you receive life as a jigsaw puzzle that will work out in the end?

In response, Jagdish P Dave wrote on Nov 27, 2016 ...

I view myself as a gestalt, a configuration, composed of different parts and structures performing different activities and functions. Each one is different yet connected with each other creating a sense of me, my identity. There are times when I feel cohesiveness, a sense of integration, wholeness and oneness- my true identity. I feel deep joy and ecstasy. These are the times of thankfulness and gratefulness; times of bowing, surrendering, and merging.

And there are times when I feel disconnected within myself. I feel pull and push between two forces not in tune with each other. These are the times when I feel alone and lonely though there is a world of people hustling and bustling around me. I feel a sense of alienation. I don't feel at home. These are the times for me for deep contemplating and searching, meditating, and praying. Sometimes such times are short and at times they are long. I do not push or myself from what is transpiring in my inner world. I mindfully stay present watching and witnessing my changing inner panorama. Slowly and steadily, I come back home.

While I was writing my reflections, my 19 years granddaughter came to see me in my room and asked me what I was doing. I told her I am at that stage in my life when I spend quiet time with myself to listen to my inner voice in deep contemplation so that my times with others become more meaningful and full. She smiled and left.

May we all find some time to be with us for home coming and live our life as fully as we can!

Namaste.

Jagdish P Dave

[For the Traveler](#)

How do you relate to the notion that a journey can become a sacred thing? Can you share an experience of a journey where a silence within you helped you hear your heart? What helps be more attentive to the self you bring along?

In response, Jagdish P Dave wrote on Dec 06, 2016 ...

A call comes from within to wake up to explore new and unknown territories. Is it exciting? Is it frightening? Is it both exciting and frightening?

There have been times in my life when I had put my life on hold. The fear of being bitten again would stop me from traveling on the road unknown with no guide or a compassionate companion. I felt stuck. The stream of life is getting dried. I let myself go quietly in this zone. A new day began, and I let myself breathe fresh air, open my eyes to see the beckoning light. I stood up and started walking. There was something within me that was still alive and gave me the energy to take new steps. It felt like the autumn of my life was receiving the blessings of the upcoming spring.

When I was in a high school, I read and loved a poem in my language Gujarati. I still remember the title of the poem-

"Jivanni gati santana!" Life, like a river, moves on! Those words have inspired me and have been a mantra for me to move on and not get stuck with the life holding past.

May we let go of the life-holding past and embrace the new day with hope, courage, and gratitude!

Namaste.

Jagdish P Dave

[How to Live If You're Going to Die](#)

What do the five daily recollections bring up for you? Can you share an experience of a time you became aware of death in a personal and intimate way? What helps you remember to pay attention to your actions?

In response, Jagdish P Dave wrote on Dec 10, 2016 ...

I know what is born is going to die. There is a connecting line between the two points-the line of life. The two points, birth and death, are beyond my control. I can make a choice how to live my life knowing and accepting the fact that I am aging every day, knowing that I am going to have more pain in my growing body and a day may come when I may not be able to walk. As I am going through these changes, I am accepting them gracefully. I love living, taking care of myself as a whole being, serving others and filling the cup of my life with love, joy, happiness and gratitude.

I accept myself as a human being with its frailties and follies, ups and downs and turns and twists-plays taking place in the doing zone. When I witness the plays of the doing zone, I move into my being zone, the zone of awareness, that keeps me centered and balanced and freed me from my self-created pain and pleasure cycle. I feel at peace with myself and feel the fullness of the flow of the here and now.

Four years ago, Vanleela, my better half passed away. All the members of our family were watching

with sadness the last hours of her passing away. She opened her eyes with a smile on her face. She looked at everybody standing in front of her, and said these last words, "Is everybody OK?" She died the way she lived her life, caring for others, serving others joyfully. These last words came from her being zone touching the heart of everyone standing in front of her. Her life was a message, and her death also was a message.

It is up to us how to live our life-the line between birth and death.

May we all remain awake as we are going through the journey of our life offering gifts of love and joy to ourselves and to others!

Namaste.

Jagdish P Dave

[*Inner World of Moods*](#)

How do you relate to the notion of leveraging your inner world out of its momentary negative hell and back to ease and contentment? Can you share a personal story of a time you were able to do that? What practice helps you exercise your psychic musculature to develop a subtler awareness?

In response, Jagdish P Dave wrote on Dec 17, 2016 ...

This thoughtful and helpful reading indeed hits home! I would venture to say that all of us have gone through momentary or prolonged negative emotions and feelings. That shows that we are all human beings. We also know that negative emotional outbursts drain our energy and the energy of the people who are associated with us. We are engulfed by the flood of negative emotions and cause harm to us and to others connected with us. We may feel powerful by throwing arrows of anger towards others. But it is surely a sign of inner weakness and ignorance.

When we get out of the raging river of anger and reflect on our harming behavior, we feel bad and remorseful. However, if we do not work on ourselves, we resort to the same habitual negative patterns of thinking, feeling, and behaving. So how can we wise up and do not react unwisely? The how question is as important as the why question. Why do we get angry, anxious, fearful, and obnoxious? And how can we improve ourselves?

Anger or anxiety or depression are reactive ways of dealing with an external stimulus something outside of us, an event or a person or a situation to which we react. We are not mindful of what is the impact of the outer stimulus on us. We instantly and impulsively react. Such reactive patterns become habitual. When we pause and take long and deep breaths, we respond appropriately, mindfully, and wisely. We create an inner space that gives us an insight into understanding the situation and our own reactive behaviors.

I have been practicing mindfulness to do the inner work. I am also helping others to cultivate mindfulness skills. Mindfulness takes me to the being zone from the un-mindfulness doing zone.

There is a way of moving from darkness to light. We do not have to be victims of our own creations.

May we be free from the bondage we create and do not become means of hurting ourselves and others!

Namaste.

Jagdish P Dave

[*Five Prayers*](#)

What do the five prayers bring up for you? Can you share a personal story of a time a prayer deeply touched you? What helps you cultivate gratitude toward all?

In response, Jagdish P Dave wrote on Dec 29, 2016 ...

Prayers open up my heart to receive blessings from others that include my ancestors, my parents, my other family members, friends, teachers and even those who have hurt me. I have learned priceless life lessons from such a wide circle of people in my life. And how can I forget blessings that I receive everyday from nature? I feel deeply grateful to all of them for taking care of me, loving me, and teaching me how to live and be connected.

There have been two difficult things for me to be grateful for. One: When I have acted selfishly and expected somebody to fulfill my needs and when my needs are not taken care of, I find fault with them. I have learned to thank them for making me more mindful of my role in causing hurt and disappointment me. I am thankful to them for showing my own limitation and for maintaining connection with that person and for working on me. Second: To forgive someone for causing hurt in me. This is very essential for me for learning to let go and ease and heal my suffering.

May we all be grateful for the blessings we have received from many in our lives and thank them!

Namaste.

Jagdish P Dave

[*Medicine for the Earth*](#)

How do you relate to the notion that the true changes we are looking for must come from within? Can you share a personal story of a time you felt your world change because of who you were becoming? What helps you be mindful of the being in the doing?

In response, Jagdish P Dave wrote on Jan 01, 2017 ...

I am grateful to get such tapping on my shoulder to remain awake. Such tapping turns my life into a pilgrimage. My everyday becomes a holy day, a Buddha Day, a Christ Day, a Krishna Day. It awakens

me to see the light that is always there.

The seen is born in the womb of the unseen. When I get so much caught up in the seen world I tend to forget and become oblivious of the unseen yet always present, the ground of existence, I get entangled in the web of Maya, the illusion.

The spiritual journey as I understand is a process of keeping my inner eyes open to see the unseen, to keep my inner ears open to hear the sound of the eternal silence. When I come to realize this truth, I feel oneness in manyness.

Transformation, alchemy, takes place when we get connected with the invisible ground of existence, the Being, the Self. We come home. When I deviate from this path, I pause, breathe, wake up and see the light.

May we make our life journey a pilgrimage and relate to each other as children of love and light!

Namaste.

Jagdish P Dave

[*Theory and Practice*](#)

How do you relate to the need for both theory and practice in our lives? Can you share a personal story that illustrates the importance of theory? What motivates you to test the validity of theories in your own life?

In response, Jagdish P Dave wrote on Jan 14, 2017 ...

According to my understanding theory and practice are two wings of the bird of living. Our thinking mind asks questions about what and why. Such explorations provide a theoretical foundation for application, action and practice. Without practice and experience, only theoretical knowledge or information does not have the taste of life.

I am very particular and careful about what I am putting into my mouth. I know food is medicine. I need to know and want to know what good, nutritional and wholesome food is. And I want to know the benefits of such food. But unless I put such information in practice, what good does it do? My grandson and I took an online course on Plant-based nutritional whole food course. The course offered very valuable scientific information. We were convinced and made a few changes in our diet. The action has sharpened our appetite to know more about diet and nutrition.

I am taking another online course on Science of Happiness. What is happiness? Why should we know about happiness? What are the benefits of living happily? It is up to me and others like me taking this course to apply what we learn from this course.

May we cultivate wisdom to live a fulfilling and growing life!

[*My Misgivings About Advice*](#)

How do you relate to the notion of the human soul simply wanting to be witnessed as opposed to being advised or fixed? Can you share a personal story of a time you simply witnessed or were witnessed? What helps you stay rooted to being a witness in the face of intense suffering?

In response, Jagdish P Dave wrote on Jan 25, 2017 ...

Loving attention and compassionate presence is what we need in good times and bad times. Kind genuine look, empathic understanding, therapeutic loving touch, helping hands and active listening are the core ingredients for helping someone who goes through depression and suffering. We all need such seeing, hearing, witnessing and companioning when we go through a downward turn in our journey of life. Advising done with all good intentions is counterproductive.

This writing reminds of a poem I had learned when I was in a high school. It is in Hindi: Ghayal ki gata ghayal jane' aur na jane' koi- A wounded heart knows the pain of the other wounded heart and none other. Yes. We need someone to walk with us as a compassionate companion when our heart aches and when we feel down.

Reading this writing reminds me of a moving experience I had with a 5 years old girl sobbing and sitting by herself. I was heading towards my lunch. When I saw her crying, I paused and stood beside her. I looked at her and put my hand on her shoulder. She felt my compassionate and caring presence. Her lips were dry. I brought water for her to drink. She seemed to calm down a little. I asked her what made her cry. " I miss my mom. She is flying to Colorado for two weeks for her work and I won't see her for two weeks.." Sitting beside her, holding her hands, listening to her, and feeling her sadness was good enough for her to be herself. I asked her if she could face time her mom on her smart phone. There was a soft smile on her face and I left holding this little girl in my heart.

May we extend our loving hand and be connected with someone going through emotional suffering! It is by giving we receive!

[*Letting Meaning Flow Into Purpose*](#)

What does letting meaning flow into our purposeful activities mean to you? Can you share a personal story of a time that death put your responsiveness to the ultimate test? How have you been able to use death to reflect on meaning?

In response, Jagdish P Dave wrote on Jan 29, 2017 ...

I deeply value such reflective writings. They evoke deep thinking in me, and I am very grateful to Awakin for giving such gifts to me and others. Here are my reflections on this reflective writing.

We all who are born are journeying from womb to tomb, from the first breath to the last breath. The question is how awakened and conscious we are as we are aging every moment? Are we present to ourselves, to others and to the surroundings or are we half present or absent to what is happening? Am I aware of the fact that my inhalation is accompanied by my exhalation? Awakening and

awareness are the foundations for me to live fully. Awareness of death-the tomb-makes me realize the value of living my life wisely.

Am I living my life purposefully and meaningfully? What is the purpose of my living and how am I realizing this purpose? These are foundational questions for me. The purpose of my life is to live a good life, a happy life that brings goodness and happiness not only in me but in others connected with me. What am I doing that unfolds goodness within me and gets me connected with others? What am I doing that brings happiness in me and in others? When I am engaged in doing meaningful activities that are attuned to the purpose of my living I feel happy and good.

I would like to conclude my reflections by quoting the last two sentences of this thought evoking writing:

" We distinguish between purpose and meaning not in order to separate the two but in order to unite them. Our goal is to let meaning flow into our purposeful activities by focusing activity and passivity into genuine responsiveness."

Let our daily life be a monastery by incorporating the Benedictine Rule! Namaste!

Jagdish P Dave

[Why Meditate](#)

How do you relate to stillness providing a sumptuous way to feed your soul? Can you share a personal story of a time you felt meditation's 'ripple effects'? What has helped you incorporate a meditation practice into your life?

In response, Jagdish P Dave wrote on Feb 07, 2017 ...

I regularly practice Mindfulness. Meditation I am blessed to reap the benefits of meditation narrated beautifully and clearly in this article. I also teach mindfulness meditation.. I notice the changes taking place in my students who have been regularly practicing meditation. I like the group meditation, meditating in a sangha.

My personal experience as a meditation, as a teacher, as a therapist and a researcher has convinced me that meditation is one of the most effective contemplative practices. I am happy to see the acceptance and incorporation of secular mindfulness meditation in schools, wellness centers, in the corporate world and even in prisons.

May we be instrumental in offering meditation as a gift from our heart to others! It is by giving we receive!

Namaste.

Jagdish P Dave

[*Praise Song for Wide Open Space*](#)

How do you relate to wide open spaces in your life? Can you share a personal story of a time a wide open space helped you turn your gaze from the micro-dramas of life to the larger rhythms of the cosmos? What helps you remember to be cast open so that the whole cosmos is reflected within?

In response, Jagdish P Dave wrote on Feb 11, 2017 ...

I had lived in a wide open space in a village size little town in India until I was 16. I graduated from a high school and went to a collage located in a relatively big town. Now when I go back to India, the same town has become a mega city. There is not much open space. It is crowded and cluttered. Living in a wide open space expanded my awareness of natural beauty and human beings. I felt easily connected with them. I indeed saw the wisdom expressed in the saying "Small is beautiful". The smallness of size expanded and enriched my inner space, my connectedness with nature and people around me. The bigness squeezed my inner and outer space.

My inner openness helps me to receive blessings coming from nature and from people in my life. Outer openness facilitates my inner openness and expansion. I may not be able to change the outer openness, but I can expand my inner openness-mind and heart openness. Living this way has definitely enriched my life-mentally, emotionally, socially and spiritually.

When my eyes are open, I see the miracles of nature. When my ears are open, I hear the music of silence.

When my hands are open, I feel the touch of kindness. When my heart is open, I feel the grace of love and gratitude. What more do we need to fill the cup of life?

May we not live in the self-created prison when the door of freedom is wide open!

Namaste.

Jagdish P Dave

[*You Play The Piano*](#)

How do you relate to living life as playing music? Can you share a personal story of a time you were able to experience life as a "musical thing"? What helps you avoid living a deferred-life plan for future success, and instead enjoy the music being played?

In response, Jagdish P Dave wrote on Feb 17, 2017 ...

Living is an art like music and dance. The art of living fully in the moment is the way of living. When our mind is occupied by the future we miss the existential unfolding beauty and joy of the present moment. A mind that is present enjoys the present of presence. The mind that is absent misses the present of presence. When we are fully engaged and absorbed in the present, we are in the flow, in the being zone.

I have been practicing mindfulness, the art of being fully present, attending to what is happening

inside and outside without being hijacked by the past or the future. It has been a great blessing to me. This way of living is enriching my life personally and relationally. I have been able to appreciate the gifts coming from nature and people, feeling my heart with gratitude.

I am 91 years old, and I am accepting my aging mindfully and gracefully. If I compare myself with the past, I am sure I will make myself impoverished and miserable. If I worry about the future, I am going to reject, diminish or even destroy the gifts of the present. I have realized the wisdom of living in the here and now. When I step out of the flow of the river, I miss the water of living and get thirsty. When I wake up from my illusion, I quickly get connected with the flow of life which is beyond space and time. I love Deepak Chopra's book "Ageless Body, Timeless Mind".

May we learn and practice the art of living life fully and share our gifts with others!

Namaste.

Jagdish P Dave

[*A Scheme to Change the World?*](#)

How do you relate to the example of applying economics to music? Can you share a personal story around infectious goodwill? What helps you to keep doing your best regardless of how you are treated?

In response, Jagdish P Dave wrote on Feb 24, 2017 ...

There are two worlds I (and we) live in: The world which has more darkness than light and also the world which has more light than darkness. I can talk about my world more authentically than the world of others. What are the two major components of my inner world?:The kind of world I really like and love to create and live in. It is a world filled with light and love, a world graced by kindness, forgiveness, truth, gratitude, generosity and compassion. Then there is another inner world with my ambitions, needs, and desires and my likes and dislikes. The challenge for me is to strike a dynamic balance.

My lifelong work and challenge has been to build a realistic and constructive bridge between the two worlds. Can I serve myself and others? Can I take care of myself and others in my life? I do not aspire to be a martyr or an unkind self-serving narcissist. The more I introspect and remain aware of the self created imbalance between these two apparently opposite perspectives, the less I go through self-hurting or other-hurting wishes, desires, and behaviors. To me, life is an ongoing journey of maintaining the balanced flow between these two valances. Living life this way has made me a better person and a happier person. Living this way is like maintaining the flow of the river of life between the two banks.

May I maintain a wholesome balance between the two poles of existence! May others live a balanced and happy life!

Namaste.

Jagdish P Dave

[Moved by Love](#)

How do you relate to this story of meeting violent intentions with love? Can you share a personal experience of a time you saw violence melt away in the face of love? What helps you stay rooted in love in the face of violence?

In response, Jagdish P Dave wrote on Mar 05, 2017 ...

Violence breeds violence, love breeds love. Thirst for violence cannot be quenched by violence. It can be quenched only by forgiveness and love. Esho dhamma santatano, This is the eternal law, says the Buddha. The highest form of love is self transcendence as displayed by the Baba.

I practice loving kindness meditation to cultivate compassion, acceptance, forgiveness and love for me and for others including those who have hurt me. I teach Peace Education to children and teachers in a Montessori School. We all practice loving kindness meditation together and share our growth experiences. We all are witnessing antagonism, divisiveness, aggressiveness, hostility, and violence everyday. We all need to cultivate compassionate understanding of each other and learn to build bridges rather than walls. Building more and more weapons of destruction are going to back fire and may cause universal inhalation.

We all need to realize and remember that the seeds of violence are planted in the minds of people and the seeds of peace can also be planted in the minds of people. We all need to learn to make wise choices to preserve life, human as well as the life of the mother planet.

May we cultivate loving kindness to nurture the tree of life!

Namaste.

Jagdish P Dave

[I-It and I-Thou](#)

How do you relate to the distinction between I-It and I-Thou moments? Can you share a personal story of an I-Thou moment in your life? What helps you become aware of whether you are in an I-Thou moment or an I-It moment?

In response, Jagdish P Dave wrote on Mar 12, 2017 ...

Life is a web of relationships. Some are I-It relationships. They are utilitarian, pragmatic and self-serving. Such relationships are shallow leaving no nourishing deep roots of memory in our mind. I have had such relationships leaving no worth- remembering deep traces behind.

I cherish I-Thou relationships. It is a relationship between two genuine and deeply caring beings. It has openness, trust, and compassion. I have been blessed to have such deep relationships with my parents, family members, a few friends, and my soul mate. Such relationships have made me a whole and wholesome person. Such relationships have been blessings to me, and I am deeply grateful for such blessings.

May we keep our mind and heart open to cultivate such I-Thou relationships!

Namaste.

Jagdish P Dave

[*Returning the Gift*](#)

What does gratitude as powerful medicine mean to you? Can you share a personal story of a time you felt the healing power from gratitude to the living Earth? How do you practice gratitude to the living Earth?

In response, Jagdish P Dave wrote on Mar 18, 2017 ...

Life is a cycle of connectedness. We are all connected as human beings. Life begins because of connectedness between two beings. Life is sustained and flourished by connectedness. We are all connected with nature. We are a part of nature, not apart from nature. Our being is made up of five primordial elements: earth, water, fire, air and space. What is inside is also outside. We have organic connection with life within and life without. It is our sacred responsibility to express our gratitude to the life giver and sustainer, the Mother of all, the Mother Earth.

We need to awaken and sustain this spiritual awakening in our everyday life. We may remain awakened when we read a writing like this or listen to a spiritual discourse or be in the presence of an awakened soul.. And then we go back to sleep. We get disconnected with the source of our being. We waste and dump toxic chemicals in water, we poison crop, rip soil, pollute air because of ignorance and at worst by greed. In the name of progress, we cut the sacred chord of life. We ignore and deny the inconvenient truth.

This is a serious global challenge. We will save our Mother Earth or kill her. We all need to take responsibility and make right and wise choices for sustaining and flourishing life everywhere. We need to wake up and remain awake for preserving life of all beings, us and nature. This way we can express our gratitude to the Creator.

May we have an awakened mind and a grateful heart for the survival, sustenance and flourishing of our Mother Earth.

Namaste.

Jagdish P Dave

[*We Are Swimming in Miracles*](#)

How do you relate to the notion that we are actually swimming in miracles? Can you share a personal story of a time you were able to recognize this? What helps you recognize the miracles in everyday life?

In response, Jagdish P Dave wrote on Mar 24, 2017 ...

We have a desiring, longing, and chasing mind. There is nothing enough. There is no full satisfaction. We keep on moving in this cycle until we see the futility of longing more and more, newer and bigger. Time arrives, as Dante says, "Toward the midpoint of life's way", when we wake up and look within silently and openly. In such quiet moments, we hear the noisy mind, see the cluttered and cloudy mind, and get a glimpse of the reality beyond time, space, and causality. We wake up and see the changing world without the longing for grasping it. It is relating to the world in freedom and in such state of consciousness lies the joy of living.

In meditation, the mind settles down and realizes the transcendental reality. This state of consciousness helps me to relate to what is here and now in its fullness. In such moments nothing seems to be missing. As the ancient Ishavasya Upanishad states: "This is complete. That is complete. Nothing needs to be added. Nothing needs to be subtracted."

I have fallen down in my life. I have left my inner home. I relate to these experiences as opportunities for me to wake up. Meditation has helped me to come back home and relate to the changing world with this awakened consciousness.

May we find the source of joy and fulfillment within us with an awakened mind!

Namaste.

Jagdish P Dave

[*The Way of the Water*](#)

What does the way of the water mean to you? Can you share a personal story of a time you felt like water in all its different hues? What helps you flow like a river?

In response, Jagdish P Dave wrote on Apr 03, 2017 ...

The Way is indescribable in words. It is like pointing fingers towards the moon but not seeing the moon. When we are in the flow, we become the flow. And such flows are experienced in many contexts and in many ways. When I am fully immersed in something or with somebody, I lose my sense of separateness. There are no two-there is only one. The ancient Vedanta philosophy describes it as advaita-not two.

I experience such oneness when I am in a deep meditative state where the two banks of the river-this and that, me and you, right and wrong get dissolved into one flow of river; where the small self, the egoic-self, vanishes and the Universal Self unfolds. It is like soul meeting the soul and merging

into one other. I have such experience when take a walk in nature where everything is connected with everything. I sense and feel harmony.

We all are born with the potential to realize the Self. I have been blessed to be in the presence of such self-realized people. For them, the Kingdom of Heaven is right her and now in its full glory and majesty. We need to be awakened from the trance of separateness and go back to our universal home which is inside all of us.

May we go beyond our small self and be open and awakened to expand our consciousness!

Namaste.

Jagdish P Dave

[We Were Made for These Times](#)

How do you relate to the metaphor of great ships and service? Can you share a personal story that illustrates "soul on deck" that shines like gold in dark times? What helps you get on the deck and shine, instead of giving in to despair?

In response, Jagdish P Dave wrote on Apr 09, 2017 ...

We as human beings experience the dark night of the soul, individually and collectively. The ancient world epics like Ramayana and Mahabharata, Odessa and Iliad depict the dark and the bright side of us as human beings. Lots of destruction and damage to nature and to human beings have been done by us. We witness such acts of violence done to nature and to us as humans by the advanced countries in the world. There are also living examples of people who are devoted to doing the greater good, even at the cost of their lives. This is what Jesus did, what Mahatma Gandhi did, what Martin Luther did what Nelson Mandela did.

I introspect and examine my inner landscape. I do find myself hurting someone, blaming someone for my misery and not being truthful. It is a journey of life with twists and turns, with dark clouds and sunshine. peaks and valleys and thorns and flowers. I have accepted myself as a human being and I have been learning to be kind to myself and learn from my fall downs. There is that Human in me and there is that Being in me. The Being in me enlightens me and helps me walk on the right path. I am very grateful to my spiritual teachers who have shone me the path of living right, held my hand when I fell down and helped me with compassion to rise up and continue my journey.

So, let us not our consciousness be filled with the dark clouds of gloom and doom, but enkindle the light within to walk with hope, courage, and compassion.

May we join our hands, heads and hearts as we travel together with hope, courage and compassion!

Namaste!

[*Touching the Earth*](#)

What does touching the earth mean to you? Can you share a personal story of a time you experienced touching the earth? What helps you remember to be rooted when the ground gives way beneath your feet?

In response, Jagdish P Dave wrote on Apr 15, 2017 ...

We all are journeying. Life is a journey. The upward path of our life journey is not always easy. We encounter hazards that may thwart our upward journey. We may fall down and fail. We may get overwhelmed. We may go through fear, worry and anxiety. We may feel like we are losing the ground. The temptations may allure us. And we may succumb to them. But we build up our inner strength, get up and keep moving on the upward path.

I have been a traveler on this path for a long time. And I have encountered small and big difficulties. I have been practicing Mindfulness Meditation which has kept me grounded, steadfast and awakened. I have fallen down, and I have gotten up. Mindfulness practices have created inner strength in me to continue my upward journey.

I see my original face when I remove the veil of my self-focused thoughts and cravings. I hear my original voice when I become still and hear the sound of silence. I feel full and complete. Nothing is missing. I feel like a child nurtured by the Mother Earth. Life is a mystery and a miracle. My heart gets filled with joy, humbleness, and gratitude.

May we remain awakened to see the Divine Light that shines everywhere and all the time!

Namaste.

Jagdish P Dave

[*Wonder of the Universe is Wondering In Us*](#)

How do you relate to the notion that our wondering minds are products of the universe? Can you share a personal experience of a time you realized that the wonder of the universe is wondering in us? What practice helps you connect with wonder and inquire into it?

In response, Jagdish P Dave wrote on Apr 21, 2017 ...

We live in two universes: the universe within and the universe without. Since the dawn of life, we as human beings have been wondering about these two universes. We ask the core question; Who I am I? We look within and understand different layers of I- physical, mental, emotional and relational. When we do not identify ourselves with the changing scenario of the I, the knowing of the I manifests. And this I is beyond time and space. It is universal and eternal. Until we realize that I, our wondering will continue,

The cosmos, the Universe is like the inner soul-the Cosmic I, the Universal I.. We have been expanding our knowledge and understanding of the Cosmos, the Universe. We as the inhabitants of

this Universe are wondering about it and making space explorations. When we become aware of the vastness of this expanding Universe and compare it with the planet earth, we as human beings feel very humble. And when we look at ourselves with this cosmic lens, we realize how little our egoic self is..

Such inner inquiries awaken me, and I feel released and liberated from the little cage I live in. It seems to me that the essence of the inner world and the outer world is the same, beyond the conceptual lenses we may use to understand these two worlds. It feels like a mystery, a wonderment. I sense it when my mind ceases to wander. It gets still and remain open and clear like the blue sky.

May we be free from the bondage we create by ourselves and relate to the expanding inner and outer world!

Namaste.

Jagdish P Dave

[*The Sacred Art of Pausing*](#)

How do you relate to the suggestion to consciously take our hands off the controls and notice our inner experience? Can you share a personal story of a time you did this? What helps you remember to take a sacred pause?

In response, Jagdish P Dave wrote on Apr 29, 2017 ...

We go where our mind goes. Our mind takes a ride in the past or a flight in the future, hardly staying in the present. Wandering mind becomes our default mode of functioning. Such a wandering mind is compared to monkey mind taking control of ourselves. Such a wandering mind deprives us from being free and deeply connected with us, others in our life and the beauty of nature. Our mind can be our enemy, and it also can be our friend. We need to learn how to make our mind our friend.

Mindfulness is one of the ways for making our mind friendly. I have been regularly practicing mindfulness. It has been very helpful to me for making me peaceful, joyful, compassionate, and creative. Mindfulness is a non-judgmental and compassionate existential awareness. of what is happening in me and around me. It has helped me to remain present to what is rather than what was or what will be. It keeps me stay in the being zone rather than the default mode of going away from the present moment.

I value the power of pausing when my mind takes a hike and goes to the past or the future, taking away from the here and now consciousness..Noticing where my mind goes without reactive judgmental thoughts, I pause, breathe and connect my mind with the ever present breath. In the mindfulness landscape, sitting doing nothing, spring comes, and grass grows by itself. Life bestows blessings and I receive them gratefully.

May we learn how to befriend our mind, be here and now, and receive blessings coming from everywhere!

Namaste.

Jagdish P Dave

[*True Humility: Selfless Respect for Reality*](#)

What does true humility mean to you? Can you share a personal story of a time you experienced humility as a form of therapy? What helps you practice true humility?

In response, Jagdish P Dave wrote on May 07, 2017 ...

This writing has deepened and enriched my understanding of humility as "selfless respect for reality." When my sense of my self is engulfed by my arrogance and my sense of superiority, I get disconnected with my being, with other beings and life at large. The essence of my being is the same as the essence of all beings. The drop is the ocean. I am an integral part of the whole. Such realization makes me aware of my illusion of separateness, dispels the darkness of my ignorance, heals my self-inflicted wounds. Such an awakening makes me whole. This is real humility. It expands my awareness. It emboldens me and makes me virtuous.

Humility is not humiliating oneself or putting oneself down. It is not self degradation or self condemnation. It is an acknowledgment of our cosmic insignificance, ridding ourselves of our false sense of self-glorification and arrogance. This is the first movement. In the second movement we embrace our cosmic insignificance. We become frightfully honest and authentic with ourselves. It is like a rebirth of oneself. This leads us to the third movement, a movement of self expansion, self enrichment, and self fulfillment. Such expanding self awareness brings blessing to oneself and to others.

I am going through this journey. It is a joyous and fulfilling journey and I am grateful to my spiritual teachers for awakening me and guiding me.

Namaste!

Jagdish P Dave

[*Knowledge can be Conveyed, but not Wisdom*](#)

How do you relate to the notion that anything that can be thought with thoughts and said with words is one-sided? Can you share a personal experience of a time you realized that the opposite of a truth was also just as true? What helps you value living wisdom over knowledge transfer?

In response, Jagdish P Dave wrote on May 14, 2017 ...

Knowledge and wisdom are different. Knowledge is acquired; knowledge is taught. With knowledge, we become knowledgeable. Such acquired knowledge of what is, what is real, is dualistic. It is one-sided. It is not holistic. Realization emerging from one's experience is holistic. Reality is one. It is not two. It is not divided into two-one against the other.

Wisdom dawns upon us when the mind is still and quiet. As Thomas Merton says, " Silence is the mother of Truth....My silence is my salvation." " Be still and know that I am God." -Psalm. " Stillness is also inner peace, and that stillness and peace are the essence of your Being."- Eckhart Tolle. Such stillness makes me aware of my conditioned consciousness and mental commentary which has a dualistic sense of reality. Stillness makes me grounded in presence and frees me from the clouds generated by the conditioned consciousness. Such a shift in consciousness helps me in making wise choices. The mind that is free from conditioning is a creative mind and a wise mind. We need to be liberated from the conditioned mind which creates and perpetuates me against my mindset, a narrow perspective of reality and existence.

Living mindfully every day in all walks of my life has opened the door of wisdom in my life. It has expanded my mind and enriched my heart. The journey of life has become a pilgrimage, and I deeply feel grateful for receiving such grace.

Namaste.

Jagdish P Dave

[*Live Intentionally, In Freedom*](#)

How do you relate to the analogy of returning from exile to enter into the unconscious fully aware? Can you share a personal story of a time you distinctly experienced freedom from the control of compulsions, cravings and fits of emotion? What helps you to live intentionally, in freedom?

In response, Jagdish P Dave wrote on May 21, 2017 ...

Choice making is in our hands. We all know that as humans we have made self-and-other hurting choices. In all relationships there is not the other without me. We are all intertwined. When I make a wrong choice, focusing only on my interest, I am going to hurt others and the other may counteract to hurt me or teach me a lesson. Tooth for tooth and eye for eye becomes a vicious cycle hurting each other on all levels.

So it goes back to choice making. Wrong or crazy choices are made when the mind is buzzing with wrong or crazy thoughts, when we are not awake. All wisdom traditions have emphasized the value of taming the monkey mind, the wandering mind. Meditation is one of the most effective ways of taming our wandering mind, quieting our noisy mind. We need to be aware of the light or heavy clouds passing through the sky of our mind. We let these clouds come and go without reacting to them or letting ourselves be hijacked by them. I practice mindfulness meditation. "Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment.

We gain immediate access to our own powerful resources for insight, transformation, and healing." Jon Kabat-Zinn. Cultivating such mindfulness skills requires ongoing consistent practice called sadhana. It is an introspective inner work, relating to the world from inside out.

May we cultivate mindfulness to make wise wholesome choices for doing greater good for us and for others.

Namaste.
Jagdish P Dave

[Is There Righteous Anger Ever?](#)

How do you relate to the notion of looking at anger as just anger without justifying or condemning it? Can you share a personal story of a time you were able to look at your anger without condemning or justifying it? What helps you move beyond a sociological analysis of anger and toward freeing yourself from it?

In response, Jagdish P Dave wrote on May 26, 2017 ...

A very wise statement by J. Krishnamurti. As I understand, anger is anger, righteous or unrighteous. Anger burns us and burns others. As far as I am concerned I do not intend and want to burn myself and do not intend and want to throw my fire on others whether they are my kinsmen or others. It is my conviction based on my experience that anger causes more anger and violence causes more violence.

Anger arises in me when I judge or condemn myself. The same way anger arises in the other person when I judge or condemn the other person. The same thing happens the other way around.

How do we end the cycle of anger? Not by denying it or by justifying it. Both ways perpetuate the cycle of anger. It does not end by preaching you should not be angry.

Practicing mindfulness in all contexts of life has been immensely helpful to me. Mindfulness is intentionally paying my non-judgmental attention to what is happening in me and around me. It is very helpful to pause between the anger generating stimulus and our habitual and automatic response. Taking deep breaths helps me to remain calm and centered and from that place within me the right, the wise response arises. Such a mindfulness practice frees me from the grip of conceptual and sociological analysis of anger.

When the mind is calm, open and centered, the right kind of inquiry arises in the mind which helps me to understand the intra and interpersonal dynamics of anger. The inner light helps me to process the inner and outer clouds of destructive emotions.

May we be mindful of the arising of hurting thoughts and emotions in our mind and make wise choices!

[*Big Enough to Take It All In*](#)

How do you relate to the notion that we are big enough to take it all in? Can you share a personal story of a time you bore witness with complete openness? What helps you fearlessly commit to wanting to see clearly?

In response, Jagdish P Dave wrote on Jun 02, 2017 ...

From evolutionary point of view, the brain is wired to fight, flee or freeze for protecting ourselves. In this context, fear is an instinctive response for our survival and security. The fear mentioned in this writing is psychologically created by human conditioning. The conditioned mind reacts to a perceived stimulus and makes us resist, oppose, run away, hide, or deny. Such dysfunctional patterns of perceiving, thinking, and behaving block our potential to see things as they are externally and internally. Sadly, these patterns become habitual and block our growth and development personally and interpersonally.

"To want to see clearly is a true act of fearlessness." This statement says it all. When my eyes open to see my own suffering as it is, the gate to working on my suffering opens. I need to see my blindness with an open mind and heart, courageously and compassionately. Such mindfulness seeing is not an analytical intellectual process. Mindfulness is observing without judgment what I am experiencing in the here and now consciousness, in the present moment. The mind gets free from holding onto the past and being hijacked by the future, from regrets, anger, shame, humiliation, and guilt or from fear, worry, apprehension and anxiety. The present moment has no clouds or shadows blocking the light of knowing which removes the darkness.

Mindfulness has been my way of working on myself. Mindfulness meditation has helped me to discover and meet my true self. It has opened the door of my life for receiving blessings coming from everywhere. I am very grateful for receiving such blessings.

May we cultivate fearlessness and mindfulness to live a blissful and joyful life!

Namaste!

Jagdish P Dave

[*Be Alight with Who We Are*](#)

How do you relate to Hegedus' definition of purpose as that which we most passionately are when we pay attention to our deepest selves? Can you share a personal experience of being alight with who you are at your core? What helps you to live fully and be alight with who you are?

In response, Jagdish P Dave wrote on Jun 09, 2017 ...

Reading this writing took me back when I was 5 years old. Every morning my dad used to chant the song of awakening. It has become a light house for me. The song is in Hindi. "Utha jaag musafir bhore bahi aba rayn kahnatak sovat hai. Jo sovat hai vo khovat hai, jo jagat hai vo pavat hai."

Let me translate this song in English.

" Hey traveler, wake up. Morning has dawned. How long will you keep on sleeping? One who wakes up receives blessings and the one who keeps on sleeping misses the Divine gifts."

To me life is a journey, a pilgrimage. We are all pilgrims of light. I am one of the pilgrims walking on my path. There have been times in my life when I took a wrong step. I hurt myself and hurt others close to me and around me. I woke up from my sleep and resumed my walking keeping my inner eyes open. I leaned from my fall. Got up and continued my pilgrimage.

I have learned that light is within me. I do not need to look for it outside of me. The face of light is covered by the veil of my egoic mind. When I become still and open, I discover the light within me, and I follow it. Following this light brings joyful bliss in me. It keeps me on the path of love, compassion, and gratitude. I feel free from the grip of the past and the worry about the future. The inner world of worry and missing something takes me away from the Present, which is beyond time and space. Our suffering is created by the mental constructs creating divisiveness in me and others. And I am still journeying living in the here and now. Life is a blessing.

May we walk on the path of life keeping our mind and heart open to be touched by the inner light of awakening!

Namaste.

Jagdish P Dave

[*Enlightenment is Intimacy with All Things*](#)

How do you relate to the notion of enlightenment as intimacy with all things? Can you share a personal experience of a time you appreciated the wholeness and benevolence of reality? What helps you to include your own identity in your inquiry on the truth about existence?

In response, Jagdish P Dave wrote on Jun 16, 2017 ...

According to Vedanta philosophy, Divinity is described in three intertwined words- Sat, Chit, and Ananda- Truth, Pure Consciousness and Joy or Bliss. This is our True Nature, our Essence, our True Identity. In this state of consciousness, time-space created boundaries get dissolved, the ego-created self disappears, and the Self emerges.

People who have reached this state are called self-realized beings. They are intimate with the universe that includes all living beings. To them the whole universe is one family.

I have been blessed to be in the presence of such self-realized beings. Their loving and compassionate kindness evoked a deep sense of intimacy within me and with others sitting around me. I would call it an enlightening experience, a blissful experience. I felt infinite compassion, affection, and warmth radiating from them. I deeply felt their loving presence. While I am writing this reflection, I feel their loving presence in my heart. Such experiences have awakened my heart

and have made my heart spacious and gracious flowing with loving kindness.

May we all be blessed by enlightened beings for opening and expanding our heart!

Namaste.

Jagdish P Dave

[Attachments Are Not Set in Stone](#)

How do you relate to the notion that our attachments are not set in stone? Can you share a personal story of a time you heard your stories clearly and changed them? What helps you be your own therapist?

In response, Jagdish P Dave wrote on Jun 25, 2017 ...

We as human beings have physical, mental, and spiritual needs and desires. Most of our needs and desires are met in relationship contexts. How our needs and desires are fulfilled makes a significant difference in our healthy growth and development. We need to cultivate wisdom to fulfill each other's needs and desires.

As human beings we all experience suffering in varying degrees. One of the main reasons for our suffering is our craving and intense neediness. Such a state of mind leads to not enough set of minds. When the mind is set on or fixated on that set point, there is always going to be more craving and more grabbing and more suffering. We get heavily and chronically attached or addicted to our craving resulting in ongoing suffering. People who are connected with us also suffer by our wanting more and more from other persons. They feel trapped by our neediness and unreasonable expectations. Both get caught up in this energy draining vicious cycle.

Suffering is an opportunity for growth if we keep our mind and heart awakened and open. Our suffering can be a gateway to awakening. First we need to recognize and accept that we are unhappy. We need to have a clear intention of working on our suffering. With confidence we do the inner mindfulness work starting with breath mindfulness by letting the waves of hurtful thoughts, feelings and emotions come and go. Such introspective mindfulness work requires consistency, resolution, and dedication. It is not how much time but how we use our time that heals us. I have been practicing mindfulness and teaching mindfulness for quite some time. Such practice turns thorns of suffering into flowers of fulfillment and happiness.

May we remain aware of self-created suffering and gain wisdom for making right choices!

Namaste.

Jagdish P Dave

[*Force Of Love Is The Force Of Total Revolution*](#)

How do you relate to the author's notion of the force of love being the force of total revolution? Can you share a personal experience of a time you realized that you were a whole being, related to all of life in intimate, profound ways? What helps you experiment with the impossible?

In response, Jagdish P Dave wrote on Jun 30, 2017 ...

Vimalatai's writing deeply resonates in my heart. Love gives birth to life, nourishes life, and connects us with life in all forms. Such love is expressed in compassion for others, in kind and generous acts, wiping the tears of others, feeding the hungry and providing shelter. Sadly, the world created by the Divine hands has been converted into fighting zones, us against you, exploitation, and destruction. We have been polluting air, water, food and sky-the sources of life- for our self-serving, profit making ends. These are signs and symptoms of the misuse of intelligence, energy and knowledge.

Total love is needed to bring total revolution. We need to awaken ourselves and others as a humanity from this misery creating slumber. We need to have a balance between being and doing. If our doing is without the being consciousness -compassion, consideration, and concerns for the life of others, our actions are going to be destructive, hurting us and others. Tooth for tooth, eye for eye or fire for fire is the mindset of destruction. We need to learn to relate to others not as objects to meet our self-centered needs but as an extension of our selves- from me to we.

We have been blessed to to have people in our lives as models who have reached out and have lovingly touched the lives of others to lift them up. The world is still surviving because of their selfless love and service. In order to create, sustain and flourish such love revolutions, we all have to be a part of it. As the saying goes, charity begins at home but does not end it there. What can we do as parents, neighbors, teachers, students, politicians, social workers, corporate leaders, workers, and religious leaders to create an inner environment that is rooted in unconditional love and compassion? This is real spiritual work

I have learned how to create an inner environment for planting and nurturing the seeds of love, peace, and service. This is my everyday spiritual practice which brings joy and fulfillment in my life. I share my awakening with school children at my daughter's Montessori school by teaching Mindfulness and Peace Education and Mindfulness Parenting. Work is my service, and it brings great joy and happiness to me. I am sure there are many such awakened people who are doing such badly needed work. Our community religious centers and educational institutions need to face and embrace this great universal challenge.

May we wake up, see the light and play our vital role in creating and participating the Total Revolution of Love.

Namaste

[*The False Duality Between "Job" And "Service"*](#)

How do you relate to the notion of service fundamentalism? Can you share a personal story of a time you discovered sacredness in a form of work that you had earlier judged as lacking in virtue? What helps you avoid the trap of service fundamentalism?

In response, Jagdish P Dave wrote on Jul 07, 2017 ...

Work is worship-no matter what kind of work we do. There are many faces of work. No one face is better than the other face. The face that looks down on other faces is not a service face. Humility is an integral part of service. Service done from the heart induces inner joy, inner reward, and a deep sense of fulfillment. Recognition or admiration for the service we do is like frosting on the cake. We cook the food for serving with no expectation in return.

We are a part of the system: social, financial and political. When a system serves the need of a privileged group of people by excluding others, it needs to be changed. Such self-serving systems need radical change to survive and flourish. I have witnessed the great service work done by Mahatma Gandhi for untouchables in India. He blazed a new trail which slowly became a highway.

Work does not have to be against service. This is my personal experience. I have been working as a teacher and counselor all my life. It has been my inward call. It has brought great joy, happiness, and fulfillment in my life. Many lives have been gracefully touched by the work I love to do, and my life has also been graciously touched by many hands.

It is the spirit of the work that makes it service. Work and service join hands making living blissful.

May we make our work worship by doing greater good!

Namaste.

Jagdish P Dave

[*The Grandest Vision For Humanity*](#)

What does having a billion-year perspective mean to you? Can you share a personal story of a time you could connect with a truly grand vision for humanity? What helps you remember that humanity's purpose was not just sustenance and survival?

In response, Jagdish P Dave wrote on Jul 14, 2017 ...

What am I in this vast universe? Who am I in this vast universe? Am I a dot in this vast universe? Am I a living organism in this vast universe? From a micro perspective I am a separate isolated dot or entity. From a macro perspective, I am an integral part of the larger whole. And from a cosmic perspective, I am the whole, I am one with the cosmos, I am the cosmos.

When it comes to living in this world, our energy is primarily invested for sustaining and surviving. on a personal and tribal level. Meeting such basic needs creates bonding and interconnectedness. One dot gets connected with another dot creating a string of several interconnected dots. How do we relate to one another is an ongoing challenge for us as a humankind not only for our survival as humankind but also for the survival of our mother planet.

We all need to join our heads, hearts, and hands to encounter this universal challenge. Wisdom traditions have been urging us to wake up from the illusion of seperateness and learn to relate to the universe we live in as a family. It is imperative for all of us to learn to live amicably, compassionately, and constrictively not only to survive but also to thrive and flourish.

We all need to be awakened and play our part not only for saving but also for thriving and flourishing life in multiple forms. Let us start from where we are and be a part of this evolutionary revolution. Let us spread the word by reading and reflecting on such writings, by using social media, and by actively patricipating in this movement. This is the time to act. If not now, then when? If not us then who?

May we all join our heads, hearts, and hands to be a part of this noble venture!

Namaste!

Jagdish P Dave

[The Boss And The Attendants](#)

How do you relate to the distinction between the boss and the attendants? Can you share a personal story of a time you were able to understand from both the heart and the head? What helps you integrate your head with your heart?

In response, Jagdish P Dave wrote on Jul 23, 2017 ...

" What is most important is always hidden' These words resonate with a saying I had learned from my dad a long time ago.. It is in Sanskrit: Dharmasya tatvam nihitam guhayam-the essence of harmonious land joyful living resides hidden in the cave of our heart. Heart is the source of the mystical, nurturing, and loving-kindness energy that creates, sustains and flourishes our purpose of living. Living from the heart creates deep and happy connections with all living beings regardless of the differences.

We seem to be giving more emphasis on the mind or head in many areas and aspects of our life. In the world we live in, science and technology are more valued than what is created form the heart. This creates imbalance in our life. It deprives us of the joyful, peaceful, and happy dance of life. We need both heart and head; compassion and intellect. When head overtakes heart, we suffer. We need a dialectical balance between both.

We need to cultivate discrimination for making wise choices. Meditation brings us closer to our heart and helps us embrace life more deeply and meaningfully with ease and simplicity. Mind creates achievement; heart creates fulfillment. Like the author says, "A spirit of service fills our being and overflows. What we are seeking begins to find us."

Recently, we had a very animated discussion in our family. My youngest granddaughter is in the last year of high school. Her older sister and her best friend are in the medical field. They kept on advising her to go for medicine. Her uncle and the other grandfather are in the engineering field advising and encouraging her to go for engineering. All of them were advising her to make use of her high intelligence and high academic performance. None of them were mentioning anything about how her heart feels. What her intuitive voice was whispering to her. All of them love my granddaughter and want her to be a great achiever using her intelligence. My suggestion to her was to meditate and listen to her voice with an open mind and open heart and follow what feels deeply and clearly right. She knows how I have chosen my path. At the end of our discussion, we all wished her well.

May we take time out, meditate, and listen to our inner voice quietly when we encounter confusion, conflict and uncertainty!

Namaste

Jagdish P Dave

[From Being Driven To Being Drawn](#)

How do you relate to the deep "okayness" to life despite all the contradictions? Can you share a personal story of a time you were able to shift from being driven by negative motivations to being drawn from a positive source within? What helps you remain aware of the choice between pure healing and impure anger and agenda?

In response, Jagdish P Dave wrote on Jul 29, 2017 ...

To divide the reality into either/ or perpetuates the stance of me against you. This kind of stance breaks relationships on all levels and results in the so-called "Holy Wars" that have been wedged for thousands of years. As long our perspective and actions are derived from the either/or stance, the cycle of misery, suffering and destruction is going to continue.

The wisdom traditions have shown a different way of relating to the dichotomous view of thinking, feeling and behaving. Contemplative prayer and meditation offer a way of thinking more in terms of both/and rather than either /or. Such a shift of our perspective happens not just by intellectual explorations but by experiencing the teaching on a cellular, heart and soul level. As the author puts it, "In meditation, you are moving from ego consciousness to soul consciousness, from being driven by negative motivations to being drawn from a positive source within." This source within us is a deep "okayness" or "Yes" to life. When we take time out, to go within and be silent, we mindfully observe the whole inner landscape, contradictions become more clear, sadness and joy

coexist peacefully. Forgiving and letting go of hurt clears the inner sky and creates pure healing energy.

Recently, I had an in- depth exploration with my friend who felt deeply hurt, upset and angry by my behavior in a group setting. She felt ignored, left out, and deeply hurt as I was relating to my other friends. It was a new group for her, and she felt isolated. I invited her to talk it out with me. Instead of judging her and defending my behavior, I maintained my attentive empathic silence. That made me see her agony very clearly. When she became calm, she understood my behavior more clearly. We both felt sadness. This was a healing experience, and it made our friendship deeper and stronger. Compassion and mindful awareness of oneself and the other make our relationships genuine and deep.

May we relate to intra-personal and interpersonal joy and sadness, emotional ups and downs honestly and compassionately!

Namaste.

Jagdish P Dave

[Each Thing's Way](#)

What do you make of the notion that "understanding should not get in each thing's way?" Can you share a personal story of a time when the greatness of what is not known gave you perspective on the smallness of what you knew? How do you reconcile the "foolishness (of) trying to catch the unlimited in the limited" with a piece a few weeks back pointing out that "each passionate being who dares to explore beyond the fragmentary and superficial into the mystery of totality helps all humanity perceive what it is to be fully human?"

In response, Jagdish P Dave wrote on Aug 12, 2017 ...

There is nothing wrong in understanding what is knowable by our mind. I want to understand what you mean. I want to understand what this is and how it works. Understanding expands and enriches my knowledge. It is important that we honor and appreciate known what is known. But it is more important to honor and appreciate what is unknown.

What I know has a limit. What is unknown is limitless like the sky. It is fathomless, boundless and infinite. It is filled with mystery-the unknown and the unknowable by the mind. When I look at the sky, my being is filled with wonderment (!) and not with a question (?). Love is a mystery, life is a mystery, death is a mystery, and God is a mystery to me. I let the river of mystery flow. I do not resist it, do not push it, and do not make an effort to capture it. When my mind is quiet and when my heart is open, mystery dawns upon and my being is filled with awe and wonderment. Lao Tzu describes it in one word- Tao!

"There is a limit to a lifetime but not to the mystery in a lifetime. What foolishness then trying to catch the unlimited in the limited." These words deeply resonate with me.

May we keep our inner eyes open to receive the blessings of the unfolding of mystery!

Namaste.

Jagdish P Dave

Life has two faces-the face of understanding and the face of wondering. Both are necessary. I want to understand what I am reading. I want to know what I don't know. I use my mind to expand and enrich my knowledge. I have this known world in me. This world is limited. But there is another world- the unknown world- the world of mystery. This world is beyond time and boundary. It is timeless and limitless. It is unknowable and mysterious.

To me, life is a mystery, nature is a mystery, love is a mystery, and God is a mystery. It is like the sky with no limits or boundaries. When my mind is quiet and when my heart is open, mystery dawns upon me and creates a sense of awe and wonderment. It feels like the sparkling of light, blossoming of a flower, smiling of a child, dancing of leaves, caring touch of a mother.

We overly use our face of understanding, wandering on the same familiar and old tracks of life, missing the trails of mystery and wonderment. What a loss? We need to awaken ourselves from our conditioned and habitual ways of living to experience the wonders of living.

" There is a limit to a lifetime but not to the mystery in a lifetime. What foolishness then trying to catch the unlimited in the limited." These words deeply resonate with me.

May we keep our mind and heart open to receive the amazing grace of the mystery of living!

Namaste!

Jagdish P Dave

[Heart And Soul Bonds](#)

How do you relate to the author's notion of connectedness that seems to break the material boundaries of space and time? Can you share a personal story of a time you experienced "heart and soul bonds" with someone else? What helps you grow in "heart and soul bonds" in your daily life?

In response, Jagdish P Dave wrote on Aug 19, 2017 ...

As I understand, there are two modes of connecting with others in our life: the doing mode and the happening mode. Right now, I am in the doing mode. I am reflecting on what I am reading and communicating with whoever is reading my writing. This morning, I got a message from my friend about passing away of another friend who had serious medical conditions.. I expressed my heart

felt sadness and condolence to our friend's family. Such events happen in relationships. They are not spontaneous happenings that create a sense of awe and wonderment.

There are un-planned, effortless and spontaneous communication between me and my friends, relatives and students that create a sense of wonderment, surprise and excitement in me. Yesterday I was feeling the presence of my client in my heart, and I got a call from her. Yesterday I went to Trader's Joe to purchase a few things. I ran into a Japanese lady whom I had never met before. Both of us felt as if we have met each other before. The first question that she asked me happily surprised me. She asked me if I was meditating. I forgot about looking for things I was going to buy. Her question took us in a different world. She was excited about talking about a book, *Quiet*, she has been reading. She suggested me go to the next door bookstore to buy this book. And I did. I asked the lady at the counter to help me find that book. Lo and behold! The book was right in front of me on the shelf as if it were waiting for me!

There are times when I hear the sudden sound of thunder, unexpectedly waking me up! I feel grateful for receiving such gifts. Such gifts come from heart and soul-examples of synchronicity.

May we keep our heart and soul open to receive such gifts creating awe and wonderment!

Namaste.
Jagdish P Dave

[*Loving Your Enemy*](#)

What does loving your enemy mean to you? Can you share an experience where you faced up to the ideal of loving your enemies and praying for those who persecuted you? What helps you practice that ideal while facing a clash of ideology?

In response, Jagdish P Dave wrote on Aug 26, 2017 ...

" Love in every one of its forms is a lived "yes" to belonging. I call it a "lived yes", because the very way loving people live and act says loudly and clearly, " Yes, I affirm and respect you and I wish you well. As members of the cosmic family, we belong together, and this belonging goes far deeper than anything that can ever divide us." These words written by Brother David Steindal-Rast resonate deeply with me.

All of us want and yearn to be deeply connected with each other. Life begins with connectedness and grows like a plant by remaining connected with supporting and nourishing elements. In this process we do not learn to hate. As we grow we acquire beliefs that create two groups, in-group and out-group, we, and they, us and them- friends and enemies. These groups are the byproducts of human conditioning. However, there is the "being" part in the human being. This is composed of empathy, compassion, forgiveness, gratitude and love. All wisdom traditions teach us, urge us, inspire us to keep the heart and soul open to relate to each other as loving neighbors, as brothers and sisters in spite of our differences.

There have been living examples of people all over the world who have risen above the divisive ways of thinking and behaving and there lies the hope for us as human beings to survive and thrive.

Everyday I run into people whom I know who respect and affirm racial, ethnic religious and political differences without punching each other and hating each other. And I also run into people who hold strong prejudice and hatred for people who are different from them.

May we keep our mind and heart open to cultivate connectedness within ourselves and with others in our life!

Namaste.

Jagdish P Dave

[Happy Birthday, Dear Sister](#)

What does Nothingness mean to you? Can you share a personal story of a time you experienced Nothingness? What helps you stay rooted in Nothingness?

In response, Jagdish P Dave wrote on Sep 01, 2017 ...

Nothingness is not a thing. Nothingness is the source of everything. There is nothing missing in nothingness. This beautiful poem reminds me of a similar beautiful poem in an ancient spiritual book called Ishvasya Upanishada written in Sanskrit: "Purnam adaha, purnam idam, purnat puram udachyate; purnasya purnam adaya, purnam evavishisyate." This is full. That is full. If you add something to fullness, it remains full. If you take something out of it, what remains is fullness. Nothingness is described as emptiness-emptying those thoughts, feelings and actions that cause suffering to us and to others. Then emptiness is fullness and fullness is emptiness.

The source of creation has infinite abundance. When we separate ourselves from this source by believing and thinking and behaving as if we are separate from the source, we plant the seeds of alienation, me against you, invading others, and having not enough. We get misaligned with the source of creation. When we align ourselves and live in harmony with the all-pervading and all-embracing creative source, our cup of life gets filled.

Everything emanates from this creative source. We may call this source God, Supreme Being, Divine Mind, Tao or by any other name. Our egoic mind creates separation, divisiveness, and disconnection within and between people. Such a divided state of our ordinary ego-bound consciousness creates inner poverty and lack of fulfillment. If we wake up and become aware of this self-created alienation from the creative source, we can be reborn and live harmoniously, joyfully and peacefully.

My purpose of being in this world is to serve others and when I live this way the others become me, and I become others. This is spiritual consciousness transcending the self-serving ordinary consciousness. This way of living makes me blissful and deeply contented. When I step out of this

spiritual path, I feel discontented and unhappy. I wake up, rise, and walk on the spiritual path.

May we rise when we fall down, wake up, and reconnect ourselves with the creative source of nothingness, emptiness, or fullness.

Namaste.

Jagdish P Dave

[*Emptiness And Compassion Go Hand In Hand*](#)

What does emptiness and compassion going hand in hand mean to you? Can you share a personal story of a time you felt the interplay between human warmth and emptiness? What helps you stay engaged while being rooted in emptiness?

In response, Jagdish P Dave wrote on Sep 09, 2017 ...

A long time ago, in 1950, I went to a World View exposition at Tagore's Hall in Ahmedabad, India. I will never forget what I read at the entrance.

Everyman is All Man,
Every woman is All Woman,
Every child is All Child.
-Carl Sandburg

All wisdom traditions teach us the underlying truth of oneness in many-ness. Oneness has no limits or boundary.

Living this universal teaching or Dharma talk makes daily living joyful, abundant, and peaceful. I am sure all of us in varying degrees have tasted this nectar and have had glimpses of enlightenment. I am convinced that this teaching is not an ideal to worship. It is something we experience, we realize in our daily life.

When my consciousness is not bound and limited by my egoic mind, I sense and feel the underlying connectedness with nature and people I run into. This happens. I do not make it happen. When I am empty of my ego, I feel oneness and fullness-shunyata and purnata- emptiness and fullness. I do not experience them as separate or opposite.

Compassion creates a bridge between me and the other. When I see a person suffering, I feel suffering in me and my heart reaches out for him or her. It may be a short meeting of two hearts, but it enriches and nourishes our hearts. It is an organic experience bringing a deep feeling of joy and fullness.

Yesterday, I was eating my lunch with a bunch of children at Desert Garden Montessori in Phoenix where I teach Peace Education. I saw a four- year old girl crying and a six-year old girl comforting the

little girl compassionately, softly holding her hands without saying a word. She held her until she stopped crying. There is something in human heart that makes us feel compassionate and connected with the other being. It is by liberating myself from my ego, I become one with the other. It is by emptying myself I fill myself. It is like the author says,"It is a joyful, heartfelt path worth treading."

May we cultivate compassion for others to tread the path of joyful and heartfelt living!

Namaste!
Jagdish P Dave

[Beyond Content Of Thought](#)

How do you relate to the distinction between mechanics and content of thought? Can you share a personal story of a time when focusing on the mechanics instead of content that helped you make progress? What is a good test to know when the content is ripe for the picking?

In response, Jagdish P Dave wrote on Sep 17, 2017 ...

When I identify myself with my thoughts, I become my thoughts. Thoughts create feelings and emotions and actions and my character. If I do not dis-identify myself with the mental and emotional world I create in my mind, I get trapped by my self-created trappings causing ups and downs of mental and emotional states. It is up to me to free myself from my from the bondage I have created or to remain stuck with it.

One of the ways of reducing or working through my suffering is the practice of mindfulness. I have found practicing mindfulness very beneficial to me. Breathing in and out keeps me grounded, steadfast and composed. It creates space in me to let my thoughts come and go like waves and makes my mind quiet and clear. This is the mechanics I use to work on myself.

When I do not apply mindfulness, I resort to habitual and conditioned patterns of reacting to the contents of my thoughts which perpetuate and strengthen the cycle of my suffering. I run a mental commentary of finding fault either with myself or with others. What I have been learning from my mindfulness practice is what Baba Ramdass calls dis-identifying myself with from the contents of my thoughts. I let the thoughts come and go as I breathe in and out. Such mindfulness practice helps me to respond rather than to react. Practicing mindfulness consistently helps me to relate to myself and to others with freshness, empathy, and compassion.

May we find time to practice mindfulness for walking of the wholesome path.

Namaste.

Jagdish P Dave

[*Advice From A Tree*](#)

How do you relate to the wisdom that a tree can give us? Can you share a personal story of a time you were able to draw wisdom from a life-form other than human? What helps you enjoy the view while living?

In response, Jagdish P Dave wrote on Sep 22, 2017 ...

Trees are considered sacred and are revered in many cultures and societies. Roots of trees signify the importance of learning how to be grounded and steadfast in the midst of storms of life. Branches of trees show the significance of remaining connected with one another. Trees change inwardly. Seasons change outwardly. Trees relate to such changes gracefully. A great lesson to learn from trees as we go through the passages of life..

Nature offers many gifts like the sunshine and the moonlight and twinkling stars at night. We miss their mysterious presence if we are not open and present to receive such wonderful gifts. Nature offers simple pleasures of earth, fresh air, and light. Sadly, we miss them because we are not at home. Our mind wanders and we miss the wonderment of celebrating simple pleasures of life. We mindlessly allow ourselves to be disconnected with the source of abundance, and wonderment by not remaining rooted and connected with the presence. Let us remember the roots and be open and present to enjoy the view.

I have gone through passages of life in my life journey from childhood to old age. When I was a child, I had planted a Neem tree in my backyard. I related to my tree with a lot of affection and joy. The tree became my dear friend. When I was in distress, I would sit under the tree, and I would feel comfort and nourishment coming from the tree. When I was tired I would lay down under the tree and felt refreshed. And when I had a joyful experience, I shared my joy with my tree. The tree was my never failing dear friend. When we moved to another house, I sat under the tree and cried. I felt as if I was held warmly and tenderly in the hands of my tree..

My early childhood experience with my Neem tree has planted seeds of loving, appreciating and taking care of plants and trees. To me they are sacred and a great source of joy. This is what I learned from my Dear Tree.

May we relate to nature with affection, friendliness and gratitude!

Namaste!

Jagdish P Dave

[*Habits Of The Heart*](#)

How do you relate to the five habits of the heart? Can you share a personal story of these habits serving you well in your life? What helps you inculcate these habits?

In response, Jagdish P Dave wrote on Oct 01, 2017 ...

Our society is plagued with divisiveness and polarization, discrimination on the basis of color, race, ethnicity, and religion. Almost every day we hear or see aggressive and hateful behaviors not only in our country but in many other countries. If this goes on or increases, it will be very hard for societies to survive let alone flourish.

We need to form and cultivate "Habits of the heart." The five habits discussed in this article are interlinked. We need to realize that we are all in this together, interconnected, entwined with one another. Let us not confine in the bubble of individualism and independence. As the author says, it is an illusion. No man is an island. We are all like the waves of the ocean of humanity. We are interconnected and interdependent.

Unfortunately, and sadly, we our mindset and mind habits are shaped by the notion of "us versus them" rather than "us and them". We are each other's brother keepers. Knowing this and practicing this notion expands our consciousness and enriches our relationships.

We need to have our personal voice and express it courageously. We need to cultivate the courage to be ourselves and maintain our integrity. At the same time, we need to hear the voice of the other respectfully and empathically. Relationship is not a one way street. We need to learn and practice to be open to check and correct our truth against the truth of others. And this is the way we flourish our society.

It takes a village to create a social change. We all know how difficult it is to create a substantial change by oneself. We need to create a community of kindred spirits and join hands together for justice and fairness. Once we know with an awakened mind what is Truth-buddham sharanam gachhami. And then follow that true path passionately and consistently- dhammam sharanam gacchami. And invite our fellow brothers and sisters to join us-sangham sharanam gacchami. By inviting and embracing others, we can sustain and flourish the local and global society.

I have been spiritually enriching my life by joining my hands with kindred spirits in my family, in my workplace and in my local community. I trust and hope that such actions will contribute to the survival and enrichment of our society.

May we relate to one another in the spirit of togetherness to create transformation in our lives and the lives of others.

Namaste.

Jagdish P Dave

[One Has No Self To Love](#)

How do you relate to the notion that "nothing is really more inhuman than human relations based on morals?" Can you share a personal story of a time you felt authentic love? How do you reconcile the notion that one has no self to love with other wisdom teachings that ask you to practice loving yourself?

In response, Jagdish P Dave wrote on Oct 07, 2017 ...

Love is unselfish and unconditional. Such pure love has no outwardly defined boundaries and prescriptions. Love is not a calculating transaction. Love grows from within like a plant and offers flowers, fragrance and fruits joyfully. Such offerings fill the cup of life with joy, fulfillment, and happiness.

"Nothing is more inhuman than human relations based on morals." This statement by Alan Watts made me think deeply. Morals are prescriptions or commandments or rules to follow for social order and social cohesiveness. As a human being I am born not as a conditioned self. It is a self not defined by outside agencies. It is pure and free. As that self grows, it is shaped by what is right and what is wrong, the morals of a society. Love, relate and accept those who are on our side. Hate, disconnect and reject those who are on the other side.

The life holding, the life sustaining, and the life blossoming consciousness is diminished by the societal morals. Our essential self is diminished by the societal conditioning. When we quietly introspect and create clear space within us, when we wake up and let the light shine through the cracks of ourselves, we get liberated from the ego self. This light is the light of love. As Alan Watts says, "It comes only in the awareness that one has no self to love." We realize that there is Universal Self and that is our Essential Self.

May we attain and retain the awareness of the Universal Self, our Essential Self to serve others who are essentially us!

Namaste!

Jagdish P Dave

[Planting Twin Trees](#)

How do you relate to leaving gifts behind far beyond your own lifetime? Can you share a story of a thoughtful action someone long before you took that has benefited you directly? What inspires you to pay your gifts forward?

In response, Jagdish P Dave wrote on Oct 13, 2017 ...

I love the metaphor of planting the Twin Trees. Two hearts, minds and bodies bonding together, nourishing and taking care of each other and all connected with them. We have received gifts of love and caring from our ancestors, our guardians and we are continuing the same shade giving to

each other and others and planting the Tween Trees for the generations to come. This is our sacred responsibility called Dharma.

I strongly believe that we need to spend time with our children to talk about our ancestries, where we are coming from, how much sacrifice they have made for us and how grateful we are for having them in our lives. It is somewhat like modern scientists are indebted to the scientists who blazed a new path of discoveries and inventions. before them This applies to philosophers, musicians, writers, and dancers. We all are indebted to our forefathers and fore mothers.

In our family we spend time together talking about our ancestors and paying homage to them, offering our gratitude to their feet.

May we never forget the great gifts of life and love we have received from our parents and grandparents and great grandparents!!

Namaste.

Jagdish P Dave

[*Seeing Is Not Thinking*](#)

What does finding a certain freedom in the act of seeing mean to you? Can you share a personal story of a time you experienced "I do not know" without seeking an answer? What helps you stay in front and see clearly?

In response, Jagdish P Dave wrote on Oct 24, 2017 ...

Reading this article reminds me of an ancient saying written in Sanskrit, " Yatha drushti tatha shrusti." Meaning as is my vision, so is the world. If my vision is clouded I see the world clouded. Fresh eyes are new eyes free from the bondage of the past, from the anticipation of the future; free from the attachments to positive and negative thoughts, wishes and desires, free from the old mind. It is a fresh vision, a new vision, a new mind, a new brain, the "choiceless awareness"

When I read something like this, I get deeply connected with the vision of the vision. My mind becomes quiet, and I feel the open space within me, like the clear blue sky. I am in the here-and now zone. I am no more attached to my thoughts; I am no more enslaved by my conditioned mind. To put it in the words of the author, " abandon everything to enter the unknown." This is freedom -the inner freedom. It is the womb, a birthing place of the new intelligence, the new mind, the new brain, open to the sense of the cosmos. Seeing is not thinking. It is beyond thinking, free from thinking.

Practicing mindfulness meditation opens and expands my inner space for perception seeing the reality, a new dimension that transcends time and space. I experience "The Power of Now." It enables me to relate to apparent differences with an open mind and open heart and creates and sustains my wholesomeness.

May we have an interval between a stimulus and an old response to see the reality as it is!

Namaste!

Jagdish P Dave

[*Welcoming Fear As A Friend*](#)

How do you relate to the notion of living into the bright, sane responsiveness that fear makes possible? Can you share a personal experience of a time you leaned into your fear? What helps you stay present to fear without dismissing it?

In response, Jagdish P Dave wrote on Oct 27, 2017 ...

I love to read such writings which make me pause,"see" with wide open and clear yes and connected with the truth emerging from openness and clarity. The fear of fear is neurotic. It is a conditioned response. I stay away from relating to a new and fresh stimulus even before it arises. In this sense I relate to fear as an enemy, and not as my friend. Such a mindset creates a wall or a boundary and restricts the flow of our energy. Our flow of energy gets thwarted by fight, flight or freeze response.

Another way of relating to a fear is befriending the fear. We embrace the fear with open arms and allow ourselves to experience it as a friend or a guest. When we relate to our fear in a friendly way, fully and fearlessly, we feel the surge and aliveness of energy like surfing on the new waves..

When I am fully present to the existential reality as it is without the judgment of right and wrong, beyond right and wrong, I am in the field of pure energy, pure awareness. It is a different dimension of consciousness. Walking in nature, listening to music, connecting with myself with myself and others on a deeper level creates a sense of awe and wonderment. Living becomes a blessing.

May we be free from the shackles of fear and swim in the pure flow of energy!

Namaste.

Jagdish P Dave

[*Space To Heal*](#)

How do you relate to the notion that there is nothing but space? Can you share a personal story of a time you were able to create the space to heal? What helps you create such a space?

In response, Jagdish P Dave wrote on Nov 05, 2017 ...

Reading this article reminds me of a wise statement written by Austrian psychologist Viktor Frankl. " Between stimulus and response there is a space. In that space it is our power to choose our response. In our response lies our growth and our freedom." Our mind is hijacked by our emotionally disturbed mind causing harm to us and others connected with us..This is where we need to pause to create that space which frees us from the grip of the reactive mind.

I need to be mindful of how much unnecessary stuff I keep on buying crowding my external space. How much I hoard invading my own room. Likewise, I need to be mindful of how much junk I stuff in my mind in the form of destructive thoughts and destructive emotions, holding on to the past and narrowing my inner space. Sadly, we create our own pathology.

We need to wake up and attend to the accumulation of the external stuff and the internal stuff. We need to learn to let go of the stuff that we do not really need. I can be my own killer, and I can be my own healer. It's my choice. It's up to me. We can do that by learning and practicing how to create that space that slowly and gradually helps us rest, rejuvenate and heal. We can and need to start doing it now.

Practicing mindfulness meditation regularly has been a blessing to me. It has created a stream of wellness in my life. My wellness affects people in my life in a positive way. We all are together to help and heal each other.

May we help us and each other to create the healing space within us to fill it with joy and fulfillment!

Namaste.

Jagdish P Dave

[*The Sun Is The Perfect Example*](#)

How do you relate to the metaphor of the Sun as a perfect state of being rather than doing? Can you share a personal story of a time you were being rather than doing? How do you reconcile a beingness that holds the space neutrally with being moved by love?

In response, Jagdish P Dave wrote on Nov 10, 2017 ...

The sun as I understand represents the inner being which always shines within us. The light of being is our true nature described as the Divine Light within us. Such light is ever shining and is everywhere. Rabindranath Tagore poetically describes that light in these words: "Light, my light, the world-filling light, the eye-kissing light. heart-sweetening light! Ah, the light dances, my darling, at the center of my life: the light strikes, my darling, the chords of my love; the sky opens, the wind runs wild, laughter passes over the earth. The butterflies spread their sails on the sea of light. Lilies and jasmines surge up on the crest of the waves of light...Mirth spreads from leaf to leaf, my darling, and gladdens without measure. The heaven's river has drowned its banks, and the flood of joy is abroad."

I experience such light within me when I am quiet within me. The quiet of non-doing moments opens, expands and deepens my awareness of the ever flowing and ever present stream of pure consciousness. It is filled with peace, joy, love, fulfillment, and fullness. I also experience this state of consciousness when I am fully absorbed in doing what is deeply meaningful to me. At such times, my doing is not separate from my being.. It is like the light is the sun and the sun is the light.. It happens when I read something that moves and fills my heart like Tagore's poem I mentioned

before. The sunlight for me is a call for awakening of my mind and heart. It is like living from within.

May we awaken to receive the blessings from the ever-shining and ever-enlightening hands of the sun!

Namaste.

Jagdish O Dave

[*Laziness As Our Personal Teacher*](#)

What does 'unite with laziness' mean to you? Can you share a personal story of a time a moment of laziness became your personal teacher? What helps you lean into your laziness?

In response, Jagdish P Dave wrote on Nov 18, 2017 ...

Everything that happens to me could be me my teacher if I do not resist it, fight it, fear it or freeze by denying it and doing nothing about it. As a human being, I experience ups and downs, pleasure, and pain. Since I like and want pleasure, I try to avoid, deny, and try to run away from my pain. By avoiding it or believing or hoping that it is gone, I am fooling myself. What I disown slips into the shadow zone. Since I do not want to face my shadow and work through it, it darkens my light zone and prevents me from me being and accepting my authentic or real self. I need to wake up and embrace my fullness with all its colors. I relax myself and lean into that dark zone which is me. In order to be a whole human being, I need to accept my humanness and compassionately work through it.

The body has its natural rhythms. When I am tired, my body wants and needs to rest and relax and go to sleep. If I do not listen to the feedback that my body gives, I become my own enemy. I have been learning and practicing to befriend my tired body and provide that restful space. It is natural laziness. And the same way I relate to my bodily sensations, thoughts, feelings, and emotions. Since I live in a relational world, I relate to my inter-personal experiences the same way. The other is me too. We need to go beyond the dualistic perspective and relate to each other as our brothers and sisters, the branches of the one tree of humanity.

This is my daily psycho-spiritual practice. Living this way makes me hopeful and optimistic as we are going through small and big storms in our life. Life is a gift, and it is my intention to appreciate and use this gift for a higher purpose, for greater good.

Namaste!

May we all awaken and walk on the Dharma path, the path of not harming us, other sentient beings, non-human beings and Mother nature!

Jagdish P Dave

[The Messiah Is One Of Us](#)

How do you relate to the notion that spaces of hope and kindness are related to how profoundly we see each other? Can you share a personal story of a time you saw others with profound possibility or were seen that way by someone? What helps you practice seeing the profound in others?

In response, Jagdish P Dave wrote on Nov 24, 2017 ...

I love this story. It is simple and profound. And it is relatively easy to apply in life. There are Messiahs or Prophets in all wisdom traditions giving message of life to awaken. According this story the Messiah is one of us. Who is that one? To me One is that connects all of us. It is like a thread that ties and connects all the beads around it. To me it represents compassion, love, gratitude, graciousness and joy. When we relate to that Messiah in one of us, we relate to that Messiah within all of us. The one belongs to all of us.

Compassion is contagious, kindness is contagious, love is contagious. Hope is contagious. It is like one lamp lighting the other. This is my daily experience. When I see someone with fresh loving or kind eyes I see the smile of loving kindness. When I comfort and soothe a crying child by putting my hand on his back, the child looks at me with grateful eyes. When I meet someone and a smile comes on my face, the other smiles back effortlessly. We mirror each other and get profoundly connected with each other.

The same thing happens when someone looks at me kindly when I am sad or greets me with a smile and a smile spread on my face. We build a bridge of connectedness. We can create a wonderful world by relating to each other with compassion and gracefulness.

May we relate to the Messiah in each one of us and be the instrument of service, joy, love, peace and happiness!

Namaste!

Jagdish P Dave

[Small Graces](#)

What do small graces mean to you? Can you share a personal story of a time you felt complete with the small graces in your life? What helps you value the small just as well as the great?

In response, Jagdish P Dave wrote on Dec 02, 2017 ...

I love reading weekly Awakin Readings. I love reflecting on them. I am grateful for this precious gift. This reading is another lovely gift.

I love to do both big and small things. There are times when I get caught up in living in the big dream world missing the small graces right in front of me. This morning, my daughter was lovingly offering me a cup of tea. She cherishes time spending with me I missed seeing her right in front of me. I was with her physically but not really with her. I was in my dream world of designing a great and grand project. I missed the small offering by being mentally occupied with the big thing.. I remember reading Rabindranath Tagore's poem. While the poet is looking for majestic beauty on the far away

Himalayan peaks, the little flower smiling in front him says to the poet, "O great poet! Can't you see the tiny beauty right in front of you?"

Her question, "Dad, where are you?" wakes me up to taste the tea-her warm, affectionate presence. It is a small, graceful act radiating heartfelt loving energy. This Saturday morning, she woke up early to make khichadi for my lunch before she took off for her work. Watching her making food for me joyfully was a blessing to me. Such small acts of kindness are indeed a great source of joy and contentment.

I fondly remember my mom singing a lullaby before I go to sleep. Her lullaby still resonates in my heart. Such a small gracious gift! And that's the way she lived her life.. She exemplified the wise saying of St Francis of Assisi: " We cannot do great things. We can do little things with great love." I find the words of Kent Neburn very appealing: " The world we shape is the world we touch with our words, our actions, our dreams."

Let us make everyday a good day by doing small, good things for us and for others and be grateful for small graces we give and receive!

Namaste!

Jagdish P Dave

[What You Missed That Day You Were Absent From Fourth Grade](#)

How do you relate to 'I am' being a complete sentence? Can you share a personal story of a time you felt wholeness in your experience? What helps you remember that you have enough, and that you are enough?

In response, Jagdish P Dave' wrote on Dec 09, 2017 ...

Feeling enough and whole is different from having enough or possessing wholeness. It is also different from intellectually knowing what is enough and what is wholeness.. According to my understanding, it is realizing or experiencing fullness, or wholeness. As the writer says, " I am is a complete sentence." It is not a thing. It is an enduring feeling of wholeness or a higher state of consciousness, dwelling in the being zone. Wanting, and doing and having and possessing take us away from the state of being.

It is my belief and conviction that we all have a deep yearning for completing our I am sentence, for experiencing the wholeness and fullness. We are all thirsty for it. But sadly, we strive to attain it by creating and living in a world of doing, having, and possessing and draining our physical, mental, and emotional energy. It is like a deer thirsty of water chasing the mirage. It is like walking on the periphery of the circle looking for the center. No wonder why we feel exhausted and incomplete.

When I read something like this article or a poem or listen to a song or hum a song I feel like I am in

the being zone. The doing and having merge into the being state. When I water the plant, hold the hand of a crying child, look at the shining stars, extend my helping hand, meditate with like minded people, or take a mindful walk, I feel fullness of living in the moment. I feel "I am is a complete sentence."

May we awaken ourselves from the delusion and dream of seeking fulfillment from outer sources rather than living from within!

Namaste.

Jagdish P Dave'

[*The Gift Of Threshold Moments*](#)

What does a threshold moment mean to you? Can you share a personal experience of a threshold moment? What helps you open up to the immense mystery that surrounds the small circle of light in which you dwell?

In response, Jagdish P Dave wrote on Dec 15, 2017 ...

" The thrus's song belongs to a family of experiences that usher us into a threshold where sound trails off into silence, time disappears into timelessness, and the known world is engulfed by the great mystery." Reading these words took me into the sound of silence. Such voyage into timelessness happens when I take time out for my in-time. I call the in-time zone the being zone. In this in-time zone, I do not feel bound by the out-time world. It is an experience that transcends the boundaries of space and time.

I like the phrase "a family of experiences." Meditation is one of such family of experiences for me. Meditation ushers me into such timeless state of mind when the chattering mind becomes calm and quiet. When I chant, I feel totally absorbed in it.

A few years ago, we were on a pilgrimage to Amarnath some 15,000 feet above the sea level. We all felt a deep sense of awe and wonderment when we saw the clear sky with luminous stars. We all felt profound sense of silence. We were all in the timeless zone in deep silence for a long time. I will never forget this experience of a threshold moment.

May we take time out from our busy and hectic life to receive gifts of a threshold moment!

Namaste.

Jagdish P Dave

[*Where We Are Is Our Temple*](#)

How do you relate to the notion that wherever you are is your temple? Can you share an experience of a time you were able to treat what you encountered as your practice? What helps you be an undivided heart?

In response, Jagdish P Dave wrote on Dec 24, 2017 ...

Reading Jack Kornfield's writing makes me feel at home. It is like home coming. I was raised in a poor family of nine members: father, mother and four brothers and three sisters. In spite of poverty, we felt spiritually whole and wealthy. Our parents embodied spirituality in everyday living. Every evening, we used to go to the nearby temple to pray and worship. Our parents made a little shrine in our home, and we used to pray every morning. Our home was our temple, Love, truth, compassion, grace and forgiveness were the foundations of our family temple. That became the way of our living. We were blessed to live near the Gandhi Ashram and used to attend evening spiritual gatherings in the presence of Mahatma Gandhi. Gandhiji inspired us and reinforced our spiritual way of living. When a journalist asked Gandhiji, "What is your message?", his answer was simple and profound, "My life is my message."

Almost every Sunday morning, I go to a community church with my daughter and her family. She is married to a Catholic gentleman. I listened to the pastor's sermon. The message is the same that I learned as I was growing up in India. Spirituality is the way of living, the 'Path of the Undivided Heart.' Let everyday be a Jesus Day or Buddha Day or Krishna or Rama day. Material wealth and material possessions, and our outward appearances and religious dogmatic beliefs may divide us as well as unite us, or make us believe we are greater and better than others. The spiritual reality or truth is that we all are one family, that where we live is our temple. This is my understanding of spirituality, of living spiritually.

My everyday spiritual practices, prayer and meditation, help me to live from my undivided heart. My work is my worship. My living is my prayer.

I would like to conclude my reflections by quoting Chief Seattle: "We do not weave the web of our life; we are merely the strand in it. Whatever we do to the web we do to ourselves."

May we make our New Year's resolution: let our home be our temple and let us embrace spirituality with an undivided heart!

Namaste!

Jagdish P Dave

[*Universality Is Not An Idea, It Is Reality*](#)

How do you relate to the notion that universality as an intellectual idea is damaging while as an experiential reality, it is a tremendous experience of life? Can you share a personal story of a time when you experienced universality as your reality as opposed to an intellectual idea? What helps you move toward the experiential reality of your own nature?

In response, Jagdish P Dave wrote on Dec 30, 2017 ...

This article represents to me two forms of reality, individual and universal. Individual reality is understood intellectually. It is like an ego identity. It has space and time boundaries. It is defined by what I have, what I do, and by my age, race, gender, nationality and religiosity. Individual identities are like bubbles in the process of creation. If I limit myself and bound myself by this version of who I am, I may create and contribute to harmful and immature actions created by my individual identity. Is an individual reality is really a reality or a delusion? According to Sadhguru, it is an idea, not a reality. I perceive individual reality as as relative reality and not an ultimate reality.

Universal reality is our true nature. It is not bound by time and space and by boundaries created by our ideas of reality. Yoga means union. Yoga as Sadhguru states is that union "that which brings you to reality." Yoga helps us move towards an experiential universal reality, union with Oneself. Such experiential knowing is universal, non-dualistic where one knows the ultimate nature of existence.

When I relate to others from my heart, I feel the existence and presence of universal reality. In Hindu spiritual tradition we call this Yoga Bhakti Yoga- the Yoga of Devotion. My mother was the embodiment of Bhakti Yoga. She did not talk about it. She lived it. And though she is physically not with me, I still feel her presence. In deep meditative state I experience such universality. It is called Dhyana Yoga-Yoga of Meditation. I experience such non-dualistic existence when I serve others from my heart. It is called Seva or Karma Yoga. There are many paths of Yoga. The challenge for me is to stay the course.

May I remain awakened and alert to walk on the path of Yoga!

Namaste.!

Jagdish P Dave

[Becoming Master Artists](#)

How do you relate to the notion that we were born to challenge our conditioning? Can you share a personal story of a time you reversed your conditioning and swam upstream? What helps you find joy in challenging your conditioning?

In response, Jagdish Dave wrote on Jan 05, 2018 ...

" By virtue of being human, all of us have the capacity to choose, to change, to grow." Eknath Easwaran's closing statement deeply resonates with me. I love it. It is very encouraging and promising. We all have been conditioned to think, believe, feel and act according to the beliefs and ideas of good intentional people who raise us. The downside of such conditioning is that it limits our capacity to be free to find our own path that can expand and deepen our consciousness and original creativity. The good news is that we have innate capacity to change and reverse our conditioning.

In order to create a new path and go upstream we need to have courage and conviction for change and transformation. It does not happen quickly and easily. It requires sustained effort and time.

patience and practice. It requires dedication and devotion. In Hindu spiritual tradition, we call it sadhana and one who practices it is called sadhak. It is a self-chosen path. It is usually a path that is less traveled. although everyone is capable of walking on this uphill path. It is a path of liberating oneself from the conditioned bound self.

I have been walking on this path for quite some long time. I was blessed to have parents who set an example of living spiritually and encouraging and supporting me to follow my path. And that is the path and practice of meditation. It was not that easy for me to walk consistently on my path. I had friends who were not walking on this path. There were temptations that would distract me from my path. I fell down and stood up again and continued my journey. Daily practice of meditation has always helped me to sustain and move on. Doing meditation with like minded and like hearted people has been very helpful to me to stay the course. I feel at home no matter where I am. Meditation is homecoming, creating deep feeling of contentment, joyfulness and peacefulness.

May we pave and walk on our own path that connects us with others, and which brings joyful fulfillment in us!

Namaste.

Jagdish P Dave

[You Are Saved By Your Love](#)

What do you make of being saved by your love? Can you share a personal story of a time your love saved you? What helps you know yourself as you have always been?

In response, Jagdish P Dave wrote on Jan 12, 2018 ...

Love is the savior and love is the saved. In love, there is oneness. There is no separation. between doing and being, between subject and object. There are three dimensions of relationship: self -to -self, self-to -other and the one that transcends self and others. It is a transcendental relationship going beyond all man-made boundaries. Love is an experience of oneness. Love experience is a spiritual, a sacred experience. Such experience brings the lightning of self-knowledge. And as Michael Damian says," In a flash you will behold a new heaven and earth and know yourself as you have always been."

In love there is no defeat and no victory. When we have deep feeling of oneness, there is no otherness. The self is the other and the other is the self. I feel such oneness when I am deeply connected with what I read, what I write, or when I listen to music or when I meditate. I feel such joyful oneness when I watch the stars, listen to the rain drops falling, or the birds chirping. I feel such oneness when a child or a stranger smile at me or in loving and helping relationships.

There are different dimensions of love. In my youth, I was looking for love coming from a beautiful young girl, I went on a journey of pleasures and pains. When the relationship broke, I felt deeply hurt. My heart was wounded. What helped me was allowing my feelings of pain and suffering come with deep compassion for me and deep compassion for the other person. It took time for me to heal

myself. I needed to feel in order to heal. Such compassionate healing was mutually beneficial. This profound experience taught me the power of love. It helped me to go to a higher dimension of love.

May we learn how to cultivate compassion and love to live our life harmoniously and joyfully!

Namaste! Jagdish P Dave

[Does Life Have A Purpose?](#)

How do you relate to the directive to fulfill oneself in perfection? Can you share a personal story of a time you felt life in all things? What helps you include the negative in your conception of the positive?

In response, Jagdish P Dave wrote on Jan 19, 2018 ...

Reading J. Krishnamurti's writing makes me think, inquire, and reflect. As I am reading this article questions do arise in my mind. Questions such as why individuality does not have a purpose? Can I have individual existence without having separation between my individual existence and another person's individual existence? Can I relate to the other person's individual existence harmoniously while we both respectfully accept our differences? These are not idle philosophical questions. I face them almost everyday. I keep an open mind and really listen to the other person as an individual.

My individual existence has a purpose that is to create unity or harmony within my different voices within me and with another individual's existence. It is like being in a concert with different players and instruments creating concord and harmony. Or it is like a rainbow with seven different colors and merging into each other creating unity or oneness.

I know from my own experience that this is the truth that creates positive energy, joy, excitement and peace. Realizing this truth is an ongoing challenging journey for me and I am happy to work on it. patiently. Yesterday, I had an exiting and delightful conversation with my friend talking about what is true education and what is the essence of human nature. When we talk about my premise on basic human nature quite different from his premise on human nature, dark clouds of friction started building up. We are good friends and have great long standing relationship. Both of us took deep breaths to create a space to mindfully respond and not to react. This helped us to be open to each other and relate to each other compassionately. Such experiences have been very helpful to me in building bridges to help us remain connected with each other. Such a way of working on individuality opens the door to experiencing oneness. I know this is an ongoing journey. I have patience and determination to walk on this way.

May we remain open minded and open hearted to flourish the richness of our individual existence and live harmoniously.

Namaste.

Jagdish P Dave

[Spiritual Activism](#)

What does spiritual activism mean to you? Can you share a personal story of a time you let go of the personal part of your being that was reacting to the personal part of another person's being? What helps you stay connected to what you care about without falling into destructive reactive patterns?

In response, Jagdish P Dave wrote on Jan 28, 2018 ...

I love the phrase "Spiritual activism." It reminds me of the Bodhisattva way of living and relating to others. It is like returning from the mountain to the market. To me active spiritualism is putting into action our basic values into practice, taking a position against social injustice and relating to such conditions and situations with assertive compassion. Practicing such active spiritualism requires clear seeing, empathic understanding and compassionate action. This is my path, and I know it is not an easy path.

When we practice active spiritualism, we are going to encounter tough challenges presented by oppositional persons and systems. Our task is how to relate to these conditions without falling into destructive reactive patterns. How to remain cool and connected with what we value and stand for without disconnecting with others and still maintaining connectedness with others.

I encounter such challenges with my close friends who hold a diametrically opposite position regarding climate change. My stance is to be truthful and genuine in expressing my position and at the same time to genuinely listen to my friends' position. I remain mindfully aware of the reactive thoughts and feelings arising in me and create a space within me to listen empathically to what my friend is saying. My intention is not to convert my friend into my position. When I act like this I feel good in myself for being myself and relating to the other non-judgmentally, non-reactively and non-destructively.

Mahatma Gandhi, Nelson Mandela and Dalai Lama have recently demonstrated the power of Spiritual Activism. It is not easy but necessary and worthwhile to practice Active Spiritualism in our family, in our community, in our nation and the world at large.

May we practice and apply "Active Spiritualism" to create and sustain a just society for greater good!

Namaste.

Jagdish P Dave

[What Breaks Your Heart?](#)

What breaks your heart? Can you share a personal story of a time you felt simultaneously filled and fuelled by what broke your heart? What helps you acknowledge that your heart is or has been broken?

In response, Jagdish P Dave wrote on Feb 03, 2018 ...

I deeply believe in the original goodness in all of us. I also deeply believe that together we can move humanity forward for greater good. And when I see people going beyond themselves to help and serve people who need help and support, my heart gets filled with joy, hope and aspirations. But when I see people suffering from social and economic injustice, I feel pain and anger and my heart gets broken. When I see two-mouthed and two-faced behaviors of our leaders who are supposed to serve the people and not to be self-serve and their parties, I not only feel anger and pain, but I feel

despondent. I know I need to remind myself of the original goodness residing in human heart.. When I see some compassionate and courageous leaders taking a position for common good, my pain goes away, and my anger fuels my passion to join hands with such good and bold people. And I pursue my purposeful journey of helping and serving people. And I hear the song "We shall overcome" in my heart.

I would like to conclude with the inspiring words of Maria Shriver, "I envision all of us with broken hearts coming together to heal and get to work, mending the crack in the divide."

May we keep the spirit of working together by joining our hands for the dawn to arrive in the sky of humanity!

Namaste.
Jagdish P Dave

[Deep Ecological Awareness Is Spiritual Awareness](#)

What does deep ecological awareness mean to you? Can you share a personal experience of a time you felt such an awareness? What helps you develop a deep ecological awareness?

In response, Jagdish P Dave wrote on Feb 09, 2018 ...

Deep ecology does not difference between nature and us as human beings. We are all intimately connected with nature. The philosophy of us vs nature has caused a great deal of harm to the world of nature. We as human beings are interconnected and interdependent with us and the world of nature. This cosmic connection paradigm is an ancient non-dualistic paradigm. Deep ecological awareness is indeed spiritual awareness. I am very glad to notice the revival of this holistic cosmic paradigm. I know there are people including our policy maker politicians who are still holding on to the industrial-growth oriented materialistic shallow ecological paradigm. I hope more and more people embrace the deep ecological paradigm as a way of protecting and saving the web of life.

I was blessed to be raised to relate to nature as a living organism just like us as human beings. I work with children in a school that upholds the deep ecological view of life. When I see young children watering the plants and relating to squirrels, rabbits and birds with wonderment and compassion, I feel very happy and optimistic. I think the younger generation is more open to relate to ecology deeply and it is our responsibility to help them cultivate the awareness of interconnectedness and interdependence. This is spiritual awareness which can create harmony and peaceful coexistence.

May we cultivate deeper and compassionate connection with life at all levels!

Namaste.
Jagdish P Dave

[*Living In The Freshest Chamber Of The Heart*](#)

What does living in the freshest chamber of the heart mean to you? Can you share a personal story of a time you inhabited the freshest chamber of your heart while using the other chambers of the past to stay afloat? What helps you live in the freshest chamber of your heart?

In response, Jagdish P Dave wrote on Feb 16, 2018 ...

How to live in the present fully is a challenge for almost all of us. We all have past, the old heart chamber, filled with aches and pains and suffering. In my opinion no human being can escape from suffering. Our challenge is how to live fully in the freshest chamber of our heart, not to be broken by the past suffering and live fully in the present.

In order to live in the freshest chamber of our heart, we need to let go of the past by resolving it, letting it go and learning from it. We use these past learnings as the other chambers of the heart to stay afloat and love again like a fresh start. We do not deny the past but we say good bye to it to say hello to the present. We need to feel in order to heal.

I have gone through heart braking and heart aching experiences while going through the journey of my life. I lost my dear wife who was with me for some sixty plus years. When she passed away six years ago, I had aches and pains in my heart. I felt life empty and hollow. I found it very difficult to bear this big loss. I let my pain come mindfully and let it go without denying it, ignoring it or getting stuck with it. Going through my pain mindfully gave me strength for living more fully in the present. Mark Nepo's last statement deeply resonates with me: "Only by living in the freshest chamber of the heart can we love again and again for the first time." What a blessing! Namaste.

[*Wisdom Of Grieving*](#)

How do you relate to the notion that to arrive at maturity, we have to pass through all five stages of grieving? Can you share your personal experience of going through all five stages of grieving? What helps you stay in motion, doing what you can to make a positive difference?

In response, Jagdish P Dave wrote on Feb 23, 2018 ...

I have experienced losses of dear friends, father, and mother, and three brothers and three sisters and the latest loss of my dear wife. I have learned about death and dying by going through such losses. I have seen my clients going through the five stages of grieving as described by Dr. Elizabeth Kubler-Ross. Personally, I have experienced loneliness, emptiness and a deep sense of sadness by the losses in my life. It did not take a very long time for me to accept the passing away of the people so close to me.

Grieving has been an important process for me to accept the unavoidable reality of passing away. Realizing the truth that whoever is born is going to die has eased my pain. Genuine support from my sons and daughter was a great factor in my healing process. I still feel the loss of my wife and also feel the presence of her love. My daily practice of mindfulness meditation has been the anchor in my life. Reflecting on the unavoidable reality of dying has made me aware of the precious gift of life. How to live is in my hand. Dying has taught me the most valuable lesson of living.

May we live our life fully, gracefully and gratefully!

Namaste.

Jagdish P Dave

[*Do A Nice Thing For Your Future Self*](#)

How do you relate to the notion that you are the best friend your future self has? Can you share a personal story of a time you did something out of kindness and regard to your future self? What helps you stay rooted in affection and sympathy toward your future self?

In response, Jagdish P Dave wrote on Mar 02, 2018 ...

How sad it is that as we grow up we get put down and self degrading messages from the people who also love us and care about us. Such messages grow like bad roots in our unconscious mind and have a significant impact on our sense of self. This touching and beautiful story teaches us to welcome the innocent stranger, our own future mysterious and blameless self, to befriend him or her, and extend our conscious hand of affection. We may not be able to do something about our bruised past self, but we can welcome our self to come with loving and kind tenderness.

There are times when I have beaten myself for making big mistakes such as hurting someone close to me. What has helped me to meet and be my innocent mysterious self is the kind and loving people in my life for accepting me with affection as I am. I have been practicing loving kindness meditation. Being compassionate to oneself and to others has helped me to stay rooted in affection and sympathy toward my future self.

May we be open to welcome our innocent stranger!

Namaste.

Jagdish P Dave

[*What You Do Afterwards*](#)

How do you relate to the notion of acting while relinquishing control over what your action means? Can you share a personal story of a time you were able to act while letting go of your ownership of that action and its meaning? What helps you be mindful of how you can open up possibility with your actions?

In response, Jagdish P Dave wrote on Mar 11, 2018 ...

When it comes to decision making and acting on it, I reflect on the choice I am making and check whether it harms or hurts me or harms or hurts others on a small scale or on a large scale. I own my ownership for my action. In that way I am responsible and accountable for my decision and action.

When it comes to group decision making and acting on it,, I participate in it with an open mind and with an open heart. This process is very helpful as we invite everybody to have their say in arriving at a decision and acting on it. In this case, the ownership and accountability belongs to the whole group. I use this approach in my classroom when an issue has an impact on everybody or somebody in the class or beyond the class. I use Socratic dialogue and dialectical approach for exploring ways and means for tackling the issue and arriving at a decision by consensus. I find this approach very fruitful,

Namaste.

Jagdish P Dave

[The Difficult People In Your Life](#)

What does becoming aware of your own energy mean to you? Can you share a personal story of a time you became aware of your own energy in an interaction? What helps you remain aware of your own energy?

In response, Jagdish P Dave wrote on Mar 15, 2018 ...

Awareness or witnessing consciousness of what is happening in me on different levels of myself such as physical, breath, mental and emotional levels non-judgmentally when I am with someone who is throwing an arrow at me, blaming me, criticizing me, or ignoring me has been very helpful to me. Such a transaction becomes a mirror for me to look at my inner face and clean up my own lens. If I react to the other person I need to pay attention to me and work own myself. In fact, I express my gratitude to the other person for making me aware of my own shortcomings. In difficult relationships, our power lies in our ability to work on ourselves.

In my relationships with people, I want to be authentic and empathic. When I do mindfulness workshops, there have been times when I have found difficult to maintain the balance between authenticity and empathy. For example, after I lead a guided mindfulness meditation, I invite the participants to share their experience and respond to their questions. Some participants go off the track. Instead of asking a question, they talk about something that may not be related to their experience. As a teacher I want them to be brief and to the point. I want them to ask a question and not to give a discourse. On such occasions, I let them know what they need to do, and we may talk about what is on their mind later on after the workshop. I do this without judging them and maintain a positive flow of energy. It is my job to create and sustain positive energy in me and in the group. Our personal energy impacts us and others. We need to learn how to modulate our own energy patterns. As the author says," Our own inner state is our only platform for dealing with other people. Our own open and empowered state is the fulcrum, the power point, from which we can move the world."

Namaste.

Jagdish P Dave

[*What Happens When We Wonder?*](#)

What does wonder mean to you? Can you share a personal story of a time when you experienced wonder? What helps you stay in wonder in your life?

In response, Jagdish P Dave wrote on Mar 23, 2018 ...

Reading this wonderful article with my full presence created a sense of wonder in me. I felt connected with this beautiful writing and felt the sense of wonder in me. Though my mind was active reading the article, I felt a deep sense of stillness, connectedness and joyful aliveness in me. I didn't make it happen. I let it happen. I agree with Katie Steedly when she says, "Every day is a miracle" if I let it happen. Wonder happens when we let it happen. We sense it when we are fully present and allow our being to be connected with it.

Everyday is a miraculous day in my life. When I wake up, my eyes are drawn towards the majestic presence of the orchard tree and the beautiful flowers swinging lightly by the gentle touch of the wind and the soft light of the rising sun. A feeling of wonderment, joyfulness and gratefulness arises in my heart. What a precious gift I get from nature! I sense such feeling of wonder in the eyes of Duke, our dog, when we get connected with each other just by looking at each other! And it happens when I eat lunch in the outdoor lunch garden with little kids. A child sitting by me looks at my white hair and wrinkles on my hand with innocent curiosity. And I look at her with a delightful twinkle in my eyes. We get deeply connected with each other without words.

Our life is mostly the "do do" life, a check list life. We do not allow ourselves to check in with ourselves and the "happening" world in front of us and around us. We spend a great deal of time in making it happen rather than letting it happen, and we miss the world of happening. We need to learn how to be still and be fully present to be connected with the wonders of nature and human beings-a shift from the world of doing to the world of being.

I join my hands with Katie as she says, " May we know more, and more, and more wonder."

Namaste!

Jagdish P Dave

[*Listening As An Act Of Transformation*](#)

How do you relate to the notion that it was the listening and not the judgment that caused the transformation? Can you share a personal story of a time listening deeply caused a transformation in your life? What helps you have the patience and commitment to listen deeply?

In response, Jagdish P Dave wrote on Apr 02, 2018 ...

In interpersonal communication, we want the other person to fully understand us and such understanding takes place when we deeply, non-judgmentally and patiently listen to the other person. Such communication creates a bridge of wholesome and authentic relationship rather than

walls of misunderstanding and annoying and futile arguments. This is what the rabbi does in this short but elegant story.

I run into such transactions quite often in my classroom and on the playground when two children got into the stance of "I am right and you're wrong." Like the rabbi, I fully, deeply, and non-judgmentally listen to each child and ask relevant questions. It doesn't take much time. At the end, each child like the villager in the story says, "I have nothing more to say." and joins each other's hands. Such experiences slowly and gradually create a big change in their communications and relationships. What helps me have the patience and commitment to listen to them deeply is my deep and genuine caring for my students.

When my wife passed away six years ago, my heart was filled with heavy sadness. As I was going through the grieving process, people close to me let me grieve and express my sadness. They listened to me deeply, non-judgmentally, patiently and affectionately. Their devoted attention and non-judgmental and supportive presence was instrumental in healing me.

May we cultivate the qualities of deep listening to build between people rather than walls!

Namaste.

Jagdish P Dave

[Everything Is Waiting For You](#)

How do you relate to the notion that feeling alone while in our drama is a great mistake? Can you share a personal experience where you felt the intimacy of your surroundings in a grand way? What helps you put down the weight of your aloneness and ease into the conversation?

In response, Jagdish P Dave wrote on Apr 08, 2018 ...

Feeling lonely, disconnected, and depressed is sadly growing more in our society. We are born by intimacy; we survive by intimacy and thrive by intimacy. We need to open our mind and heart to be connected with the world of nature and others like us. We need to make a shift from I-It to I-Thou.

How can I relate to the world of sound if I keep my ears plugged? How can I listen to the live silence of nature if I keep my mind noisy? How can I smell the fragrance of blooming flowers if I keep my nose plugged? How can I feel the warmth of your touch if I keep my hands off? How can I feel your presence if I am not present with you?. How can I see me if I am not awake? The universe offers countless gifts to us. We need to empty our task-loaded hands to receive them.

Three days ago my grandson invited me to do mindfulness meditation with him in the early morning hours. We sat in our front yard sitting silently with open heart and open mind. During the twenty minutes of mindfulness meditation, we got deeply connected with the touch of the cool air, the enchanting fragrance of the blooming flowers, the sight of the rising sun and the chirping of the

birds. We also felt joyful and deeply connected with each other without words.

Everything is waiting for us. Yes. We need to say YES to it and gracefully welcome it.

Namaste!

Jagdish P Dave

[Seven Stages Of The Ego](#)

How do you relate to the seven stages of the self (Nafs)? Can you share a personal story of a time you became aware of which stage you were passing through? What helps you remain aware of the stage you are experiencing and support your own journey of evolution?

In response, Jagdish P Dave wrote on Apr 15, 2018 ...

Life is a journey of expanding our consciousness. As I review my life voyage, I see myself going beyond my self- restricted boundaries. I create my own suffering by getting attached to my craving for outer things. Recognizing the cause of suffering has helped me to mature and go beyond such a restricted way of thinking and living. Non-judgmental awareness of my own self-created bondage has been helping me to liberate myself from such bondage. There are times when I feel free from my egoic mind and feel deeply connected with the flow of life. These are the moments of pure love in which the dividing line between me and nature and other human beings gets dissolved. It is an oceanic feeling.

Practicing meditation everyday has facilitated the process of knowing myself and expanding my consciousness. It is a unified sky-like state of consciousness. It is a state of pure love, unbound freedom and filled with blissful joy.

May we be aware of our self-created boundaries and move in the direction of expanding our consciousness.

Namaste!

Jagdish P Dave.

[Recycling Karmic Trash](#)

How do you relate to the notion that experiencing discomfort mindfully causes purification? Can you share a personal story of a time you felt nurtured by mindfully experiencing discomfort from an exogenous source? What helps you to stop caring between 'what's me' and 'what's them'?

In response, Jagdish P Dave wrote on Apr 21, 2018 ...

I and you, mine and yours, us and them -such differentiations are created in mind by conditioning. As we grow with an open mind and open heart, we experience deep connectedness, intimacy, harmony and oneness in spite of apparent differences. This happens to us as we walk on the path

of contemplative-based spirituality. Living mindfully is my contemplative-based spirituality. Both exogenous and endogenous discomfort, pain and suffering have helped me to purify my inner self. Living mindfully has created equilibrium and peacefulness in me. There are times when I miss the step of living mindfully. Such experience helps me to nurture my mindfulness practice. Accepting pain coming from outside sources as well as from inside sources compassionately has helped me to look within to work on myself. Such a journey becomes a pilgrimage.

Namaste.

Jagdish P Dave

[*Dropping Out, Like The Buddha*](#)

What does "dropping out like the Buddha" mean to you? Can you share a personal experience of a time you dropped out of extremes to find your peace? What helps you cultivate balance?

In response, Jagdish P Dave wrote on Apr 30, 2018 ...

Middle path provides a transcendental perspective and vision. Either or is a dualistic perspective causing split, divisiveness, imbalance, separateness, and disharmony. These are the ingredients of pain, suffering and destruction. Religious, political and ideological wars have been wedged throughout history by holding on to the bipolar extremist and rigid positions. The perspective which mindfully relates to opposite perspectives opens an avenue of inclusiveness and connectedness.

I have a few friends who hold the extremist view "Ur way is the only right way" for every one's salvation. Sadly, such a view excludes others like me who have a different spiritual orientation. It is my position that Truth is one which is realized and expressed in different ways by different people. Dalai Lama calls it "secular spirituality". According to Dalai Lama anyone can follow their chosen spiritual path without judging and putting down other's spiritual pathways. This is the middle way, a way to create universal harmony.

May we relate to others who are different from us with mindfulness, open-mindedness and open-heartedness!

[*Who Do We Choose To Be?*](#)

How do you relate to the notion that large-scale change is not possible? Can you share a personal story of extraordinary leadership that helped create an island of sanity? What helps you commit to creating your island of sanity?

In response, Jagdish P Dave wrote on May 03, 2018 ...

There are leaders who create islands of insanity and there are leaders who create islands of sanity. I have witnessed both kinds of leaders. When leaders relate to people as human beings and not as units, they create change in the society. They deeply care for them and bring about large changes. We are blessed to have such leaders like Mahatma Gandhi, Dr. Martin Luther King Jr, Dalai Lama,

Mother Teresa and Maria Montessori to name a few. Such leaders choose a path of serving people with courage, patience, and perseverance.

I participated in Free India movement under the leadership of Mahatma Gandhi. He initiated the path of non-violence against the mighty British empire. He chose the path of changing the hearts of the rulers. He worked tirelessly for the wellness of all people of India, especially the poor farmers, laborers and untouchables. He inspired many leaders in many countries to follow the path of non-violence against social injustice and exploitation.

I agree it is not easy to blaze new trails. It is hard to make significant and grate change against establishment and against self-serving and power -hungry leaders. Great leaders awaken the people and create movements that result in a big change. We need such leaders in all parts of the world.

May we have leaders who create islands of sanity for the well-being of all people!

Namaste!

Jagdish P Dave

[Death Connects Us To Life](#)

How do you relate to the notion of grieving as creating a space for safely connecting to one's feelings? Can you share a story of a time you found wholeness and joy by grieving fully and authentically? What helps you not be wrecked by grief while fully accepting your feelings?

In response, Jagdish P Dave wrote on May 11, 2018 ...

How to live life fully is a challenge for all of us. How to accept fully and truly the departure of someone we love is also a challenge for us. When a child is born, we celebrate the arrival of the child and celebrate her birthday. And when that child passes away we feel sadness and grief in our heart. We need to give space in our heart to truly and fully accept our sadness and grieving. It takes time and support of our loved ones to go through grieving. This process allows us to get the true acceptance for the transistion of our loved ones.

I have gone this process several times when all the mebers of my family and my dear good old friends passed away. Knowing intellectually the impermanence of life was not enough for me. I needed to go through the process of fully grieving, putting my head on the shoulders of my family members and friends and letting my self cry heped me to truly accept their passing away. I needed that space within me to expereince my sadness fully and feel their love and blessings and my love and gratitude for them. The last loss in my life, the passing away of my wife, was a very difficult expeirence for me to go through grieving. Fully and truly accepting my sadness has helped me to

live my life fully.

Life is a gift and death is a gift. Light is a gift and darkness is a gift. To see the light fully I need to see the darkness fully.

Namaste!

Jagdish P Dave

[*Exhausting Quest For Perfection*](#)

How do you relate to the notion that the quest for perfection is exhausting? Can you share a personal story of a time you let go of what other people thought of you? What helps you be authentic to yourself over other's opinions of you?

In response, Jagdish P Dave wrote on May 18, 2018 ...

I was blessed to learn from my parents that contentment and doing the best you can according to your capacity is the key to feeling happy and making progress. The other precious lesson they taught me is listen to your inner voice and follow the right path. We learn such precious lessons by not what they say but by what they do.. They provided role modeling by their actions. They were authentic and humble, not all-knowing.

In my teaching adolescent students and counseling their parents being obsessed with the perfection syndrome. They are driven by being perfect giving no room and acceptance for being human, making mistakes, accepting them and learning from our own mistakes. They want to appear best and strong and perfect in the eyes of others. It sure makes them unhappy and miserable. I help them by sharing my mistakes with them and learning from my mistakes. We do not need to forget that we all are human beings like others prone to making mistakes, learning from our mistakes, getting help from others when we fall down, getting up and moving on. The acceptance of being who we are makes us connected with others who are just like us, Self worth, worth coming from within, is what makes us feel rich, beautiful, contented and happy.

Namaste!

Jagdish P Dave

[*Keeping Quiet*](#)

What does 'do nothing' mean to you? Can you share a personal story of a time you could feel life interrupting sadness as a result of your pausing? How do you reconcile the adage "keep moving on" with the poet's critique of our single-mindedness to keep our lives moving?

In response, Jagdish P Dave wrote on May 27, 2018 ...

Poet Pablo Neruda reminds me of a poem written by an anonymous Zen master.

Sitting by the river

Doing nothing,

Spring comes
The grass grows by itself.

Such words of wisdom have been sign posts in my life, a daily reminder to count up to twelve, be in the zone of being, letting go of my busy and often noisy world of doing and having. Such words remind me to pause, feel and be with my natural rhythm of life giving and life sustaining breath, to count up to twelve, to stay in the being zone. Such words have been my daily prayer washing away the noise of irritation and agitation, frustration and anger, and fear and anxiety. Such words open up the door for meeting my being without craving and without holding. They create a wide open space filled with unseen beauty, unheard sound, and unknown strangers. Such words take me to a land of emptiness filled with fullness, a land of formless forms, a land beyond space and time. This is my daily prayer, a meditative prayer creating birth of joy, awe, joy, fulfillment and gratitude in my daily living.

May we take time out to count up to twelve everyday to be connected with our being!
Namaste

Jagdish P. Dave

[*Three Types Of Leadership*](#)

How do you relate to the three types of leadership? Can you share a personal story of Love Leadership? What helps you elevate your leadership to Love Leadership?

In response, Jagdish P Dave wrote on Jun 02, 2018 ...

In my way of being, love is at the center-the main motivator, the aspirer and inspirer in my life. In love there is giving and receiving unconditionally where the distinction between giving and receiving goes away. It is an experience of merging. It is a meeting place of head and heart resulting in wholesome actions.

I have spent seventy five years of my life teaching. It has been a joyful journey of my life. My relationship with my parents and brothers and sisters was also founded on love and so also my relationship with my wife. She was raised in a very rich family but came to a very poor family and became a loving member of the entire family.

I have gone through some heavy duty difficult times in my life, but love has been my life holder. It is very difficult for me to relate to power and fame hungry forceful leaders or people I come across in my life. How to be compassionate to such people is a challenge for me. I do not hate them but also I do not love them. I want to be authentic and compassionate and that is a challenge I have been going through at this stage of my life.

May I continue facing the challenge of cultivating loving kindness for those whom I don't like and want to stay away from them!

[Somehow I'm Always Held](#)

How do you relate to the notion that somehow; you are always held? Can you share an experience where you felt held under trying circumstances? What helps you remember that you are always held, even in difficult situations?

In response, Jagdish P Dave wrote on Jun 08, 2018 ...

Life is not a straight line, and I know it. Life has twists and turns, highs and lows, ups and downs, ebb, and flow. I have experienced such swings in my life. The most painful experience in my life was the breaking of my love relationship at young age. It was very hard for me to go through it. I was at the edge of my life. What held me was the gift of Mindfulness Meditation I had received from my dad. It helped me to go through dark clouds to see the light of life. It did not happen suddenly. It took time for me to bounce back. This experience taught me how to cultivate empathy, compassion and forgiveness, equanimity, and value of life in all its seasons. I am very grateful to my dad for offering this gift.

May we value life and learn how to live fully! May we be grateful to those who hold our hand when we fall down!

Namaste!

Jagdish P Dave

[Don't Side With Yourself](#)

How do you relate to the Zen exhortation of not siding with yourself? Can you share a personal experience of a time you were able to see through your own conditioning and transcend your feelings of self-righteousness? What helps you see all your feelings with mindfulness?

In response, Jagdish P Dave wrote on Jun 15, 2018 ...

As I am reading this article I feel at home. It's like being in the loving company of a friend, a brother, a sister, or a teacher. Mindfulness meditation and living mindfully have been a life-long journey for me. In my journey I have lived unmindfully, siding with me, being self-righteous and finding fault with the other side. I distinctly remember how I was judgmental and critical of my colleague when I was teaching in a university. He was very critical of me for teaching Meditation in my psychology classes. Practicing meditation helped me understand his position as a Catholic Professor. I let siding with me go and criticizing his side. It helped me to be grounded, at ease with me and with what I was teaching. Seeing the other side with an open mind and open heart liberated me from my bondage of self-righteousness.

Mindfulness has opened my inner door to look within and see my shadow- my justifications for reacting judgmentally and unkindly to others and finding fault with others in my life, for throwing an arrow at others. Gratefully I have been awakening from my sleep, and I am able to see the light. Yes. It did not happen overnight. I have been practicing mindfulness for a long time. I have learned how to be grounded, calm, clear, contented, and compassionate to me and to others in my life. Everyday is a learning day. It's a joyous and fulfilling journey.

May I and my brothers and sisters learn how to live mindfully for peace, joy, and harmony!

Namaste.

Jagdish P Dave

[*Action Without Desire Of Outcomes*](#)

How do you relate to the notion that work itself is beautiful but the desire to impress others is what makes it ugly? Can you share a personal experience of a time you felt that work was love made visible? What helps you avoid attachment to outcomes without giving up work?

In response, Jagdish P Dave wrote on Jun 22, 2018 ...

When anything we do is done with love, it is always joyful. The action itself is the reward. Work and love are interwoven. The work could be sweeping the floor, picking up the garbage, cooking, nursing someone who is sick and invalid, teaching or gardening. When it is done with our heart, lovingly, it is joyful and beautiful. When we work for the extrinsic reward, there is dissatisfaction, disappointment and bickering. The joy of work or the beauty of work is lost.

My mom loved to cook. Her face was beaming with joy. Every action connected with cooking brought a lot of joy to her and to others surrounding her. They were also affected by her joy. Her joy was contagious. The same was the case with my wife. This has been my experience with many of my friends who have been very happy for cooking for me and serving meals to me.

I love and enjoy learning and teaching. I am learning because I love to learn. I am teaching because I love to teach not for recognition or gaining fame. I have never been disappointed following my bliss. Sadly, some of my friends working without passion and joy of working. I see them unhappy though they are making good money.

When reward of my work is intrinsic, I do not feel attached to outcomes. Then there is no expectation of the recognition and admiration coming from outside. Good work done joyfully with love is usually recognized and appreciated. But that won't make any difference in pursuing work done with love and joy. The joy is in cooking the cake. The admiration, reward, is like frosting on the cake!

May we follow our bliss that brings joy to us and to others associated with us!

Namaste.

Jagdish P Dave

[*Where's Your Umbrella?*](#)

How do you relate to the siblings' strong commitment to being present to the unknown, or loosely, their faith? Can you share a personal story of your umbrella-- an action that emerged from your strong commitment to being present to the unknown (or faith)? What helps you develop such a strong commitment (or faith)?

In response, Jagdish P Dave wrote on Jun 29, 2018 ...

Sadly, this is the story of many poor countries affected by climate change and man-made devastations. It is an alarm for many countries to tackle this big human problem. The self-centric mindset needs to be changed to help those who desperately need help. We pray with faith, open our multicolor Human Umbrella, and embrace all who are suffering with an open mind and open heart.

As I was growing up, I was provided with many umbrellas of kindness, compassion, and affection to protect me, to feed me, grieve my losses, and wipe my tears. My mother was the first such umbrella who nurtured lovingly by making food for me and by waiting for me when I would come home late at night for earning my daily bread. My wife was a big umbrella who left her rich family to marry me and become a part of my poor family. She always stood beside me and worked hard for our family as I was working on my doctoral degree in a foreign country. And when she passed away seven years ago, my children, grandchildren and my good old friends have been taking care of me. I am blessed to have such multicolor umbrellas of compassion, support, emotional generosity, and unconditional love.

May we hold our umbrellas of kindness, compassion and generosity for people who are thirsty, hungry, and starving for support and care!

Namaste!

Jagdish P Dave

[Perception Is A Mirror](#)

How do you relate to the notion that we have the freedom to change what we believe, and our beliefs shape what we will see? Can you share a personal experience of a time you were aware of your perception and willfully changed your belief to change your perception? What helps you be aware of the beliefs that are shaping your present perception?

In response, Jagdish P Dave wrote on Jul 06, 2018 ...

There is a saying in Sanskrit, "Yatha dristi tatha shruti." As we see, so is the world. Our eyes are the mirrors and what is reflected in our mirror becomes our reality. If our eyes are foggy, what we see will be foggy too. Like the authors Frances Vaughn and Roger Walsh say, "You respond to what you perceive., and as you perceive so shall you behave." Our perception depends on what we believe. Our belief shapes our perception and our behavior. If we keep our mind open and clear our beliefs change and our beliefs change our perception. We have freedom to make the right and wise choice.

Non-judgmental mindfulness of my inner perceptual, mental, emotional, and social landscape has helped me to cultivate clarity, openness, and acceptance of my inner landscape and the outer landscape. It has helped me not to react to my inner triggers and outer triggers. It creates a free and open space in me to make right and wise responses. Such a way of living, from inside out, has been very helpful to me in dealing with my inner struggles and my transaction with others,

May we clear our mirrors of perception to make right and wise choices in our life!

Namaste!

Jagdish P Dave

[*We Want Relief. Cure Is Painful*](#)

How do you relate to the notion that we find cure painful and prefer temporary relief instead? Can you share an experience of committing to unpleasant cure over comfortable temporary relief? What helps you be aware of this distinction?

In response, Jagdish P Dave wrote on Jul 13, 2018 ...

Wake up from your sleep is a message that comes from all spiritual wisdom traditions. My dad used to sing the song of awakening in Hindi every morning reminding him and us to wake up." Utha jaga musafir bhore bhai, aba ryan kahanataka sovat hai. Jo sovat hai vo kohovat hai, jo jagat hai so pavat hai." Wake up O traveler! Morning has dawned. Wake up! There is no more night. Why do you keep on sleeping? The one who sleeps loses; the one who wakes up gains." This message has helped me throughout my life. When I am not awake I fall down. I hurt myself and others in my life. The falling down is a wake up call for me. I wake up from my sleep state, learn from my mistake and walk on the right path. Life is a journey, a process. It's all about choice making. When I am awake I make wise choices. As I am getting older my awakend state is getting longer with a few occasional short naps.

I love the Arabs saying: "The nature of rain is the same, but it makes thorns grow in marshes and flowers in the garden." It boils down to choce making. Wise choice making is like the rain growing flowers in the garden of life.

May we remain awake and receive the blessings "All is well!"

Namaste.

Jagdish P Dave

[*Communication As Mutual Entrainment*](#)

What does mutual entrainment mean to you? Can you share a personal story of a time you felt mutual entrainment in your communication? What helps you to stay committed to mutual entrainment?

In response, Jagdish P Dave wrote on Jul 20, 2018 ...

Communication as mutual entrainment opens the door for blossoming of mutual understanding, enrichment, creativity, and bonding. In intersubjective communication words matter. What we say and how we say matter. We affect each other positively or negatively. It depends on how we synchronize the pulses of each other. As the author Ursula Krober Le Guin says," by getting the beats into a master rhythm, by entrainment."

For me, intrasubjective and intersubjective communications are intertwined. When I am in a quiet zone, I experience such rhythmic communication within me. I am in entrainment with the voice arising in me. It is me listening to me. Such intrasubjective communication clears the clouds of opposing inner voices I may not be aware of. Such intrasubjective communication helps me in intersubjective communications.

When I am in quiet natural surroundings, I experience deep connection between me and the sight and sound of nature. This also happens when I am in entunement with music and musicians. What helps me is my deep and total attentiveness, my total presence, my alive quietness. This also happens in my intersubjective communications. It is like the author says an ancient gift. It's up to us to use it wisely.

May we cultivate the art of communication as mutual entrainment!

Namaste.
Jagdish P Dave

[*Live Like The Roar In A Lion's Throat*](#)

What does living like the roar in the cave of the lion's throat mean to you? Can you share a personal story of a time you felt like you were ready to explode your flavor into everything? What helps you be like the wick in a candle -- flickering, fierce, alive?

In response, Jagdish P Dave wrote on Jul 29, 2018 ...

I love the different metaphors Pavithra has used in this beautiful and thoughtful poem. To me living like a roar in the cave of the lion's throat is finding your own voice and expressing it and living by it. Your voice becomes you in all walks of life. It means to be true to oneself. It means finding your own less traveled path and if needed to walk alone. It means following your own bliss. It means finding your original face. As I was growing up I was inspired by Mahatma Gandhi finding and walking on his path fiercely, undaunted and learning from his long walks. I remember his response to a question asked by a journalist, "What is your life's message?," His answer was, "My life is my message."

Finding your own path is not that easy for most of us. I did not go through fierce struggles as there were not many choices for me to select. When I was studying in a college, I started tutoring high school students to make both ends meet. I enjoyed tutoring. I loved helping students who needed help. Many of them have remained in contact with me. There were times I forgot to watch the time, the one hour of tutoring. I found my bliss. And I have been following that path of teaching and serving all my life. I do not have any regrets about choosing and following my path. I want to live singing my song on my lips until time comes for me to go.

[*Stopping The War*](#)

How do you relate to the author's exhortation to move from the pain of our speed, our addictions, and our denial to stop the war? Can you share a personal story of a time you stepped out of the battle and saw with fresh eyes 'unclouded by longing' how each of us creates conflict? What helps you look at what's really there within you?

In response, Jagdish P Dave wrote on Aug 03, 2018 ...

I love and admire the great teachings of spirituality, of wisdom traditions taught and shared by Jack Kornfield. Spiritual discipline as I understand and relate to is always an inner journey for me with an open mind and an open heart. Such journey helps me to see my inner landscape filled with suppressed and repressed thoughts, fears, longings, and cravings and lots of unfinished business. It also opens the door for me to see the glimpses of light and real hope for peace and harmony. Meditation has helped me to look within and work on myself. The outer war is a reflection of the inner war. I need to work on discovering the causes of my inner war to find the Tao and walk on it. To me this is the main purpose of living. Like Jack Kornfield says, " This is the task for all of us. Individually and as a society." This is our dharma-to discover peace to be connected within ourselves and others to end the war and divisiveness in us and around us.

This has been an ongoing journey for me. I always find quality time everyday from my busy life to sit by myself and go within with an open mind and an open heart for receiving blessings from within and sharing them with others. This creates hope in me for peace and harmony. I appeal to all to join hands with each other to walk on this path of creating and sustaining peace and harmony.

May we find our Tao for peace and harmony!

Namaste.

Jagdish P Dave

[*The Practice Of Soft Eyes*](#)

What does having "soft eyes" mean to you? Can you share a personal experience of a time you countered visual narrowing by widening your periphery? What helps you develop soft eyes?

In response, Jagdish P Dave wrote on Aug 10, 2018 ...

Beauty lies in the eyes of the beholder. What we see depends on how we see. If we see the world with narrow eyes, the world looks narrow to us. If we see the world with hard eyes, the world looks hard. And if we gaze the world with soft, open and receptive eyes, we can take in the greatness, vastness and the glory and grace of great things.

The Navajo people see the world through the lens of hozho: all the goodness to be found through harmony, balance, beauty and fluidity. They pray: In beauty I walk, with beauty before, behind, above and around me. It has beauty again, and again and again. Looking for beauty and goodness is a contemplative practice. My father taught me this ancient Vedic prayer: O God! may we hear

auspicious words with the ears. May we see auspicious things with the ears. May we enjoy life that is beneficial and auspicious.

Sadly our awareness has been constricted and that makes our life constricted. We need to expand our awareness to hear the songs of birds, the light of the sun and the moon and stars, the touch of wind, the smile of children and wonder of nature. We can make this earth sacred, the kingdom of heaven.

This is what I have learnt from the elderly persons and from my traditions and this has become my everyday sacred practice.

May we relate to natural and human world with soft and loving eyes and make it sacred!

Namaste.

Jagdish P Dave

[Fueled By Love](#)

How do you relate to looking beyond someone's anger and hatred to what they actually love and are simply trying to protect? Can you share a story of a time you were able to do this and see a difficult situation through the lens of love? What helps you avoid the trap of hating the hater?

In response, Jagdish P Dave wrote on Aug 19, 2018 ...

This writing by Timber Hawkeye reminds me of St Francis of Assisi's Peace Prayer. It begins with, "Lord, make me an instrument of your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is darkness, light; and where there is sadness, joy." And it ends with these uplifting words: "for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to Eternal life." This is the spiritual dimension of living. Knowing it and practicing it, contemplating, and acting, extends and expands our awareness leading to pure awareness. As the Buddha says, "Asho dhammo sanatanaha. This is the Eternal spiritual law." When I am quiet not justifying my wrongdoing or reacting to other's wrongdoing, I see the light of this spiritual wisdom. I understand my wrongdoing empathically as a human being and of the other too like me as a human being. When I see myself and the other with the lense of empathy and compassion, I hear the underlying cry for love behind anger and hatred and violence.

This is an ongoing journey in my life, and I am going through it slowly and steadily. My path gets more enlightened with each step, and I am grateful to great spiritual teachers for guiding me in the journey of my life. My journey becomes a pilgrimage.

I would like to conclude with the words of wisdom by my favorite Russian author Leo Tolstoy: " Love is the only way to rescue humanioty of all its ills."

Namaste!

May we sow love where there is hurt, hatred and injury!

Jagdish P Dave

[Bedrock On Which We All Stand](#)

How do you relate to the need to go much deeper than religion or politics to arrive at how we participate in our own conditioning? Can you share a personal story of a time you were able to go beyond your own prejudice, no matter how noble it felt, and be in relationship? What helps you see beyond division and arrive at wholeness?

In response, Jagdish P Dave wrote on Aug 26, 2018 ...

How can we end our separateness, divisiveness, conflicts, and suffering caused by ignorance? This has been a Big Question for all of us in our everyday living. According to my understanding the first important step is to be silent and attend to thoughts arising in my mind without judging them and without getting stuck with them. My thoughts lead to my actions. I become what I think. Such mindfulness meditative practice of minding the mind increases and deepens my awareness of the truth that deep down we are all connected. As J Krishnamurti puts it: it is a process of healing the wounds that separate us. Divisiveness ends and wholeness emerges.

Yesterday, I was leading a three- hour workshop on Mindfulness Meditation. There were 25 participants of different races, ages and religious orientations. When we went through twenty minutes of Mindfulness Meditation being silent and attentive, some deeply felt a sense of oneness, intra- and- interpersonal connectedness- no division between "I" and "you", "us" and "them", "good", and "evil"-no boundary experience, no separation between experience and experiencer.

For me this is an ongoing practice and I happy to notice the expanding and deepening of my awareness.

May we expand and deepen our awareness to heal the wounds of divisiveness and experience wholeness and oneness.

Namaste!

Jagdish P Dave

[Sense Of Self Is An Essential Skill Of Mind](#)

How do you relate to the notion that a sense of self is a creation and an essential skill of our mind? Can you share a personal story of a time you became aware of yourself as an integrative psychological system? What helps you respect your self and not dismiss it simply because it is a creation?

In response, Jagdish P Dave wrote on Sep 01, 2018 ...

Who Am I or the Quest of Identity has been explored by philosophers, psychologists, scientists, and spiritual seekers. The answers come by remaining inquisitive and open. Thoughts about who I am arise in my mind. When my mind is not clear, steady and closed, my understanding of myself is also a reflection of my mind. When my mind is rigid, closed, and narrow my understanding of myself is a

reflection of my mind. I have been practicing meditation for quite some time which has helped me not to be blindly and rigidly attached to or to be stuck with my restricted thoughts and ideas and beliefs. I have come to realize that I have a body, and I am not a body, I have a mind, and I am not a mind, and I have a desire, and I am not a desire, I have an emotion, but I am not an emotion. This understanding of myself helps me to differentiate between the phenomenal self and transcendental self. The phenomenal self is characterized by limiting, fragmented, and divisive ways of thinking, emoting and acting. The transcendental self is characterized by going beyond the conditioned mind and fragmented self, merging into wholeness, oneness and harmony. And this is an ongoing pilgrimage for me. I remember what my dad used to tell me, "Hasten slowly my child!" and these words coming from an enlightened loving dad have been guiding me on my path.

May we continue our life journey by expanding our consciousness to receive Divine Grace for healing wounds created by fragmented and divided self!

Namaste!

Jagdish P Dave

[The Question Of Being](#)

How do you relate to the notion that nothing could be more important or consequential than the question of being? Can you share a personal story of a time you became aware of your life teetering between a state of unconscious sleepwalking and eyes-wide-open spiritual enlightenment? What helps you bring forth what is deepest within you?

In response, Jagdish P Dave wrote on Sep 07, 2018 ...

Know thyself or who am I is a question, an inquiry that I find in all wisdom traditions. What is really Real? What is Reality, my individual Reality and Universal Reality? Am I Sleeping or Awake? What happens when I sleep and keep on sleeping or wake up for a while and go back to sleep? I have been tackling these basic questions of living for quite some time. The first step for me is to recognize and be aware of my sleeping. The second step for me is to remain awake and not to go back to sleep. This has helped me in making wise choices. Remaining awake is a serious business with serious consequences. It affects not only me, but people connected with me and even people far away from me. We see how the egocentric behaviors of the people in power are affecting the lives not only of people but also the whole planet.

Two days ago I was counseling one of my clients who has been going through a lot of anger, resentment, frustration anguish and hurt by what her thirty five years old son has been doing-acting selfishly many many times. I helped her to be aware of how she was letting her hands burn over and over by not learning from her painful experiences and by holding onto something beyond her control and hurting herself by not letting go of the thoughts and feelings of anger and hurt she has been holding on inside herself. What is inside of us comes outside of us. I asked her to be calm and still and feel the presence of Jesus in her heart and listen to Jesus's words of wisdom to heal her wounding heart. It was an awakening experience for her, and I was happy to see her awakening and being at peace with herself. This experience filled my heart with light of love and gratitude.

I have learned the necessity of diligently and consistently practicing to be mindful of myself to remain awake when I start going to sleep. The wise words of Jesus need to be used as a mantra for awakening. Awakening saves us and others and sleeping destroys us and others.

May we walk on the path of awakening for our goodness and for the goodness of others in our life!

Namaste!

Jagdish P Dave

[The Work Of Love Is To Love](#)

How do you relate to the notion that the work of love is to love? Can you share a personal story of a time you held another and listened deeply and in that process heard the mystery of all life and the ocean of your own blood? What helps you dare to hold close those forced to the ground?

In response, Jagdish P Dave wrote on Sep 15, 2018 ...

How I relate to others, how I hold them in my hands and listen to them compassionately and mindfully is a work of love. That work itself is love. Most of the time I relate this way to people who are close to me. In my workplace I experience such heart to heart connections with children and my colleagues. Such experiences bring lots of joy and fulfillment and create deep connectedness with each other.

Last week I got a call from a friend of mine whose husband killed himself as a way of ending his suffering. She was very concerned about the effect of this tragic death on her 20 years old son who loved his dad deeply. Her son has been going through depression for quite some. I deeply felt for her and for her son. I told her that I will be happy to help her son. She expressed deep gratitude for being willing to help her son. And when she shared this information with her son, he was deeply touched by it. He felt that someone cares for him, someone is with him, someone loves him. That lifted his spirit up. He called me this morning. I held him and listened to him. This is work of love and it is love. This is spiritual living-holding with love, listening to with compassion-doing small things with great love as Mother Teresa puts it.

I would like to conclude with the the concluding words of Mark Nepo: "Simply and profoundly, the work of love is to love. For in that act the Universe comes alive. Such aliveness is the space that opens between us, as Martin Buber says, when two bow and touch in a true way."

May we bow and touch in a true way, everyday!

Namaste.

Jagdish P Dave

[*The World Mirrors The Soul And The Soul Mirrors The World*](#)

How do you relate to the notion that the world mirrors the soul and the soul mirrors the world? Can you share a personal story of a time you deeply felt that no aspect of human life was strange to you? What helps you develop the feeling 'There but for the Grace of God go I?'

In response, Jagdish P Dave wrote on Sep 23, 2018 ...

I love reading Aaln Watts. This writing evokes many wonderful memories of listening to his talks. As I understand we have two levels of consciousness-superficial and closed and deep and open. We are so much used to the first level of conscioubness that we miss the inner landscape with muddy and clear waters, all manner of things fantastic and terrible. When we let the free flow of thought letting whatever come up and go, we are able to feel that no aspect of life is strange to us. To quote the Roman playwright Terance, " Nothing human alien is alien to me." And when we let the waters settle down, we relate to the changing world with growing clarity and see the foundation of life. Then the world mirrors the soul, and the soul mirrors the world- a state of mental clarity. Practicing Mindfulness meditation has been helping me to see the inner landscape and the outer landscape clearly.

When I pay my full attention to watch a child working with me, I see the display of many emotions in her face coming and going. Since I am not judging the display of her emotions, they come and go, and the face of the child shows its child -like transparency. It gets clearly reflected in my eyes. Here the world mirrors the soul, and the soul mirrors the world. I love and cherish such expereinces. As we gorw older, we seem to lose this great gift of being our authentic self. In therapy I see my clients slowly and gradually removing the veil to hide their authentic face. Such expereinces also help me to develop the feeling " There but for the Grace of God go I

May we cultivate relationships with us and others to enable us to reflect our soul in our eyes and in the eyes of each other!

Namaste!

Jagdish P Dave

[*â€•Perspective*](#)

How do you relate to our perspective shaping our experiences? Can you share a personal story of a time when awareness of your perspective shaping your experience allowed you to shift your perspective and thereby, your experience? What helps you recognize your freedom to shape your perspective?

In response, Jagdish P Dave wrote on Sep 29, 2018 ...

The world is how we see it. What lense we are using shapes the experience of the world we live in. The poor man in this story saw his world, the small house he lives in with his wife and his six children sleeping in the small room as a source of his misery. When his house was filled with chickens, a goat and a cow he realized how much miserable he became. Now he gained another perspective to look at the same house he lived in. This new and different perspective changed his old perspective. How we look at our life and how we relate to it makes a big difference. Our

awareness of our perspective shapes our experience. Mindful awareness helps us to create a clear perspective of living with deep contentment with the world we live in. Our house becomes a home.

When I was growing up in a family composed of four brothers, three sisters and parents living in a small house, We did not feel miserable. We learnt the art of living by living in a small house without grudging, comparing and complaining. This way of growing up shaped my perspective of living mindfully and happily with contentment.

My freedom lies in my way of looking at who I am and what I have without comparing myself with others. I have not felt superior or inferior to others. I recognize and value the inner qualities of people in my life. I admire those qualities without me feeling low or high. Such a way of living has enriched my life internally and harmoniously.

Namaste.

Jagdish P Dave

[*You Must Shout From The Heart*](#)

How do you relate to the notion that you are in fact the entire world, in all its triumphs and tears? Can you share a personal story of a time a transformative shout roared from your heart? What helps you proceed carefully with your transformative shout?

In response, Jagdish P Dave wrote on Oct 05, 2018 ...

I love and admire the uplifting and inspiring message of Ken Wilber. He elegantly and poetically conveys the transformative power of communicating the authentic truth. When our vision is clear, we need to express it passionately, boldly, loudly, and clearly. As he urges us, "We Must Shout From the Heart." Right now, we are hearing loud voices of lies, hatred and divisiveness in our own country. Heavy clouds of darkness have been gathering in the skies of our country spreading across the world. This is the time for us to raise our clear, bold, and fearless voice. We cannot sit timidly. We need to express and share our vision passionately, patiently, and carefully. History is filled with many such movements of awakening, rising, and transforming. As Kierkegaard states when we speak our vision with passion, the truth finally can penetrate the resistance of the world.

I had participated in the Freedom Movement launched by Mahatma Gandhi against the mighty British rule in India. He was a small man fighting nonviolently against the tall British ruler. His clear, brave, and passionate voice slowly but steadily prevailed and the mighty British power yielded and quit India. His clear vision and fearless face awakened the hearts and minds of the people and a small voice became a roaring sound. Mahatma Gandhi shout from his heart and people listened and joined their hands with him. There were tears and triumphs, but the voice of the truth prevailed. And he inspired many leaders to take a strong stand against injustice.

I would like to conclude with Ken Wilber's words: "Let a radical realization shine from our own faces, and roar from our hearts, and a thunder from our brains."

Namaste!

Jagdish P Dave

[Intentions And Effects](#)

What does choosing new causes consciously mean to you? Can you share a personal story of a time you became aware of the connection between your intentions and your experiences? What helps you become aware of the intentions you are choosing moment-to-moment?

In response, Jagdish P Dave wrote on Oct 13, 2018 ...

Our intentions play vital and central role in creating what we want in our life. We need to be aware of our intentions when we make choices in our life consciously.. Our intentions cause experiences. Good intentions cause good experiences and good consequences. Bad intentions cause bad experiences and bad consequences. Our nonphysical world is governed by our intentions.

My intention is to live healthily, happily and peacefully. I become mindful or aware of what choices I make in eating, in sleeping, and keeping my body in a good and healthy state. I also become mindful or aware of my thoughts, feelings, words and actions that create and sustain my mental and emotional health and wholesome relationships. When my thoughts and actions are not in tune with my intentions, I cause suffering to me and to others. So, it is up to me to live healthily or unhealthily, peacefully or hatefully, happily or unhappily. The choice is mine.

Living mindfully helps me to walk consciously on the path of my life. It brings blessings to me and to others connected with me.

Namaste.

Jagdish P Dave

[Love Is Not An Emotion](#)

How do you relate to the notion of love as a momentary phenomenon through which we feel and become part of something larger than ourselves? Can you share a personal story of a time you felt love in this way? What helps you create a space for positivity resonance in your life?

In response, Jagdish P Dave wrote on Oct 20, 2018 ...

Meditating daily is my topmost priority. In a meditative state I feel and experience the divine presence - Love - the realization of the integral oneness with life. It creates positive resonance in me. The apparent boundaries of divisiveness and separateness get dissolved. It creates an oceanic feeling of oneness. In this meditative state, the boundaries created by the divided-self melt away. Such knowing brings deep joy and bliss in me. This is the TRUTH. When I step out of the flow of such inner connectedness, I lose the touch of the underlying oneness.

Feeling separated from others by my critical and judgemental ways of relating to others creates negative resonance in me. Awareness of this negative resonance helps me to return to the state of positive resonance. Such positive resonance creates a ripple effect. Others are touched by this and that creates hope in me in a world that is getting more divided in many ways.

I would like to conclude my reflections by quoting Ursula Le Guin, "Love just doesn't sit there, like a stone: it has to be made like bread: remade all the time, makes new".

[*No Rush, No Dawdle: The Secret Of Proper Timing*](#)

What does being fully unified with your experience mean to you? Can you share a personal story of a time you got the feeling of the eternal present into your bones? What helps you avoid resisting the present?

In response, Jagdish P Dave wrote on Oct 28, 2018 ...

To be one with experience, to live in the present moment without getting distracted by the thoughts of the future or the past is the key to living fully, joyfully and happily. This is the art of living. When I take walks in nature, I feel a deep sense of oneness with soft wind caressing me, birds chirping and the stream flowing. I feel this sense of oneness when I meditate. A shift takes place spontaneously from the doing zone to the being zone where the distinction between experience and experiencer fades away. When my mind gets distracted, breath awareness helps me to be centered and present.

Sadly, we are bombarded with many more distractions than before. These distractions take us away from nature, from the people we love and from our own selves. We are losing the most precious gift of living fully in the present moment.

Namaste!
Jagdish P Dave

[*Attention Is Inseparable From Interrogation*](#)

How do you relate to the notion that our responsibility is to inquire into the meaning of our being? Can you share a personal story of a time when you felt free enough to question yourself while answering? How has questioning helped you in your life?

In response, Jagdish P Dave wrote on Nov 03, 2018 ...

What is the meaning of life? What is the purpose of my being here in this world? What happens to me after I die? These questions often have come to me at different stages of my relatively long life. Glimpses of answers come when I keep my mind open knowing that I do not have full answers. Such act of inquiry requires my total presence and my full attention to my being. I become quiet and still to listen to my inner authentic voice. Such a stance clears the way for real awareness and sensitivity. I tend to relate to what Michel de Salzmann says, "Paradoxically this basic act of knowing, which is attention, is only actualized when we don't know-that is, when there is a question."

Recently, I had a dialogue with a lady a little younger than me. She asked me what will happen to her when she will die. I had thought about it deeply and have arrived at some understanding of my own question. As I was responding to her question, I was also exploring with her by addressing and questioning different layers of this profound inquiry. This is an ongoing process for me helping me to

know what is the meaning of my being here in this world. It provides me a path to walk with awareness and sensitivity.

[*Uniform Corn-Rows In High-Tech Isolation*](#)

How do you relate to the type of agriculture described by the author where there is a personal relationship between the human and the seed? Can you describe a time you could see a deep synergy between life forms competing for the same resources? What helps you discover technology like 'Three Sisters planting' in your own work?

In response, Jagdish P Dave wrote on Nov 11, 2018 ...

The foundation of any relationship is caring and trust. According to my experience of my personal relationship between human beings in my life and between me and nature, I feel deep connection which I call LOVE. In such relationships there is deep caring, compassion, tenderness and connectedness. As a child, my first personal experience of such relationship was between me, other members of my family and our family cow. My mother was taking care of our cow in many ways. My mother named our cow, Yamuna, the sacred river of India. I would never forget watching my mom milking Yamuna with tenderness and love, like a mother tending her child. This experience has planted a seed of compassion in my heart which has been growing naturally as I am growing in age.

Applying the technology of indigenous culture in many contexts of my life has been a complementary and enriching experience.. We have a team of five people where I work. called Learning Support Team. Our task is to help children, teachers and parents who need special help in classrooms. We have special and unique skills. Our relationship is complementary like the Three Sisters providing caring, support and assistance to the triad-children, teachers and parents. We love to apply this "primitive technology." Our relationship is complementary, not competitive. And we love it.

Namaste!

Jagdish P Dave

[*The Root Of The Root Of Your Self*](#)

What does the root of the root of your self mean to you? Can you share a personal experience of a time you returned to the root of the root of your self? What helps you realize that you are a ruby embedded in granite?

In response, Jagdish P Dave wrote on Nov 17, 2018 ...

When I am not driven by my selfishness and self-centeredness and my egoic mind, I sense and experience the oneness of all life, the light within, the Root of the Root of My Self. I see and feel the presence of Love connecting me with the source of eternal light. When I hold a baby crying close to my heart, feed a hungry man, help someone deeply saddened by the loss of his beloved, I feel my heart touching the other's heart. These are the times I feel returning to the root of the root of myself.

Such selfless and going beyond my self-experiences help me realize that I am ruby embedded in granite. I feel the outer covers of separateness breaking away showing the ruby shining within my inner self.

According to my understanding and experience, wisdom traditions of spirituality, the source of creation is within us; there is inherent divinity in all of us regardless of outward differences. Rumi calls it the Root of the Root of Yourself.

The veil of avidya-ignorance-causes the illusion of separateness from the Divine source of creation. Once the veil is removed, we can see the light of the eternal being, the Presence, the Treasure of Holy Light.

Namaste!

Jagdish P Dave

[Preparing For The Extraordinary: An Essential Practice](#)

How do you relate to the notion of needing preparation for the extraordinary to be received in our life? Can you share a personal story of a time when you realized how you were co-creating the group experience while also being impacted by it? What helps you remain aware that you are both a composer of the group field and part of the composition?

In response, Jagdish P Dave wrote on Nov 23, 2018 ...

As I was growing up, my father taught me three inter-connected steps for learning something deeper and extraordinary. They are shravana, manana and nidhityasana. These are Sanskrit words meaning mindful attentive listening with open mind and open heart, asking questions, inquiring about what we learn from listening, and reflecting deeply with a meditative quiet and clear mind and practicing what we learn.. This three- steps- process is like making preparation for the extraordinary to be received in life. There are times when I follow these three steps alone and there are times when I practice these three steps in a group. I feel different energy when I follow these three steps in a group. In Sanskrit we use the word satsanga meaning being in the company of the Reality- the Truth with genuine seekers.

For several years we have been having satsanga meetings. In these meetings we follow the three - steps process and share our personal experience with others in the group. Each of us has a positive impact on others in the group and the attentive and compassionate presence of the members of the group has a benevolent impact on the individuals in the group. Our experience makes us realize how we are both a composer of the group field and part of the composition.

I have been seeing three generations growing with different rhythms of life. The sad part of the fast moving third generation is lack of good quality time for oneself and for others, more and more disconnect and lack of time to be quiet and to have satsanga meetings. A long time ago Buddha taught us to remain awake, know the path and be in the company of the walkers on the path. We need to listen to such enlightened masters and learn to walk on the right path. May we remain awake to live a serving and fulfilling life!

Namaste!
Jagdish P Dave

[*The New And Ancient Story Of Interbeing*](#)

What do you make of the notion of 'interbeing'? Can you share a personal story of a time you felt that the world and everything in it is a gift? What helps you to live in gratitude for life?

In response, Jagdish P Dave wrote on Nov 30, 2018 ...

As I understand, there are two perspectives of looking at and understanding the world. I would call them scientific and spiritual. In my opinion both have value in understanding the world. As Charles Eisenstein writes, the first perspective looks at the world in which we all are separate from each other and from nature. The other perspective emphasises unity, interconnectedness, interbeing and oneness. There is one thread of energy that underlies all apparently different-not separate-entities. Personally, I am more inclined towards this unifying spiritual perspective.

I feel oneness in all beings- between me, the other and nature- when I act mindfully going beyond my self-centeredness and not bound by the narrow perspective. This experience and this way of relating to life is a gift for me. It makes me internally rich and happy. When I live my everyday life mindfully, I live in gratitude for life

Namaste!
Jagdish P Dave

[*Three Stages Of Perceiving Impermanence*](#)

How do you relate to the perception "impermanence is meditating me?" Can you share an experience of a time you were able to accept harsher kinds of impermanence? What helps you develop an acceptance of the harsher kinds of impermanence?

In response, Jagdish P Dave wrote on Dec 07, 2018 ...

Meditation to me is training the mind to cultivate skills of unwavering concentration and non-judgmental acceptance. It creates a state of witnessing consciousness in which things come and go, perceptions of all kinds of impermanence. When I do not get attached to the changing scenario of impermanence, pleasant or unpleasant, I do not perceive the distinction between "me meditating impermanence" and "impermanence meditating me." The distinction between subject and object goes away in such unitary state of consciousness.

For me the harsher kinds of impermanence are the passing aways of people close to me. Practicing mindfulness meditation has gradually helped me to accept such harsher kinds of impermanence. It has taken time for me to heal such deep wounds. Sharing my deep sadness with my family and friends close to me along with doing the inner work mindfully have helped me to accept such harsher kinds of impermanence. It takes time to heal such wounds.

[How Observation Changes Relationships](#)

How do you relate to the notion of not carrying any residue over into the next experience? Can you share a personal story of a time your commitment to an observation changed your relationship? How do you practice observation while staying checked in?

In response, Jagdish P Dave wrote on Dec 14, 2018 ...

I feel deeply connected with what Vimla Thakar writes in her essay. When I sit quietly as a non-ractive observer, I feel myself free from the burden or grip of the pleassant or painful thoughts and emotions about the future or residual effects stored in my subconscious and unconscious mind. I flow in the stream of pure consciousness. This is the art of living completely in the moment as Vimalatai states," not carrying any residue over to next incident, person, or day." This is the pure sate witnessing consciousness without the bonage of grudges or attachments.

The art of living is a continuous journey of remaining awakened and aware of the trappings we create in our lives. I go through this expereince almost everyday. I get severe arthritic physical pain in my neck and shoulders. This is a chronic physical sensory experience for me. When woorysome thoughts and emotions come to my mind, my physical pain turns into suffering. What helps me is noticing non-judgementally and non-reactionally what happens in my body and mind. Observing my physiclal, mental and emotional world in a mindful way my relationship with myself changes. Such mindfulness inner work also helps me to make my relationships with others more authentic, cordial and constructive. It is happening more these days because of what is happening in the political arena. By remining awakened and aware of my judging and ractive thoughts without getting caught up in my judgemental stance, I have been able to maintain amicable relationships with people who are close to me. Practicing mindfulness is my mantra that helps me to stay the course. Namaste.

Jagdish P Dave

[Who Is My Neighbor?](#)

How do you relate to the notion that your neighbor is someone you decide, not someone you have to choose? Can you share a personal story of a time you created a sacred form of relatedness with someone else? What helps you go beyond the limits of your conditioning to truly create relatedness with another?

In response, Jagdish P Dave wrote on Dec 22, 2018 ...

Ivan Ilich offers a different way of knowing who our neighbor and I is love it. Relating to someone, a stranger, even an enemy, without preconceived and conditioned notions about who my neighbor is the right way of creating sacred relatedness. Such relationship is created by turning in, by seeing with clear eyes and by listening to the inner voice, the voice of the heart. As Ivan Ilich states, "There is no way of categorizing who my neighbor ought to be" and my neighbor,"whom I decide to, not whom I have to choose."

I came to America in 1959 at the age of 34 to study at the University of Chicago, a strange city in a strange country with no friends and friendly neighbors and very cold freezing cimete. I was going

through mild depression. There was another student from Poland staying in the same building on the second floor. As I was going out to go to school on a very cold morning, he noticed me with compassionate eyes. He faced me and extended his emotionally warm hands. He touched my hands and said, "Consider me your brother!" His touch and words removed the fog of my depression. He was 7 feet tall; I am 5 and a half feet tall. He was all white. I am all brown. He was Catholic. I am a Hindu. He was from Poland. I am from India. All these outer barriers vanished; He became my good Samaritan neighbor. He has passed away. He dwells in my heart.

What has helped me to go beyond my conditioning to create a sacred form of relationship is an ongoing awareness of the walls and boundaries I create in my own mind. This way of relating myself to myself with awareness and releasing my inner boundaries helps me to relate to others in an open and free way.. It goes beyond my self-created boundaries caused by conditioning and ignorance. This is an ongoing promising journey.

May we cultivate an attitude of relating to a stranger with awareness, with an open mind and an open heart!

Namaste.

[*My Word Of The Year*](#)

What do you make of seeking 'the truth in our opponents' error, and the error in our own truth?' Can you tell a personal story of a time you were able to deepen your insight by listening, closely and bravely, to an opposing view? What helps you to invite surprise into your life?

In response, Jagdish P Dave wrote on Dec 29, 2018 ...

When I listen to my opponents' error, I hear something I need to hear and understand about my position. This kind of listening arises in me when I let go of my shouts and roars about my position and be really quiet. When I do this I can see the truth of my error, the shortcoming in my own position. I hear my own soft inner voice of wisdom and that lets me see my shortcoming, the onesidedness and rigidity of my position. And this is the truth I need to see in my position. Seeing the truth in the error on both sides with humility creates a bridge of genuine understanding, cooperation and collaboration. This way of dialoguing is more important in divisive times we live in. It is vitally important for sanity to prevail.

This morning we had a rather heated discourse about how to do greater good. On one side three of us held a firm and strong position about doing greater good by living a simple life in moderation so that we can spend our precious time for reaching out and serving others. Our opponents held a position of making more money and donating a portion of their money without reaching out and that way saving time for making more money. It required a lot of courage, humility, open-mindedness, empathy and patience for both sides to deeply listen, understand and accept each other's point of view. This way of talking and listening helped all of us to have a better and deeper understanding and insight about our personal position and others' positions on this very important issue. Surrendering to silence and keeping our minds and hearts open brought us closer to each other and that way enriched our relationships.

May we be more humble, quiet, open-minded, open-hearted and listen deeply and empathically to our opponents to build bridges and not huge walls. Let us look for common ground for peace and for serving the humanity at large!

Namaste!

Jagdish P Dave

[Two Kinds Of Resistance](#)

How do you relate to the notion that we depend even on those whose views are very different from ours in order for collective awakening to happen? Can you share a personal story of a time you were able to transform a feeling of anger at injustice into a compassionate nonviolent resistance rooted in satyagraha? What helps you focus on your conscious choices instead of judging others?

In response, Jagdish P Dave wrote on Jan 04, 2019 ...

The Buddha's teaching on light and darkness is simple: they depend on each other for their existence. For collective awakening against injustices that affect us all, we need to learn how to transform our feelings of anger, outrage, despair, fear into compassionate and non-violent action if we want this kind of resistance to be effective. This kind of resistance requires satyagraha or soul force, the fire of determination in our hearts and a willingness to see that we depend on each other even on those whose views are very different from our own.

Mahatma Gandhi's civil disobedience or resistance movement against the unjust British rule of India was based on satyagraha. His satyagraha freedom movement was also based on building up inner resistance to anger, hatred, fear, and despair. Both kinds of resistance come down to our own conscious choices. I learned this great lesson from Gandhiji as a role model and from others following his path. Satyagraha as I understand is a soul force, a strong determination for taking a courageous and non-violent stand against injustice. It is not like making a deal. I encounter such happenings in our country on a regular basis. I practice satyagraha as enunciated by Mahatma Gandhi.

When non-compassionate and judgemental thoughts and feelings of resentment and anger arise in my mind and heart, I process them mindfully until the heavy clouds of judgemental thoughts and feelings and tense bodily sensations go away from my mind and body. I call it mindfulness cleansing process. With daily practice of this cleansing process the time on holding on to the inward walls gets shorter and shorter. It is indeed conscious choice making.

[Signals Even GPS Cannot Detect](#)

What does "being moved by nature" mean to you? Can you share an experience of a time the elements around you guided you when you were lost? What helps you step back from your instruments and lean into where you truly are?

In response, Jagdish P Dave wrote on Jan 12, 2019 ...

My being is made of five primordial elements of nature-earth, water, fire, air, and space. These elements are within me and outside of me. When I pay my loving nonjudgmental attention to my inner natural elements, I get intimately connected with outer natural elements. Such experience makes me fully alive and present. If and when I depend on technology for direction, I lose my connection with my directional inner signal such as my intuitive knowing and gut feeling and signals coming from nature like the sun, moon, north pole star, wind and clouds.

One day my friend and I were taking a walk on the bank of the Ganges. We got deeply connected with the touch of the cool air, the sound of the river, the vastness of the blue sky and unseen yet deeply felt spiritual vibrations. We did not use our smart phone for identifying location, distance and direction. This experience made us vibrantly alive, grateful, and joyful. Living in the present moment without getting distracted or mentally occupied by the technological gadgets helps me lean into what I am experiencing, where I am truly are.

Namaste

[*Green Mountains Are Forever Walking*](#)

How do you relate to the notion that one word can awaken the mind? Can you share a personal experience of a time you experienced the impermanent nature of the elements within you? What helps you avoid stagnation in a realization of emptiness and instead merge with the world in compassion?

In response, Jagdish P Dave wrote on Jan 18, 2019 ...

When we realize experientially the truth that everything is impermanent, one word from an enlightened teacher is enough to wake us from the sleep of ignorance. Such an awakening helps me neither to hold on to the past nor to reside in the future which has yet to come. The only moment that exists is the present moment. Such awakening helps me to be free from my emotional backpack.

Watching my dad passing away calmly in front of my eyes made me realize the impermanent nature of all the natural elements such as air, heat, breath, water, matter. I realize the truth of impermanence. According to my understanding emptiness and fullness are two sides of the same coin. There is no fullness without emptiness and no emptiness without fullness.

When I meditate I experience my mind empty of thoughts, free from my attachments to the world created by me, the separate self. In that emptiness I feel the fullness of living in the moment. When I live meditatively I feel the other me. These are precious moments of compassionate connection. the experience of oneness, fullness.

[*Generosity Helps Us Accept Change*](#)

How do you relate to the notion that the strength of our generosity is a primary factor in our ability to accept change? Can you share a personal story of a time when you could see the movement of your heart in practicing generosity mirroring the movement of your heart letting go inside? What helps you cultivate a generous heart?

In response, Jagdish P Dave wrote on Jan 27, 2019 ...

True or genuine generosity is unconditional with no expectation in return. It is pure and not contaminated by my agenda such as what am I going to get by my generous act. In this sense it is free from any bondage. When I do such generous act my heart gets filled with joy, happiness..

When I do a generous act to get something in return or impose any condition or I manipulate the other, it is not genuine and free.

Yesterday, my friends came to my house to discuss Breakfast with Buddha in our Book Club. Two of my friends waited to chat with me after the meeting. Both of them looked at my library and their faces indicated their desire to have a couple of books from a bookstore. I felt their desire and I joyfully offered the books they liked in my library. Our faces shone with light of joy. It is by giving we receive. Such offering from our heart cultivates our attitude and ability to go with the flow and accept what happens.

Namaste!

Jagdish Dave

[We Contain Multitudes](#)

How do you relate to the notion that we contain multitudes? Can you share a personal story from a time you were able to share your non-LinkedIn-profile self with someone? What helps you offer space (to yourself and others) to be complex people?

In response, Jagdish P Dave wrote on Feb 01, 2019 ...

My life is not a straight line. It has many turns and twists. My life is not monochrome. It is multicolor. Some light, some bright, some dark, some pleasant and some unpleasant. It is a mixture of colors. My real self is not LinkedIn profile. I relate to what Walt Whitman says, "I am large, I contain multitudes." When I was young I had a small circle of close friends. We got deeply connected by being vulnerable and sharing our thousands of joys and thousands of sorrows. We gave ourselves and each other room to be ourselves. All of my friends have passed away. I still feel in my heart the loving, intimate and deep relationships we had created with each other. What helps me to offer space to myself and others is finding time and opening our minds and hearts. Small and shallow talks come and go without creating depth in our relationships. Today I had invited my Jewish friend to my class to share her experiences of practicing her faith. I have known her for the last ten years without being deeply and lovingly connected with each other. In the class she talked about how her grandfather was gassed by the Germans. How her mother had gone through torturing experiences and how she felt when she came to America. It was a very moving true story. There were tears in her eyes and profound pain in her voice. We got deeply connected with her and she felt the same way..

[*What I Learned From Trees*](#)

How do you relate to the notion that every path leads homeward? Can you share a personal experience of a time you were inspired to be who you are? When you listen to trees, what do you hear?

In response, Jagdish P Dave wrote on Feb 09, 2019 ...

Herman Hesse is one of my most favourite authors. When I read his book Siddhartha, I got deeply connected with Siddhartha, Gautam Buddha. Siddhartha woke me up to be aware of the self-created and self-sustained suffering cycle and how to be free from suffering. It helped me to look within and examine the cause of suffering and how to liberate myself from the bondage of suffering. When I sit quietly and be still, I feel the presence of my awakened self, feel grounded and feel peaceful. I feel like being at home. This is my inward voyage to find myself and how come home.

Several years ago I attended a weekend retreat to explore significant questions like Who I am? Why am I here? What is the meaning or purpose of life? How can I liberate? We were given two days of silence for exploring these questions. The last half of the day was designed to present and share our significant learning experiences with the whole group of twenty persons. We were given 15 minutes to be by ourselves to come up with creative ways for sharing and discussing our significant learning experiences. I shared my significant learning experiences by requesting the group to do Mindfulness Meditation for 10 minutes. Then I showed them the picture I had drawn during the 15 minutes of my personal time. The picture was the Tree of Life. This picture represented my life: rootedness, growth, connectedness, aloneness still connected with myself and with others, swings of ups and downs, offering unselfish service, inner wealth, supporting and nourishing, the flow of life, a sense of home coming.

When I mindfully watch and quietly listen to the whisperings of trees, I get connected with the Tree of Life. I realize the truth of living. I see oneness in manyness, self-nurturing and nurturing others, giving gifts of love lovingly, voice of harmony and wholeness and holiness.

Let us hug the Tree of Life lovingly.
Namaste!

[*It Doesn't Matter If You Believe In It*](#)

How do you relate to the notion that nonviolence is the science of understanding conflict? Can you share a personal story of a time you realized the effect of interdependence, even without a belief in it? What helps you nurture beloved community?

In response, Jagdish P Dave wrote on Feb 16, 2019 ...

The central theme of this thoughtprovokingarticle written by KazuHagais stated in the the last two sentences of this article, As Kazustates," The universe simply exists, and its job is to continue to create balance and order. It is up to us, as species, to understand these laws so that we can move towards Beloved Community." When we do not follow this universal law of love, we move away from Beloved Community. We divide communities- as us against them, create rifts and conflicts and violence. We sustain these conflicts and harm us as human beings and nature.

We are interdependent. When we break this natural law of living, we pay the price of our actions. We do not have to believe in this. We see it. We experience the harm caused by our unmindful actions. In our workplace, we work as a team. We are interdependent. We cooperate and collaborate. We create balance and order for our Beloved Community. We feel fulfillment, personally and inter-personally.

Namaste!

[*Kazoo Player And The Symphony*](#)

How do you relate to the author's metaphor of awakening to the grand sweep of the melody? Can you share a personal story of a time you felt you could hear the symphony beyond your kazoo player? What helps you reconcile the need of a kazoo player with the bigger majesty that is all around you?

In response, Jagdish P Dave wrote on Feb 23, 2019 ...

As a meditator, I have noticed how my mind gets distracted by the external world of sound and sight as well as by my internal world of sound and sight. As I consistently practice Mindfulness Meditation, my mind slowly and gradually gets less distracted. In this quiet and open space, I hear the majesty of symphony effortlessly. This is like awakening from my conditioned mind which was bound by my un-awakened or sleepy state of mind.

A few years ago, I went to a weekend Zen retreat. During one of our Mindfulness Meditation, I dozed for some time. I was awakened by the hitting by the stick on my back by the Zen master. This awakening experience taught me an important lesson of awakening myself from my conditioned state of my mind, my un-awakened sleepy state of mind. It opened up my mind space in which I can hear the grand sweep of the Divine melody, the music of the sphere with no boundary. It creates deep joy, wonderment, and harmony.

Living every day mindfully with this awakened state of mind helps me to relate to the majesty all around me.

Namaste.

Jagdish P Dave

[*Clues On Higher Ground*](#)

How do you relate to the learning that helps you know "less about before"? Can you share an experience of a time you were motivated to dig deep for clues on higher ground? What helps you empty yourself to regain your deep curiosity for higher ground?

In response, Jagdish P Dave wrote on Mar 02, 2019 ...

By relating to what's happening in the present moment helps me to know "less about before". In the present moment there is awareness of what's happening here and now. This here and now consciousness is pure consciousness unclouded by the past and the future. In this state of consciousness, I feel free from the past bondage and future anticipations. By being fully connected with the flow of the present moment, my eyes see the world within and without freshly. My ears hear the untarnished sounds within me and without me. Being present creates spaces in the holes of the flute of my life and I hear the sound loud and clear.

When I give myself room from the noisy and fast moving world, I feel the presence of alive silence which helps me to go deeper within me to know myself, to look at myself from a wider and clear perspective which takes me on a higher ground. As the ancient Hindu prayer says, "Lead me from untruth unto truth, from darkness unto light." Such daily practice of meditation and contemplation strengthens my motivation for reaching a higherground.

Namaste.

Jagdish P Dave

[*Three Qualities Of Holiness*](#)

How do you relate to the notion that holiness or virtue is unself-consciousness? Can you share an experience of a time that you observed the opposite of a virtue in you? What helps you go past the cunningness of your ego and toward the wisdom of nature?

In response, Jagdish P Dave wrote on Mar 09, 2019 ...

True Happiness, Love, Goodness, Freedom, Humility, Reality and Holiness are our inherent, inborn, and innate qualities or virtues. These virtues are uncaused. They are natural, effortless, and spontaneous. In that sense holiness is unself-consciousness. To put it differently, holiness or wholeness is not bound by our limited lower state of consciousness. It is universal or cosmic consciousness beyond time, space, and causality. It is Transcendental state of consciousness, pure or non-dualistic state of consciousness.

There are many examples I can cite when I have observed the opposite of virtue in me. My attachment to my own possessions such as mentally holding on to my precious books or numerous awards I have received robs me of my innate virtue.

Non-judgemental existential awareness of my attachments frees me from the cunningness of my ego. The ego plays mine vs your game and when am not aware of it, I get caught up in this game and I turn away from my natural innate wisdom.

Namaste!

Jagdish P Dave

[*Why Busyness Is Actually Modern Laziness*](#)

What does being existentially lazy mean to you? Can you share a personal experience of a time you became acutely aware of this laziness? What helps you be in activity without being "busy"?

In response, Jagdish P Dave wrote on Mar 15, 2019 ...

To me being existentially lazy means being mindfully aware of the actions I do in my everyday life. This kind of awareness helps me to make wise choices. "The ability to make that choice comes from my developing a clear mind, free of action addiction.", as the authors Rasmus Hougaard and Jacqueline Carter state in this article.

I became clearly aware of this laziness on one nice day when I was walking barefooted and fell down and got hurt. This experience made me realize how much my mind was busy, driven by action

addiction. I learned a lesson of being existentially lazy, of being mindfully aware of the choices I make in my everyday life. I am appreciating the value of a couple of a few wise sayings. Easy does it...Hasten slowly... Know when non-doing is better than doing... A wise person knows what to do and not do, when to do and when not to do.

As I am growing up I have been learning many lessons mostly from me. One has been like a mantra. Take 5 deep, slow, and gentle breaths before jumping into an action. This breath pause button helps me not to react but to respond, to be existentially busy. My actions come from my quiet, clear mindset and not from a cloudy and cluttered mind set.

May we all learn to be existentially busy!

Namaste.

Jagdish P Dave

[*What Is Holding It Together?*](#)

What comes up for you when you lean into the inquiry, 'What is holding it together?' Can you share a personal experience of a time you looked at fractured order through a lens of unity? What helps you see the delicate filigree of life without needing to lock it in explanation?

In response, Jagdish P Dave wrote on Mar 24, 2019 ...

According to my understanding inquiry made with an open mind and an open heart holds different forms of life including nature together. In such togetherness all man-made boundaries melt away and we realize harmony, unity, and oneness.

I experience of de-fragmented unity when I let my heart be touched by the caressing hands of people in my life and when I reach out and place my caring hand on someone's aching shoulders.

Inner silence without words of explanation helps me to see the delicate filigree of life. Seeing the inner light needs the inner eyes to be open without clouds of thoughts.

[*No Longer Playing It Safe*](#)

How do you relate to the notion that to be transformed by the practice of love is to be born again? Can you share a personal story of a time you experienced such a transformation? What helps you transcend fear and commit to loving?

In response, Jagdish P Dave wrote on Mar 30, 2019 ...

I love this beautiful passage. Pure love, non-possessive and unconditional love, is the key to transformation and spiritual renewal. The old shackles of fear, anger and abuse are shattered by cultivating skillful means of love. Such love frees us from the past abuse and brings clarity and inner strength to love ourselves and others in our life authentically. Such spiritual awakening gives us a new birth.

Last week a young grandson of a grandmother we know came to our house for a weekend visit. His grandmother has been holding on a deep emotional wound she had received from her daughter who happens to be the mother of this young man. She has displaced her anger against her daughter to her grandson and she refused to come to see him and have a dinner with him. The grandson

loves his grandmother in spite of her wrath towards him. He had bought a bouquet of flowers for his grandmother hoping she would come to see him and eat with her. Both my daughter and I asked her to let go of her displaced anger towards her innocent young grandson. We asked her let that anger go and come and bless her grandson. She agreed and came to bless her grandson, and we all ate together. What an uplifting, touching, joyous and never forgetting experience! This is the transformative power of love.

I did not have to work on myself to transcend fear to love significant people in my life. I was blessed to have people who has accepted me and loved me in spite of my failures and shortcomings as I grew up. Such loving experiences have enkindled the spirit of love in me. I am very grateful to those people. Though all of them have passed away, I cherish them in my heart.

Namaste to them who loved me unconditionally!

[To Be In Satsang](#)

What does being in satsang mean to you? Can you share a personal story of a time you no longer cared about your agendas? What helps you experientially enter the unknown?

In response, Jagdish P Dave wrote on Apr 06, 2019 ...

Satsangis a Sanskrit word, made up of two words, sat (pure Existence or Truth) and sangain the company or association with Truth. Sat is not bound by past or future. It is eternal presence. It is an experience without preconceived thoughts and ideas, no prescript or no postscript. To me it is wordless experience of being.

I live in a world of space and time, where and when. I create my agenda and follow it without getting stressed out. I follow it to the best of my ability. This is the world of doing. I also invariably time for satsang where there is no timeline or space boundary. It is a free zone, a zone of being- nothing to do and nowhere to go. Just to be fully present, to be here and now. It is an experience of inner unbound freedom. It is a time for waking up and staying in the state of awakening.

Practicing satsang everyday has helped me to be balanced between the world of doing and the world of non-doing, the world of being. Finding time every day for practicing satsanga creates a state of wonderment and curiosity in my mind to enter the unknown.

Namaste!

Jagdish P Dave

[A Key To End Sorrow](#)

How do you relate to the notion that when one loves, there must be freedom from another and also from oneself? Can you share a personal experience of a time you felt love without hate, jealousy, fear, anger, condemnation, comparison or wanting to interfere? What helps you see the ugliness inside from the very bottom of your heart?

In response, Jagdish P Dave wrote on Apr 12, 2019 ...

Love cannot be bound by any conditions or demands. Such conditions or expectations cause ugliness in our heart. Freedom is selfless love-free from the bondage of our own selfish desires and expectations and freedom from the bondage of other's selfish desires and expectations. I experience such a gift of unconditional love in my everyday life with people close to me. I extend my

helping hand and reach out to serve them and they do the same thing for me. There is no demand, no expectation, no condition, no anger, no fear, no anxiety. Such experience nourishes both the giver and the receiver. When I watch a bubble of anger, fear or anxiety arising in me, I become aware of its hold on me. I mindfully process such emotions and release them. I become free from my self-created bondage which creates deep joy and bliss in me.

Namaste!

Jagdish P Dave

[*Feel Free To Set A Better Example*](#)

How do you relate to the notion of taking personal responsibility for being the change as opposed to critiquing others? Can you share a personal story of a time you shifted the focus back to yourself instead of censuring others for being hurtful? What helps you stay rooted in setting a better example?

In response, Jagdish P Dave wrote on Apr 20, 2019 ...

I take my personal responsibility for making my choices that are healthy, wise, constructive and helpful only to me but to others. It's up to me to choose what to eat or not. I may eat junk food and fill my body-mind-and heart with junk and unhealthy and toxic stuff, desires, thoughts and emotions prompting and compelling me not only me but others around me.

Daily living offers me several opportunities to train my mind not to react ignorantly but wisely.

Yesterday I was in a grocery store to buy fresh vegetables. The space was not wide enough for three carts to go through. Right in front of my cart, there were two ladies talking amicably with their carts parked blocking my way. I remained mindful of my thoughts and feelings arising in me. So instead of pushing their carts angrily I took time out to put them aside so that I could move on. My intention was not to teach them a lesson or expect a "thank you expression" from them. They did it on their own. This is not a big event but according to my experience small steps of empathy and wise and right actions become building blocks for freeing myself from my self-created bondage of suffering. All wisdom traditions and wise teachers show the same way: Harm not yourself and others.

Consider mistakes as miss- steps. Soften your heart when it is hurting. Be kind to you and to others. Act not react. Replace a negative thought by a positive thought, anger by kindness, curses by blessings, revenge by forgiveness. In order to grow my Tree of Loving Kindness, I need to nurture my seeds of growth potentiality everyday. Knowing by itself is not enough. I need to practice what I know in my everyday encounters. Such practice requires mindful self-discipline and that's what keeps me rooted and that's what nourishes my Tree of Loving Kindness.

Namaste!

Jagdish P Dave

[*The Poisoned Tree*](#)

How do you relate to finding value in the most difficult circumstances through respect and understanding? Can you share a personal story of a time you were able to turn the straw you found into gold? What helps you learn from difficulties?

In response, Jagdish P Dave wrote on Apr 26, 2019 ...

It is not easy to accept difficult changes and adverse circumstances happening in life. Instead of grumbling and complaining or avoiding and averting or denying I need to understand them and accept them. I have learned to look at such changes with clear eyes, open mind, and open heart. Such circumstances do cause pain. They can cause fear or despair. The pain may turn into suffering. It is up to me how to relate to them. I have learned not to react to them but tokindly and compassionately pay attention to them, understand them, and take constructive steps to work through them.

As I am getting old I run into many kinds of difficult changes such as increasing pain in certain parts of my body, decreasing energy and not being able to have restful sleep and people whom I love passing away. These are big changes. I relate to them by accepting them gracefully. I am grateful to my loving and caring family and friends for looking after me and lovingly taking care of me. Difficulties are teachers. I have learned many lessons by keeping my mind curious and my heart open. They teach me an important lesson of life. Life changes. Nothing is permanent. I have learned to accept this universal truth gracefully and live life as fully as I can. It is how I relate to them make a big difference. Maturity has helped me to make wise choices.

Namaste!

Jagdish P Dave

[*Everything Human Is Natural*](#)

What do you make of the notion that nature's service is perfect freedom? Can you share a personal story of a time you sought union with nature instead of isolation? What helps you resist the trap of isolation and go toward union with nature?

In response, Jagdish P Dave wrote on May 03, 2019 ...

We are relational beings. We have relationships with human beings as well as with nature. We are a part of nature, not apart from nature. We are composed of five fundamental natural elements: earth, water, fire, air, and space. Theses are gifts of nature. Without these five blessings of nature, we cannot be born or survive. How do we relate to nature? With awe, wonder and gratitude? In union with nature? In the spirit of service? When we relate to nature with an attitude of deep gratitude, we become guardians and servants of nature. We feel freedom with no fright of fear, isolation, or alienation.

As I was growing up, my parents used relational and divine words for nature such as Surya Narayanafor sun as manifestation of divinity. For moon, Chandra mama- our maternal uncle and earth as Dharati mata-Mother Earth. Thus, my attitude towards nature has always been of service and worship and deep connection.

When I relate to nature as a divine source of life giving energy, I feel deeply, freely, and happily connected with nature.

Namaste!

Jagdish P Dave

[*Do You Direct Your Mind Or Does Your Mind Direct You?*](#)

How do you relate to the notion that the mind both helps and hinders a human's power of penetration? Can you share a personal story of a time your spiritual discipline helped you direct your mind instead of having your mind direct you? What helps you control your mind?

In response, Jagdish P Dave wrote on May 10, 2019 ...

It is up to me how to use my mind. My mind can create bondage or can create suffering. It can hurt me if I use it wrong way or it can heal me if I use it right way. Right choice making is very crucial. The trouble is even though I know what the wrong way is, but I still follow it and even though I know what the right way is to follow I may not follow it. In this way I create my own suffering or bliss.

Yesterday, I was invited by friend for a dinner. His wife is a wonderful cook. She made delicious dishes of food. It was very tasty. And I kept on eating the food that's not good my health. I came up with my own self-created excuses. And I paid the price for my wrongdoing. This is where awareness and self-discipline come into play. I made a mistake and learned a lesson from my own experience. Learning how to use mind is the key to following the right path. I have been learning how to make wholesome and wise choices by practicing mindfulness in my everyday life.

Namaste!

Jagdish P Dave

[*Uncomfortable Place Of Uncertainty*](#)

How do you relate to uncertainty? Can you share a personal experience of a time you moved into the 'very uncomfortable place of uncertainty'? What helps you stay open to changing yourself?

In response, Jagdish P Dave wrote on May 17, 2019 ...

I like this thought-provoking and very helpful essay by Margaret Wheatley. Mind-set like "Black or White" or "Either Or" or "My way is the only way, and no other way" sadly closes doors for expanding our consciousness. Getting stuck with such mindset not only confines us to the restrictive way of living in the "comfortable place of certainty" but also creates walls for us and between others for making significant changes in ourselves and others in important spheres of life. Fortunately, living with open-minded families and friends I have been able to make a shift from narrow and close minded mindset to more open and inclusive growth promoting mindset. I know it is not that easy to move from the "comfortable place of certainty" to moving into the "uncomfortable place of uncertainty". It is a slow and steady inner journey of transformation. I learned from Mahatma Gandhi's wise statement of learning how to remake our inner world before trying to remake outer world.

I find it difficult to change my position about some of our fixed and exclusive mind-set of elected politicians. I have a couple of dear friends who, according to my view, are stuck with a fixed, blind, and rigid mind-set to see the harmful ways of their ideology that perpetuates injustice especially done to minorities. I am willing to empathically understand their perspective and position with little success. I try to keep my mind open and flexible hoping a shift in their mind-set.

Open-mindedness, practicing "beginner's mind", empathic understanding, authenticity, and willingness to self-examine and learning to move from the "comfortable place of certainty" to the "uncomfortable place of uncertainty".

Namaste!
Jagdish P Dave

[Stepping Over The Bag Of Gold](#)

How do you relate to the notion of being ready to receive the gifts life places in our way? Can you share a personal story of a time you recognized the gold that life placed on your path? What helps you see gold in every experience?

In response, Jagdish P Dave wrote on May 24, 2019 ...

There are times when life offers a "bag of gold" or golden opportunities to us in our path of life. How come we don't see them? As the saying states, "Beauty is in the eye of the beholder." But how can we see beauty if our eyes are closed? I am keeping my eyes closed because I am holding on to my past negative experiences. And not letting myself be open to the unfolding of new potentially enriching life experiencing experiences? This way I keep my hands tied. I keep my inner door closed when an unknown guest knocks at my door. Life offers me a gift and I deny it!

There have been calls of growth promoting opportunities in my life. One of the most blissful calls was marrying someone out of my caste, born and raised in a different religious family and a different class. I listened to the call and followed it with my whole heart. My life has been deeply and spiritually enriched by following my bliss. Walking on such a less traveled path has yielded many blessings to me and I feel very grateful for receiving such gifts.

Keeping my mind and heart open to see and explore new vistas has expanded my consciousness. I am open to explore new avenues, but I do not act impulsively and make blind jumps. I use my discretion to make wise choice. There had been times my wife would see the golden opportunity more clearly than I did. On such occasions she encouraged me, supported me and stood by me as we were walking on the new path together with a few twists and turns. I still feel her presence in my heart though she passed away a few years ago.

Namaste!
Jagdish P Dave

[Unconditioned Stillness](#)

How do you relate to the notion of an unchanging stillness as a container that holds all impermanence? Can you share a personal story of a time you felt this unchanging stillness? What helps you delight in your stillness?

In response, Jagdish P Dave wrote on May 31, 2019 ...

Our thoughts, feelings and actions are expressed in response to stimuli. If they are expressed automatically and unmindfully, they can cause harm and suffering. There is unconditioned space, stillness, between stimulus and response. Our thoughts, feelings and actions change. The space is unchanging like the sky without clouds. The unchanging clear sky is a container of the changing clouds. The clear mind is like the clear sky, the container of the changing thoughts, feelings, and actions-the mind stuff.

I feel the unconditioned stillness when my mind is clear and calm. This happens when I am fully engaged and absorbed in an activity. My mind is fully alive and

vibrant in the space filled with the unchanging stillness. Such active mind in the inner stillness brings delight, light, and fullness.

Daily practice of meditation and relating to what I do in my everyday life makes my life meaningful and joyful.

Namaste!

Jagdish P Dave

[Causes Of Happiness](#)

How do you relate to the two causes of happiness? Can you share a personal story of a time you experienced clarity due to a compassionate frame of mind? What helps you practice compassion?

In response, Jagdish P Dave wrote on Jun 07, 2019 ...

I like the simple and clear way Dalai Lama talks about the profound idea of happiness. Happiness is a deep sense of satisfaction or contentment. And that is the purpose of life. What makes us happy? Calmness of mind and compassion and affection in heart. When my mind is free from fear, anger and feverishness, I feel calmness and peace in my mind. I do not feel the pull of craving and grasping causing dissatisfaction. When my mind is calm and clear, I feel the presence of empathy and compassion residing in my heart.

Yesterday I had a call from my friend. Her voice indicated irritability and frustration she was experiencing for quite some time. I listened to her with empathy and compassion. There were moments when her state of mind was creating impatience and irritability in my mind. Since I have been practicing and applying mindfulness for working on myself, it was relatively easy for me to get back to my compassionate frame of mind.

Be the change you want to see in the world. This wise saying of Mahatma Gandhi has a great impact on me. When I get upset, perturbed, and worried, I relate to my own experience as great opportunity for self work. I relate to my disturbed self and suffering empathetically and compassionately. This mindfulness and self-compassionate training has been very helpful to me to work on myself and help others.

Namaste!

Jagdish P Dave

[Hiding A Penny](#)

How do you relate to the notion of 'healthy poverty and simplicity' that allows you to be joyful in discovery? Can you share a personal story of a time you reveled in gratitude for receiving a simple, humble and anonymous gift? What helps you cultivate a 'healthy poverty and simplicity'?

In response, Jagdish P Dave wrote on Jun 14, 2019 ...

Healthy poverty to me means that I feel fullness in my heart. I feel a deep and abiding sense of contentment. There is nothing missing in the fullness of my heart. I do not feel the urge or craving to have something more in my life to fill the cup of my life.

Living this way has simplified my way of living day by day. I receive anonymous precious gifts from nature day in and day out and from people in my life for surviving and flourishing my life. I feel a deep sense of gratitude for such free precious gifts bestowed upon me with no conditions.

There are times when my mind deviates from this way of living, I feel something is missing in me and I look for filling the vacancy from outside of me. I forget the wise saying of Saint Kabir 'Fragrance of happiness and fullness lies within you.' or "All is well" as my mother used to chant.

Paying attention when I mentally deviate from the right path of living fully inwardly and turning back to the path helps me to cultivate healthy poverty and simplicity. There is profound wisdom stated in Ishavasya Upanishad an ancient book of wisdom 'Renounce and Rejoice.'

Namaste!

Jagdish P Dave

[*Spiritual Life Begins Within The Heart*](#)

What do you make of the notion that spiritual life begins within our heart? Can you share an experience of a time you centered on the spirit within you instead of the vicissitudes of life? What helps you confront the paradox of life around you?

In response, Jagdish P Dave wrote on Jun 21, 2019 ...

Sister Joan Chittister's words are deeply thought provoking to me. To me the spiritual life is very important. As a human being I experience and display paradoxes in my life and see paradoxes around me. When I lose my centering and quietude, I get trapped by the vicissitudes of life. The flow of spirituality in my heart becomes thin and weak. By paying attention to what is happening within me and by creating centering and calmness in me the flow of spirituality regains its strength and purity and helps my paradoxes lay in rest transcending the paradoxes.

Last Saturday I was invited to a dinner meeting of my good old friends. Two of my dear friends approached me to get me input about an important issue that was bothering them. Their two dear friends did not believe in the existence of God. Their non-atheistic stance bothered them. This is a good example of how we get caught up in our oppositional stances and our stream of love flowing in our heart gets dried in the sand of arguments. They felt bad about the irritation and agitation they were feeling in their heart. We found a quiet place to create centering, quietude and non-judgmental awareness. This process helped their heart flowing with loving kindness.

The last paragraph of the writing is very illuminating. "The single-minded concentration on the essence and purpose of life, along with a focus on inner quietude and composure, makes for a life lived in white light and deep heat of the very core of the soul."

Jagdish P Dave

[*Remember*](#)

What does remembrance bring up for you? Can you share a personal story of a time you remembered that the universe is you and you are this universe? What helps you remember that 'life is'?

In response, Jagdish P Dave wrote on Jun 27, 2019 ...

Remembrance brings me to the realization that all threads of life are interwoven and interconnected and there is an underlying flow of oneness. Like the author Joy Harjowrites," Remember you are the universe, and this universe is in you. There are times I forget this Universal Truth. Thanks for reminding me the truth. We all need to be often reminded that life is one though it has different forms. Hurting nature is hurting us.

Several years ago when I was teaching in a college in my hometown Ahmedabad. My students and I went to an exhibition. The theme of the exhibition was Family of Man. At the entrance there was a poem written by Carl Sandburg." There is one Man in the world and the Man's name is All Man. There is one Woman in the world and the Woman's name is all Woman. This is one Child in the world and the Child's name is all Child."

I would add this line:" There is one Life in the world and the Life's name is all Life." I will never forget these words of wisdom.

I need to remain awake and mindful everyday to remember this Universal Truth. Every morning, I hear birds chirping, flowers blossoming, grass growing, the wind touching me, the sun shining, the clouds floating in the sky. It helps me me to remember that there is a flow of life everywhere and we are essentially one. Namaste!

Jagdish P Dave

[Not Loneliness, But Aloneness](#)

What does aloneness mean to you? Can you share a personal story of a time you experienced the tincture of solitude? What helps you make time for aloneness?

In response, Jagdish P Dave wrote on Jul 06, 2019 ...

Aloneness is the state of being, as the author says, and that is the time when I feel deeply connected with myself, finding myself, and that is the way I feel aloneness in a positive and constructive way. I feel aloneness and fullness when I am walking in the natural environment and feel being a part of nature, being connected with nature. That is aloneness to me. I am in the state of being and not in the state of doing. Aloneness to me is a shift from the zone of doing where the mind is busy, cluttered, and chattering. When I make a shift from doing to being I feel deeply connected with myself, with nature, with the people around me. That is to me aloneness. I experience that many many times when I am by myself, with myself, engaged in doing something that is deep and profound. I experience that when I am fully absorbed in listening to music. By practicing Mindfulness Meditation regularly, I feel aloneness and not loneliness. These are the times that I feel full inside myself, and nothing is missing at the moment.

As I mentioned before, when I am fully connected with myself and fully present to myself, I experience that tincture of solitude. I feel at home. I feel solitary without missing anything in my life. That experience of fullness provides the tincture of solitude.

Last week I was listening to a podcast on Mindful Living. The speaker recommended to take one hou a day solitary retreat. During this alone time be mindful of how you feel when you are alone. If you practice it regularly, you cultivate the ability of being by yourself without feeling lonely. I

followed his advice. Since I have been practicing mindfulness meditation, this everyday retreat experience was very helpful to me. During this one hour of alone time, I feel deeply connected with myself. We all need to cultivate our ability to be at ease with ourselves when we are by ourselves. It is like home coming.

Namaste!

Jagdish P Dave

[*Greatest Of All Religions*](#)

How do you relate to the study of life as the greatest of all religions? Can you share a personal story of a time you awoke to the religion of nature? What helps you remain a student of life?

In response, Jagdish P Dave wrote on Jul 12, 2019 ...

" A study of life is the greatest of all religions, and there is no greater or more interesting study."

These words of HazratInayatKhan deeply resonate in my heart. Self-study and the realization of oneself, who I am, and the manifestation of this realization in all aspects of my life is the core of all religions. That is the greatest religion. Reading religious scriptures and listening to great spiritual teachers or visiting holy places can be helpful for studying self and nature. What really matters is a deep inquiry of oneself and one's original nature with an open mind and an open heart. What is needed is self-awakening. I remember the words of Swami Vivekananda at the World Religions Conference in Chicago in 1893. His words were: " Get up. Awaken, and realize who you are!"

I experience the religion of nature when I am fully present to hearing the sounds of nature, to feeling the touch of wind, to smelling flowers and to watching the movements of the sun, the moon, and the stars. I feel oneness between me and nature. And that to me is a religious experience.

Life has been a great teacher for me. Life offers many lessons to learn. The prerequisite is finding time, keeping the heart and the mind open, and paying undivided attention to be fully present to receive gifts from life. I am deeply grateful to life for offering gifts without charge!

May we be open and grateful to receive gifts from life!

Namaste!

Jagdish P Dave

[*Opening Thy Palm*](#)

What is the gold that you grow in when you gift? Can you share a personal story of a time you were able to shift from scarcity to abundance? What helps you deepen in abundance?

In response, Jagdish P Dave wrote on Jul 20, 2019 ...

RabindranathTagore is my most beloved poet. His poems and songs have enriched my inner world. I am very grateful to Tagore for offering such gifts to me and to many people in the world.

By giving we receive. This message is offered by all wisdom traditions. My offering gifts to others has always enriched my mind and heart. Offering help to others, listening to others empathically and doing small acts of kindness everyday creates inner abundance of joy, contentment, and gratitude in my life. Such are my everyday blessings.

Many times I have opened my palm and have begged for help from others.

People have been very kind to fill my bowl. Their offerings have filled my heart with gratitude and

have created inner abundance in my heart. Everyday becomes a Thanksgiving and a ThanksreceivingDay! Nature's abundance delights my heart every day. Songs of birds, light of the sun and the moon, gentle touch of the wind, and sweet fragrance of flowers are my never failing friends. How blessed I am!

Such daily experiences of my life are gifts to me, and I am very grateful for receiving such gifts. May we continue giving and receiving such priceless precious gifts in everyday life!

Namaste!

Jagdish P Dave

[The Matrix](#)

How do you relate to being unable to tell the difference between the dream world and the real world? Can you share a personal story of a time that you became aware of living in an illusion? What helps you break through the illusion and connect back to reality?

In response, Jagdish P Dave wrote on Jul 26, 2019 ...

The dream world, the world of illusion, is created and sustained by my distorted perceptions. It is like seeing a rope as a snake. The real world as it is, is created and sustained by my clear perceptions. When I live in the world of illusion or the world of unreality, I create problems for me and for others. The dream world is the world of my projections. When I am aware of my inner world and outer world, I free myself from my self-created prison. The real world is the world of inner freedom.

There was a time in my life when I felt heavy duty depression. My mind was occupied with suicidal thoughts and depressive feelings. I felt compassion and support of people who deeply cared about me. That sustained my lifeline. Even in the dark clouds of total despair, there was a glimmer of self-awareness that created light of seeing the world of misery and suffering I had created by my intense craving and thirst for filling my heart with love. The inner light of awareness brought me out of the dream world I had created and helped me see the real world. I learned a great lesson of life. Happiness comes from within and not without. I learned how my intense craving and thirst caused suffering in me. I learned how to fill the inner emptiness by me remaining awake and relate to the inner source of happiness. My experience of suffering has helped me to understand the suffering of others empathically and kindly.

What helps me to break through self-created world of illusion and suffering is to give myself time everyday to be with me and explore my inner world with compassionate self-awareness. Not to sleep, but to wake up and see the inner light.

May we cultivate self-awareness and loving kindness for us and for others in our life!

Namaste!

Jagdish P Dave

[Pilgrim In The Open Shore](#)

How do you relate to the discovery of oneness within the diversity of life? Can you share a personal story of a time you were able to appreciate this unity in diversity? How do you differentiate between unity in diversity and uniformity?

In response, Jagdish P Dave wrote on Aug 02, 2019 ...

There is oneness in manyness and there is unity in diversity. I am in complete alignment with these apparently opposite statements. There is oneness or unity in the background of the manyness or diversity in the foreground. I see that and experience that truth both in the natural world and the human world. The diversity enriches the unity. It is like the formless is manifested in variety of forms-sights, shapes, sounds and colors. How and when do I see it and experience it?

I see it and experience it when I am aware of it without thinking about it, analyzing it, comparing it, and contrasting it. In other words when I do not engage my mind dividing and fragmenting the wholeness of it. When I

am mentally still and silent, I become aware of the melody of sounds, the seven colors of the rainbow, different but merging and melting. Every day I encounter people of different races, different shapes, different ideas and different opinions. When I keep my mind and heart open to empathically understand them, I see the same human face with no dividing differences. I wish we become free from preconceived and judgmentally based notions and ideas of people looking different from us and having different ways of thinking and living.

Uniformity is very different from unity. Uniformity deprives us from being ourselves. It takes away the beauty, enrichment and delight of the diversity. It takes away our individuality, freedom and multiformity.

Namaste!

Jagdish P Dave

[*Grateful For Nothing*](#)

How do you relate to the notion of "nothing happened" being worthy of celebration? Can you share a personal story of a time you experienced gratitude for nothing happening? What helps you be grateful for your breath?

In response, Jagdish P Dave wrote on Aug 09, 2019 ...

Every moment I breathe in and out. It is a gift of life. a thread running through my life, holding my life. It is so close to me that I do not notice it, not aware of it and be grateful for having such a vital gift. This is the way I relate to the notion of "nothing happened." Attending to my breath, being aware of the in and out rhythms of my breath and being grateful for the breath is worthy of celebration. I celebrate it and be grateful for it.

I recognize that the stream of my life does not always flow smoothly. I have experienced small and big hurricanes in my life: people close to me passing away, going through chronic aches and pains and swings of ups and downs. As I am getting old, thoughts of the doors of life coming to close arise in my mind, and I see the shadow of death approaching me. Noticing these thoughts and accepting them makes me realize the inevitable truth of my existence. Awareness of this happening in my mind makes me appreciate the gift of life, the gift of breath. And that is seeing something! Attention, awareness, acceptance of what is happening and remaining awake is the way I relate to the flow of life. I appreciate the gift given by the author Gregg Krechin the last paragraph of this passage:

" So take a moment and sit back. And breathe in "nothing happened". And breathe out a breath of

thanks. Gratitude for just being able to breathe. Now that's a really something!

" So take a moment and sit back. And breathe in "nothing happened"

[*Does God Have A Form?*](#)

How do you relate to yourself as life in the body and not the body itself? Can you share an experience of a time you became aware of your formless nature? What helps you avoid pedantry and stay rooted in finding your own nature?

In response, Jagdish P Dave wrote on Aug 16, 2019 ...

Who am I is question that arises in mind especially when disturbing sensations, thoughts and feelings go through my body and mind and when I get stuck with them, when the stream of my energy gets blocked by such recurring sensations thoughts and feelings. When I pay compassionate attention to what is happening in me, the question comes to my mind what is, who is suffering? At that time, I realize that I have the body, and I have the mind, but I am not the body, and I am not the mind. When I do not identify myself with the body and mind, the forms, I realize that I is formless. It is the flow of life with no forms. It dawns upon me that I am not this or that but beyond these forms. And that is I and I is that.

Many years ago when my wife and I went to Raman Maharshi Arunachala Ashram in India, we sat quietly in the hall where Raman Maharshi was meditating. Sitting doing nothing we felt the Presence of him. We sat there for an hour and felt our formless nature, our true nature going beyond names, shapes, and forms. This experience reminds me of the Zen poem:

Sitting by the river, doing nothing,

Spring comes, the grass grows by itself.

The experience I had in the Ashram many years ago has opened my inner door to realize who I am. Such knowing comes from giving myself time to listen to my soundless sound, to realize the "great truth has great silence." Reading books and acquiring information does not help me to know my nature, who am I. What helps me to be rooted in my nature is letting my mind be still to be connected with my nature, my true self.

May we keep our inner door open to see the Self dwelling in us.

Jagdish P Dave

Namaste!

[*Abandon Only What Is Not Yours*](#)

What does 'relinquishment that involves no loss' mean to you? Can you share a personal story of a time you let go of the leash? What helps you recognize the impermanence of things in your daily life?

In response, Jagdish P Dave wrote on Aug 23, 2019 ...

We all have different kinds of suffering. I have suffered and all the people I know have suffered. This is first Noble Truth. The Second Noble Truth is making an inquiry about the cause of suffering. The

Third Noble Truth is to seek the way of ending the suffering. And the Fourth Noble Truth is to follow that way consistently. I love these words of wisdom expressed by Gautama Buddha. I have learned that I have caused my suffering by holding on the craving that causes suffering to me and to people close to me. When I let go of the leash that I myself have created I become free from my self created suffering. Following this path of letting go involves no loss. It frees me from my suffering and that is big gain.

The Buddha's words of wisdom, "If you do not want to suffer don't cling." and "Whatever is not yours, abandon it; when you have abandoned it, that will lead you to your welfare and happiness." These words of wisdom have helped me to awake and be aware of what thoughts are going through my mind. As the Buddha has said "What we become what we think." Remaining awake and aware of what goes in my mind and letting go of suffering -causing thoughts helps me to walk on the Dharma path, the path leading to wellness, happiness, and peace.

I have learned that acquiring information from books, podcasts and even teachers is not enough for me in my spiritual journey. I need to remain connected and engaged with the lessons I have learned, and I am still learning and practicing and applying it everyday in my life. This is a gift, and I am very grateful for receiving this gift every week that keeps me awakened.

Namaste!
Jagdish P. Dave

[*Universal Humans In Training*](#)

How do you relate to the notion of a universal human? Can you share a personal story of a time you aligned your personality with your soul? What helps you sense that you have an immortal component beyond your mind and body?

In response, Jagdish P Dave wrote on Aug 30, 2019 ...

A universal human is beyond everything that divides us our personality, our physical reality such as I am a male, I am a Hindu, I am an American Indian, I am 94 years old, I am a highly accomplished person. A universal man is a citizen of the universe. A long time ago I came across a poem written by Carl Sandburg: There is one man in the world and the man's name is All Man; There is one woman in the world and the woman's name is All Woman; There is one child in the world and the child's name is All Child. I may add one line: The person's name is All Being or a Universal Soul. Am I evolving in this direction? From body, mind and individual personality, I sense it when my personality is in alignment with the soul. I am on the WAY. I am in the making. I sense it. I experience it. I realize it. There is oneness in manyness.

There are many small examples of my personality in alignment with my soul. This morning, I went to SwaminarayanMandir-Temple-with my friends. I saw old and young, man and woman, multiracial, multiethnic, multi religious people in the temple. My friends and I felt the sense of Universal oneness in the sacred place. When we came out from the temple, I ran into a small family-father, mother and a little child being held in his father's hands. He looked at me with a childlike innocent smile. He extended his little hands towards me to reach out. I held him in my

hands close to my heart. It was a heart filling experience of oneness going beyond all apparent differences. And I get such heart-filling gifts any times.

What helps me to have such beyond man-made boundaries is my open mind and open heart to receive such gifts. In such moments, time and space melt away. It's a pure experience of here and now consciousness, an experience of soul transcending body and mind. As the author Gary Zukav says, "We are all universal humans in training."

Namaste!
Jagdish P Dave

[*Hard Times Require Furious Dancing*](#)

What does learning to dance mean to you? Can you share a personal story of a time when you held the line of beauty, form and beat through grief and troubles? What helps you stay aware of your balance so you can maintain it?

In response, Jagdish P Dave wrote on Sep 06, 2019 ...

Life is a balancing act. It's like a string of a string instrument. If you stretch it too hard, it will break. If you keep it too loose, it will not make a sound. Like all of us I have felt thousands of joys and thousands of sorrows; thousands of ups and thousands of downs. I have learned the art of being mindful of the swings of energy I am experiencing in my body and mind, acknowledge it and flow with it without getting stuck with it or frozen by it. In the Yoga system is called Samatva Yoga- Path of Equanimity.

We all go through different kinds of losses. There are times when I have found them too much to bear. When I saw my parents, brothers and sisters passing away right in front of my eyes, it was very hard for me to maintain the equanimity and balance. Each passing away has taught me to be aware of the gifts each one of them had given to me from their heart. Holding such precious gifts of love in my heart and feeling grateful to them have enriched my life with love, joy, and gratefulness.

Mindfulness is a nonjudgmental existential awareness of what's happening in me. Such awareness helps me to create and sustain balance in my life. It keeps my mind awake. With practice I have been able to cultivate such mind set. There are times when I "go to sleep" and act mindlessly. These are challenging times. I have learned to face them boldly. I agree with Alice Walker when she says, "Such hard times require furious dancing."

[*Song Of The Birds*](#)

How do you relate to the notion of a new language being born when the minds of two different species connect? Can you share a personal story of a time you heard and created earth's universal grammar by linking into the mind of another species? What helps you listen for wisdom in a language different from yours?

In response, Jagdish P Dave wrote on Sep 13, 2019 ...

Let's listen to what David George Haskell states in the last short paragraph of his podcast Song Of the Birds:

"Let's answer the birds' invitation, stepping outside to give them the simple gift of our attention. Listen. Wonder. "Belong."

There are two languages. One with which we are too familiar; the verbal language of humankind. The other language with which we are hardly familiar is the language of nature. When we take time to step outside of our human language, be silent, attend, and listen, we get connected with language with universal grammar. The human language can and often does create self made boundaries, divisiveness, conflicts, battles and wars. When I keep my mind open and listen to the other language, a new language is born that expands and deepens my consciousness.

Two instances stand out in my mind. One when I was with my friend listening to a song beginning with two Hindi words, "Ful kahe" meaning the "flower says". These two words opened my eyes to see the beauty of nature right in front of my eyes. The second was when I was reading Tagore's poem. The poet was looking for beauty in the far away forest and on the Himalayan Mountains. He heard a soft and gentle voice of a flower plant in his yard inviting him to see beauty right in front of his eyes. Both songs have opened my eyes to see beauty in nature close to me, right beside me!

Finding time to attend, behold, wonder and connect everyday to relate to nature helps me to to listen to the wisdom offered to me as a gift.

Namaste!

Jagdish P Dave

[*When Light Shines, Darkness Becomes The Light*](#)

How do you relate to the notion that when light shines, darkness becomes the light? Can you share a personal story of a time you were able to observe your thoughts without judging or evaluating? What helps you be gentle with yourself?

In response, Jagdish P Dave wrote on Sep 20, 2019 ...

ThichNahtHanh has been a great spiritual teacher for me. I am very grateful to him to plant the seeds of learning how to live spiritually. This essay raises important questions in my mind. What is darkness? Where does it come from? What is light? Where does it come from? As I am reflecting on these questions quietly, following my breath, light of awareness shines from within. This nonjudgmental awareness enlightens me. Darkness is created by myself in my mind and heart. Restlessness is created by myself in my mind and heart. This illuminated knowing liberates me from my self-created darkness. Darkness merges with light. Darkness becomes light. Light of awareness

guides me to live mindfully.

Two days ago, my co-teacher and I were discussing the topic of Forgiveness with our Middle School-High School students. It was an open discussion. It was quite interesting to observe how a few students were reacting strongly to the students who were expressing their ideas of forgiveness very differently from other students. We as teachers wanted our students to learn how to listen to other students as well as to us as teachers mindfully by being fully attentive and present without passing judgments about ideas and opinions expressed by others. I shared how I related to the ideas of the students which were very different from my ideas of forgiveness. I shared my experience of forgiving someone who hurt me very deeply. I mindfully processed my thoughts and feelings and let me be free from my anger toward the person hurting me. I let my thoughts and feelings come kindly and freely without judging, denying, and getting stuck with them. I consciously let them come, stay, and fade away effortlessly. This process helped me relate to the person hurting me empathetically and kindly. We built a bridge between both of us.

I have been learning how to keep the light of awareness shining within me. I have been learning from my own experiences the lessons of kindness, compassion, forgiveness, and gentleness for relating to me and to others in my life. This is an ongoing process. I am happy to walk on this path and help others

to walk on their path by doing inner work mindfully.

Namaste!

Jagdish P Dave

[My Neighbor's Corn](#)

How do you relate to the notion of sharing your best gifts with those around you? Can you share a personal experience of a time when a gift you shared came back around to you? What helps you stay rooted in the circle of life in your daily decisions?

In response, Jagdish P Dave wrote on Sep 27, 2019 ...

I love a beautiful saying I had read a long time ago> it is in Sanskrit: " Udar charitanmavasudhaivakutumkam." For those whose hearts are filled with generosity, the whole universe becomes their family. Gifts coming from our generous and compassionate heart serves both the giver and the receiver. Once a disciple asked GautamBudhha, " Does my body belong to me?" Buddha responded to his question: " Our body is an integral part of the planet. It is not separate from the planet. What we offer to our body becomes an offering to the planet. If you eat bad food, it has an impact on the planet. Unhealthy food has a negative impact on you and also on the planet. You need to make a wise choice. The planet is in you, and you are in the planet." I need to be mindful of what I put in me, my body, mind, and heart and how I act has an impact on others. It is a circle. My wholesome thoughts, emotions and actions create wholesome energy for me and those who are connected with me.

Offering my gift from my heart brings a deep sense of joy and gratitude in me and I see the impact of my gift on others receiving my gift. This happens almost everyday. I am a teacher, and I am happy

and joyful by offering the gift of my teaching to my students. I see a lot of joy and gratitude on my students faces. Sharing and spreading the quality of my thoughts and love uplifts my spirit and the spirit of others connected with me. I am also a counselor. This morning, I helped a teacher going through a lot of emotional pain in her personal life. Spending half an hour with her and helping her how to mindfully process her emotional pain brought a great deal of joy and gratitude in me. I saw her face getting more relaxed and a feeling of hopefulness slowly growing and spreading on her face. Giving and receiving such gifts fills my heart with a deep sense of joy.

Cultivating skillful means requires daily practice of remaining awake and aware of what's going in my mind to know how to make wise choices. It is an ongoing inner journey of exploring the world of my mind, heart, and actions. This practice helps me to stay rooted in the circle of life in my daily decisions. With an ongoing practice, it becomes my second nature or saying differently it becomes my original nature getting rid of the walls obstructing it. It is like by emptying the cup the cup of life gets full.

Namaste!

Jagdish P Dave

[Zen Of Archery](#)

How do you relate to the notion of committing to the process instead of obsessing about the outcome? Can you share a personal experience of a time when you opened up to the process instead of measuring the way to the goal? What helps you not get distracted by results and instead stay committed to the process?

In response, Jagdish P Dave wrote on Oct 04, 2019 ...

Reading this passage reminds me of the advice my father used to give me when as a student I was working on my assignments. His advice was: "Focus on your work with sincerity, intensity and one-mindedness. Remain focused on the process. And the right result will come." I have followed his advice in many walks of my life as a student, as a teacher, as a counselor, and also in taking care of my health and the health of others in my family. As the Zen saying goes, "The path is the goal."

I will never forget the time when I waited patiently for four long years for marrying my beloved lady Vanleela. Her father did not want her to marry me because I came from a poor family. Vanleela was raised in a very affluent family. Her father thought and felt that his daughter would be miserable going to a poor family. Vanleela out of affection, regard and concern for her father accepted to wait for four years. Both of us felt the loving presence of each other in our hearts. Both of us continued going to college for our master's degree. Staying the course with patience, perseverance and determination resulted in the wholesome outcome-us coming together and eventually receiving the blessings of her parents. Vanleela passed away seven years ago. She dwells in my heart and will be there until I will pass away

Living in the present is the key for remaining focused on the path of living fully. Worrying about the future and getting stuck with the past is the sure way of missing the blessings of the present. I love and practice the saying, " Don't arrive before you arrive."

Namaste!
Jagdish P Dave

[*Monet Refuses The Operation*](#)

What comes up for you when you lean into the connection between how we see and how we make meaning? Can you share a personal story of a time your vision revealed the interconnectedness of life? What helps you develop a vision that can dissolve distinctions?

In response, Jagdish P Dave wrote on Oct 11, 2019 ...

The world is in the eye of the beholder. So true! There are two worlds-the outer world and the inner world. When I see the outer world with my outer physical eyes, I see parts of the world distinct from one another. The outer world is made up of natural objects like trees, leaves of trees, flowers, waves of oceans and streams of rivers. The human world is filled with all kinds of differences. If I see the world with outer eyes, I see the world of separateness and divisiveness. Black versus white, rich versus poor, east versus west, life versus death, me versus you, my religion versus your religion. These differences create distances, conflicts and wars. We lose the seamless thread of the reality, the oneness in manyness. When I see the same world with my inner eyes I see the interconnectedness and even oneness in the apparent divisiveness. The world appears as we see it.

In my daily life, when I see the outer world with the eyes of my heart, I see the interconnectedness of life. At times I experience the outer world as an integral part of my being and at times as an extension of my being. Seeing people with the eyes of my heart, with empathy, kindness and compassion builds a bridge between the seer and the seen. This way of living enriches my inner life. I find it difficult to relate to self-centered and unkind people with empathy, kindness, and compassion. I know I am not perfect. I am working on myself. Loving Kindness "Metta" meditation helps me to relate to such "difficult" people.

I have been practicing Mindfulness way of living. Such a way of living helps me to develop interconnectedness with life, oneness in manyness, and unity in diversity. It is a life-long journey, and I am not in a rush. I remember and implement the wise saying, "Hasten slowly!"

Namaste!
Jagdish P Dave

[*What Is Wealth?*](#)

What is your definition of wealth? Can you share a personal story of a time you experienced wealth through subtraction instead of multiplication? What helps you stay aware of the distinction between needs and wants?

In response, Jagdish P Dave wrote on Oct 18, 2019 ...

Wealth is a means to taking care of my basic survival needs such as food, shelter, and safety. It is a means and not a goal. My higher level needs such as need to belong to, self-worth, contentment,

inner peace and happiness, and self-realization cannot be fulfilled by never-to-be-satisfied craving for more, more and more money and things and possessions. Real wealth according to me is inner wealth that makes my inner life rich, joyful, generous, kind, and loving-Happy

I was blessed to be raised by parents who shared their bread joyfully with those who were hungry and provided shelter to those who needed it. They were living examples of the saying of St Francis of Assisi, "It is by giving we receive...It is in pardoning that we are pardoned." I experience such inner wealth almost on a daily basis by serving people who are going through emotional pain. Teaching and counseling is my profession. I earn inner wealth by offering my unconditional loving kindness to others. What a blessing!

Discretion is one of the basic qualities of living wisely. In my choice making, I ask the question, "Do I need this? Is this really necessary?" I patiently wait for the answer. If the answer is no, then I do not higggle haggle. I totally accept it and move on rather than getting something I really do not need. Whenever I have not followed that inner wise voice, I end up getting more which I really do not need. I accumulate unnecessary burdensome physical and mental stuff! Wants are nothing but endless cravings and grasping. Discretion is my savior. I am happy to say that I am making good progress! May we cultivate discretion and make wise choices!

Namaste!

Jagdish P Dave

[*Life Is Full But Not Overcrowded*](#)

How do you understand the distinction between struggle and harmonious progress? Can you share a personal story of a time you shifted from an overcrowded life to a full and good life? What helps you keep your life full without getting overcrowded?

In response, Jagdish P Dave wrote on Oct 25, 2019 ...

I ask and explore three basic questions for living a full, meaningful, peaceful, joyful and happy life. They are What? Why? How? What kind of life do I want to live? What is my purpose of life? Why is it important for me to live such a full life? How do I attain such full and meaningful life? What are the obstacles that I create that overcrowd my life and cause inner struggles? How do I create rootedness in me so that I do not get uprooted by the struggles I experience in my life? When I explore these questions I come to know the distinction between struggle and harmonious process. Inner struggles or intra conflicts drain my energy. Such struggles also drain the energy of people connected with me. What goes in my mind, my thoughts, creates struggle or harmony. My mind creates bondage, struggles and suffering and the same mind creates freedom, ease, and harmony. How I use my mind makes the difference.

How to live wisely is a lifelong process. There are times when I create my own struggles and suffering and cause suffering to the people close to me. When I wake up from my "sleep" state I see the light and become free from my self- created dark zone. This is an ongoing journey of life. Everyday is a learning day, an awakening day.

One of the ways that helps me to make wise choices is asking a very simple but very significant

question. Do I need or do I want?. Needs are few, wants are almost endless. When I get carried away by my wants, I create overcrowding both in the outer space and the inner space. I have learned not to get attached to what I don't need and that way not to get overcrowded. Living mindfully in different walks of life is a blessing for living peacefully, joyfully and happily.

Namaste!

Jagdish P Dave

[*When My Life Is In Danger*](#)

What does compassion mean to you? Can you share a story of a time you were able to develop the capacity to heal suffering? What helps you develop the capacity to heal suffering?

In response, Jagdish P Dave wrote on Nov 01, 2019 ...

Compassion is a caring feeling that arises in us when we see someone going through suffering. Seeing someone suffering evokes compassion in me and an inclination in me to reach out and help the person to heal him. Seeing a person going through emotional pain touches my heart and creates emotional bond with the other person.

I have gone through deep suffering in my life. I accepted my suffering and went through the process of healing me. It took time to heal my emotional wounds. I had learned to face my suffering compassionately rather than fleeing away from it, from my own being. I had gone through several days of darkness and pain. Working on myself compassionately helped me understand and relate to suffering of other people. In my everyday life I run into young and old people going through small and big sufferings. Walking in and going through my own suffering taught me how to empathize with them, understand them and hold their hands as they are going through their suffering. Such experiences are spiritual experiences for me. They make me a whole person.

According to my understanding and experience we all have the potential to cultivate our heart qualities. What helps us to develop such qualities are people in our life who practice compassion. I always remember the wise saying of Mahatma Gandhi, "Be the change you wish to see in the world." I was blessed to have parents, friends, and teachers as role models as I was growing up. They provided me nourishment to cultivate the seeds of compassion and kindness in my heart. Remembering my own suffering and Keeping my heart open to suffering of others helps me to develop and sustain my heart qualities.

Namsate.

Jagdish P Dave'

[*Staying Small To Stay Safe*](#)

How do you relate to the notion that magnificence doesn't like to be shrunk or compartmentalized? Can you share an experience of a time your magnificence erupted beyond its walls of containment? What helps you transcend your fears and let your magnificence shine?

In response, Jagdish P Dave wrote on Nov 08, 2019 ...

When we are not in the fight, flight or freeze survival zone, our mind and heart are open to see and experience amazing, wowing, and magnificent presence of natural beauty and beauty of human

mind and human heart. We are born with the sense of curiosity, wonderment, and magnificence. As we grow up, our natural tendency to relate and welcome the mysterious unknown gets shrunk and compartmentalized. Sadly, our mind and heart shrink and become narrow by the fear of the unknown. The shine of magnificence gets obstructed by the clouds of fear.

My true self is not bound by attachment or aversion. It is vast and open. My ego self lives in a closed, fragmented, and narrow world. Whenever I am in the being zone free from fear of losing myself, in the zone of unconditioned love and unconditional acceptance my magnificence erupts beyond its walls of containment.

I am grateful to my beloved life partner who provided an ambience of letting me to be me in my relationship with her. In this relationship we become one. In such relationships there are no walls of fear, worry and other obstructions.

I become mindful of whatever arises in my mind that blocks the experience of wonderment. I accept it, investigate it, and learn from it. Living in the world of fear, anger, hatred, and cruelty gives me an opportunity to work on myself and help others to work on themselves.

Namaste!
Jagdish P Dave

[Trapped By Views](#)

How do you relate to the notion that we can let go of a view that's starting to arise? Can you share a personal story of accessing real peace by letting go of your views? What helps you let go of your perspectives?

In response, Jagdish P Dave wrote on Nov 16, 2019 ...

We all have our views or perspectives and opinions about what is good and what is bad, what is right and what is wrong. If we get strongly attached to our view and judge others who have a different point of view, there is a strong probability of creating contention and conflict or even enmity. When I am with people whose views are different from my views, I become aware of my point of view that is starting to arise in my mind and let it go. That means I do not get attached to it or bound by it. I do not want to be trapped by my view that can block or hinder my empathic understanding of the other person's point of view. I believe in having open-minded and open-hearted relationships. When I operate this way our relationship thrives. When I am not trapped by my views, I can respond to the other person more skillfully meaning non-judgmentally, empathically and respectfully. The ideal way of freeing myself of my view is to recognize that "whatever comes up is just a mental formation within the mind, just a thought or just a perception." (AjahnPasoma).

Recently I had a conversation with my 75 years old friend who strongly believes that old age is not productive and not valued in the youth-oriented American culture. Her view is very strong, and it has a strong impact on her mental and physical health. I have a different point of view. I know that as we get old we are perceived not productive from economic point of view. I was trying to convince her that she needs to change her point of view as it is affecting her mental and physical health. Out

of my concern for helping her I Kept on trying hard to change her self-defeating attitude. As I became aware of how my way of thinking and communicating was causing a wall between both of us, I consciously let go of my "right" way of thinking. When I did it, my empathy and concern for her came up in the foreground. And that resulted in strengthening and enriching our friendship.

I have learned to pay my attention and attachment to my own point of view that can create walls between me and the other person in our relationship. I have also learned to pay my attention to the impact of someone's point of view and behavior on me and not to react to the other. I have learned how to respond wisely instead of reacting unmindfully. I value authentic and compassionate relationships. These are the building blocks of living peacefully.

May we learn how to be free from our own fixated and locked in perspective that closes the door to peace and harmony!

Namaste!

Jagdish P Dave

[*How Can You Live In This World And Yet Be Innocent?*](#)

What does being innocent mean to you? Can you share a personal story of a time you really lived by being innocent? What helps you be a human of innocence?

In response, Jagdish P Dave wrote on Nov 22, 2019 ...

Being innocent means being true to oneself, being authentic, with no pretensions, no masks, and no conflicts. Being innocent means revealing our original face with no facade. When we live innocently, it not only creates a fundamental change or transformation in the individual but also in the society at large. The person living innocently becomes a potent nucleus for social revolution. Such a person becomes a dynamic agent of transformation.

Living innocently requires awakening and vigilant awareness of the clouds of fear arising in our mind and heart. I was blessed to have my father who displayed courage to stay firmly on the path of being true to himself. He became the role model not only for us but also for the society he lived in. The other great model for my individual transformation and the transformation of the country was Mahatma Gandhi. Both, my biological father and the father of the nation, have had a positive strong impact on my transformation

As I have mentioned before, remaining awake and aware of myself when I walk astray from my authentic self, my true self, helps me to be a human of innocence. It's like being a child again. Living innocently is living fully. I am glad to go through this journey of my life.

Namaste!

Jagdish P Dave

[*Do You Remember Your Song?*](#)

How do you relate to the notion of a friend being someone who knows your song and sings it to you when you have forgotten it? Can you share a personal story of a time someone reminded you of your song? What helps you see beyond the mistakes of others and connect with their song instead?

In response, Jagdish P Dave wrote on Nov 29, 2019 ...

Everyone has a purpose of living. When we realize what it is we have found our song. As we go through crucial life transitions, we may forget to sing our song. We may miss the direction and take a wrong step. A true friend does not criticize us or abandon us. He or she will sing our song to remind us that we have taken the wrong turn. They do not focus on our wrongdoing and judge and criticize us.. As the author Alan Cohen puts it so beautifully," They remember your beauty when you feel ugly; your wholeness when you are broken; your innocence when you feel guilty; and your purpose when you are confused."

I have been blessed to have a few such noblehearted friends who stood by me when I was falling into a dark pit. They empathized with me, walked with me, reminding me the purpose of my life which I had seemed to have forgotten. They held my tired hands, wiped my tears; enkindled light of hope within me when I was in the dark zone of depression. I will never forget their kindness and compassion.

The gift of unconditional love and acceptance that I got from my friends has helped me to stand by others when they go through dark times in their lives. Standing by them lovingly I help them to connect with their song. It feels so good when I follow this path-the path of receiving blessings from others and being grateful to them for helping me and helping others when they go through hard times. It is good to recognize that we all get lost at times as we go through different passages of life, and we forget our song. It is also gratifying to know that there are helping hands that help us remember our song.

Namaste!

Jagdish P Dave

[*Too Many Names*](#)

How do you relate to the notion of letting go of the name? Can you share a personal story of a time you felt a generous wholeness by letting go of distinctions? What helps you stay rooted in a generous wholeness without losing touch with the world and its distinctions?

In response, Jagdish P Dave wrote on Dec 06, 2019 ...

We live in the world of forms, the outward forms with names and titles, yours, and mine, the above and the below. We relate to the world with distinctions. Underneath the forms and distinctions there is oneness, wholeness. formlessness. Remaining awake and aware of the underlying oneness or wholeness helps me to relate to the world of distinctions.

I work with children and parents who outwardly look different age wise, look wise and in many other

ways. When I relate to them from my heart the outward differences get dissolved creating a deep sense of oneness or wholeness. Unconditional love opens the heart doors creating a deep sense of wholeness or oneness.

Spiritual awakening and awareness of the underlying oneness in manyness helps me to stay rooted in a generous wholeness without losing touch with the world and its distinctions. The outer eyes see the distinctions, the inner eyes see the wholeness, beyond space and time. As the poet Pablo Neruda says, "all of us are dust or sand, all of us are rain in the rain."

May we remain awake and be aware of the underlying wholeness and oneness without losing touch with the world and its distinctions.

Namaste!

Jagdish P Dave

[*Beauty Is The Very Nature Of The Kosmos*](#)

How do you relate to the notion of every object being an object of radiant beauty in the eye of Spirit? Can you share a personal story of a time you felt the radiant "Beauty" of everything around you? What helps you see the all-pervading "Beauty" around you?

In response, Jagdish P Dave wrote on Dec 15, 2019 ...

Ken Wilber's passage reminds me of the song sung by a saint: "By losing myself I found myself." When the ego creates the world of this and that, mine and and thine, beauty and ugliness, the world of oneness and wholeness is cracked. It closes and blocks the Internal Eye, the Spiritual Eye, which sees the all-pervading, unending radiant beauty. Everything is the manifestation of the Radiant Beauty- the all-pervading Divine Presence.

I feel the presence of Divinity when I let go of the grip of the grasping ego. When I am aware of the ego-created boundaries of separation I feel the presence of the Radiant Beauty in nature and in sentient beings. Daily practice of meditation and mindfulness open the door of my heart. I feel at home even though physically I may not be at home. I become intimate with me, with nature and the people with me and around me.

As mentioned before, loving awareness, meditation and mindful living help me to see the all-pervading "Beauty". This is Sadhana, practicing spirituality and living spiritually.

Namaste!

Jagdish P Dave

[*The Anatomy Of Falling*](#)

What does letting go mean to you? Can you share a personal story of a time you were able to release the blocked energy? What helps you to let go?

In response, Jagdish P Dave wrote on Dec 21, 2019 ...

We have a tendency to hold on to what blocks our energy caused by disturbances and distractions. Our consciousness is drawn to the most distracting objects and that drains our energy. When our

perception is clouded things do not look as they are. Instead of denying or rationalizing we need to recognize them, face them, and let them go. It's a good idea to recognize such distractions and disturbances right away and let them go. Awareness of what is happening outside as well as inside is the way to be free. Such awareness helps us to release the darkness and creates light within us. This inner light frees us from the grip of blockages created by our own selves. Letting go helps us ascend our consciousness on a higher plane.

Letting go of drain energy blockages is an ongoing process until we are fully enlightened. There were times when I had a hard time to let go of emotionally painful experiences. I distinctly remember how I was deeply hurt when someone I loved deeply became the cause of my suffering. The sky of my life was filled with dark clouds of agony, anger and pain. My energy was blocked, and I went through severe depression. I put my life on hold. It took some time for me to awaken. I let go of the blockages and slowly and gradually became free from the depressive thoughts and feelings. I learned from this heavy duty experience how not to get sucked in the hole of this painful misery. By letting go I become free from the bondage of suffering. My suffering made me stronger inside myself.

Non-judgmental awareness of what is happening in me, physically, mentally and emotionally helps me making wise and healthy choices. Letting go of the past and worry some thoughts of the future helps me to live in the present. It generates a positive flow of energy in my daily living.

Namaste.

Jagdish P Dave

[Meditation: A Process Of Retraining The Mind](#)

How do you relate to the notion that our mind is a 'shrieking, gibbering madhouse'? Can you share a personal story of a time you were able to get beyond thinking and sinking, and into total awareness? What helps you deepen your awareness?

In response, Jagdish P Dave wrote on Dec 27, 2019 ...

Our untrained mind is a "shrieking, gibbering madhouse". It happens in our waking state as well as in our sleep state. Our mind hardly rests. Our mind is like a monkey mind, jumping from one thought branch to another thought branch. It is either restless or void or blank. We need to be aware of these two states of the untrained mind. Noticing these two states of our mind without judging is the first and foremost step for retraining our mind.

I like the way Bhante Gunaratna describes the process of Retraining the mind. "Gently, but firmly---, simply return to the simple physical sensation of the breath. Then do it again the next time, and again, and again, and again." It sounds simple but it is very profound. I practice this breath meditation everyday. It has been very helpful to me.

Daily practice of the Breath Meditation helps me to go beyond thinking and sinking mind into total awareness of what's happening in the present moment. It helps my mind to be quiet, centered and clear. This is an ongoing process and not a one time deal. When my mind goes astray or takes a

hike, I notice it without judging and return to in-breath and out-breath awareness.

May we cultivate the skill of remaining fully in the present moment!

Namaste!

Jagdish P Dave

[Silence](#)

What does silence mean to you? Can you share a personal story of a time you felt established in silence? What helps you cultivate silence?

In response, Jagdish P Dave wrote on Jan 03, 2020 ...

As I was reflecting on the reading by Jean Klien, thoughts about silence started flashing through my mind. Here I am wondering about what silence means to me. My mind is busy looking for the answer to the question "What does silence mean to you?" I noticed my mind wondering and wandering looking for something beyond the thinking mind. As I let go of the thinking and talking mind I felt the presence of silence. I felt like I am flowing in the river of silence, the flow of is-ness beyond time and space.

My daily practice of Mindfulness Meditation helps me to be connected with my home ground. I feel at home, secured, silent, centered, flowing and at ease. When I went to a week-end silence retreat I had prolonged periods of silence. This was a profound experience of silence for me. It has had a carryover effect on me.

My daily practice of Mindfulness Meditation helps me to cultivate silence and to be established in silence. It has a carry over wholesome effect in my daily transactions.

Namaste!

Jagdish P Dave

[Spiritual Materialism](#)

What does spiritual materialism mean to you? Can you share a personal story of a time you were able to detect spiritual materialism in your thoughts? What helps you overcome the desire to impress others and be grounded in your authenticity?

In response, Jagdish P Dave wrote on Jan 10, 2020 ...

The very phrase spiritual materialism seems contradictory to me. To me spiritualism is an inward journey to discover and know who and what I am. It is indeed self-inquiry transcending my physical, mental, social, and cultural and national identity. When we get enlightened there is a heart-to-connection with another person or persons. There is no higher and better self than the other person. When my motivation is to be recognized and admired by others, to feed my ego, my spirituality loses its heart and it turns into spiritual materialism.

To know oneself, self-realization takes time. It demands self-discipline, let go of ego and humility.

There are times when I get eager and excited to teach others my spiritual knowledge. When others recognize my spiritual achievement and accomplishment and praise me, my ego gets inflated, and my spiritual growth gets stunted. When I wake up from my self-created sleep and delusion, I am on the path of spiritual recovery. I become free from my ego trip.

Awakening and self-awareness have been very helpful to me in my spiritual journey. I remember the wise and encouraging advice my father used to give me when I would deviate from my spiritual path. His advice was "the morning comes when we wake up." His advice has helped me whenever my mind takes an ego trip. I am very grateful to him for guiding me on my spiritual path. Self-awareness illuminates my mind from darkness.

Namaste!

Jagdish P Dave

[Meaning And The Song Of The Soul](#)

What does welcoming life in all its colors and fragrances mean to you? Can you share a personal story of a time meaning returning in your life as a gift and a promise? What helps you reclaim your sense of the sacred?

In response, Jagdish P Dave wrote on Jan 17, 2020 ...

I love this thought provoking essay written by Llewellyn Vaughn-Lee. We are born out of the sacred and nourished by the sacred. It is not something that can be taught. We are born with it. It is natural, instinctive and effortless. It is our home. When we live in the sacred home life feels wonderful, beautiful, colorful, fragrant and meaningful, like a flower of different colors and fragrances. It is an experience of joys and sorrows, smiles and tears, lights and shades, a gift, and a promise.

In my journey of life, I have seen sun setting and rising, clouds coming and going, life passing through dark zones and light zones, gains and losses. I have learned many lessons from life's ups and downs. At times from long periods of pain and suffering. When I acknowledged and accepted darkness and emptiness, and quietly, non-judgmentally, and compassionately investigated what brought me down, I started seeing the light behind the floating clouds. This awakening was a gift and a promise to me. It helped to be reconnected with the sacred ground of the soul, the Divinity within me.

Self-examination, open-mind, and open heart, and relating to all kinds of experiences mindfully has helped me to be reconnected with the sacred, the soul. Daily meditation, introspection and contemplation helps me reclaim my sense of sacred.

Namaste!

Jagdish P Dave

[*A Heart Of Warmth Is Not Something Impossible*](#)

What does developing a heart of warmth mean to you? Can you share a personal story of a time you experienced love as a tremendous opening of the heart? What helps you develop a heart of warmth?

In response, Jagdish P Dave wrote on Jan 24, 2020 ...

Love is born in heart. It flourishes in heart. It flows from heart. Love liberates us from the grasping of selfish desire, from the craving of getting something from someone even at the cost of the other person's well being. When I offer my love to someone as a gift from my heart with no expectation of getting something in return I feel a tremendous amount of joyfulness, tenderness, warmth and fulfillment. It is my conviction the we are born with the potential to love everyone. What we need to do is to open out heart to relate to nature and other human beings lovingly, kindly and compassionately. The seeds of love need to be nourished by our unconditional love. This is my way of cultivating love.

I have been blessed to have loving people in my life who have extended handtheir caring hands to hold me in their warm and loving hearts. Such experiences have helped me to nourish and cultivate warmth, tenderness and compassion in my heart. I will never forget how my mother raised me and took care of me and wiped my tears when I was feeling down and depressed. She always stood beside me even when she would be tired. he was an embodiment of love, kindness and compassion. By living example, she taught me how to love. I have been following in her footprints even though she has passed away many years ago. She lives in my heart. Love never dies. It gets richer and deeper as I am growing like a tree!

Whenever I move into the dark zone of my life, love shines and helps me to go though the darkness of pain and suffering. I have learned the power of becoming still and go though the dark zone without getting lost. The waves of pain and suffering subside, and I regain my balance and inner strength. Remaining mindful of the self-created misery and freeing myself from the grip of my ignorance and attachment, I regain my peace.

Namaste!

Jagdish P Dave

[*When Someone Deeply Listens To You*](#)

What does it mean to you to deeply listen to someone? Can you share an experience of a time you felt deeply listened to? What helps you to deeply listen?

In response, Jagdish P Dave wrote on Jan 31, 2020 ...

Listening deeply to someone means to be fully attentive to the other person's saying. Sounds simple, but not that easy to do. When I listen to someone my mind is fresh, clean, open, and undivided. I am fully present with the other person. If and when an urge arises in me to talk, I hold my tongue and just listen. Listening to the other person deeply and fully requires self-discipline.

My friend and I are teaching Science of Happiness to Middle School and High School students. Yesterday we were exploring the topic of social connection as an important component of

happiness. We were discussing how deep listening is a significant building block for creating and sustaining happy and healthy relationships. We have a very quiet and a very smart student in our class. He sits by himself reading a book of his choice. One of his classmates empathically and compassionately looked at him and asked him to say what makes him sit apart from others. The quiet student felt the other student's genuine curiosity and compassion. He opened his mind and heart and shared his sad experience of being criticized and humiliated by his friends. Deep listening opened the door for him to talk openly and honestly. He felt at home.

For me, there are two ways for cultivating deep listening. First is to listen to myself deeply and compassionately. It is self-introspection and self examination. This mindfulness listening helps me to cultivate the skill of listening to others deeply and compassionately. Deep listening is a gift to me and to others in my life.

Namaste!

Jagdish P Dave

[Being Human](#)

What does it mean to you to be human? Can you share a personal story of a time nature outside helped you connect with your own nature? What helps you understand your own nature?

In response, Jagdish P Dave wrote on Feb 07, 2020 ...

To me Human without Being is like the Sun without Light, Stillness without Movement, Silence without Sound, Up without Down, Beginning without Ending. They are intertwined. There is beautiful Sanskrit word, Sahaja, which means Natural, Effortless. Nature follows her natural rhythm. Body goes through its four natural cycles-birth, growth, decline and death. The challenge for me is to live as a Human Being maintaining connection between Human and Being. Human without Being is incomplete, self-centered, egotistic and narcissistic.

When I take a mindful walk in nature I feel naturally connected with external nature- the vastness of the sky, the touch of the wind, the fragrance of flowers, the chirping of birds, the sound of silence. I feel such effortless connection between my inner nature and outer nature when I meditate and when I get absorbed in chanting or listening to chanting. I feel at home.

I always take time out to be with me and be fully present with me. I take a mindful walk, meditate, read, and reflect on spiritual teachings. I do not feel lonely when I am alone. Such aloneness is a blessing for me to explore my inner self and work on myself.

Namaste!

Jagdish P Dave

[The Liminal Space](#)

How do you relate to the notion of liminal space and our need to be held when in that space? Can you share a personal story of holding space? What helps you recognize and hold space for those, including yourself, in liminal spaces?

In response, Jagdish P Dave wrote on Feb 14, 2020 ...

We all go through ups and down in our life, feeling high and feeling low, elevated and depressed. There have been times in my life when I did not know which way to go. The outcomes were beyond my control. The best way for me was to hold space-the liminal space, with non-judgmental mindfulness, and open and tender heartedness. I needed such empathic and compassionate support for me to hold me. It was my responsibility to hold me in that liminal space. I did not feel alone. A deeper loving and compassionate part of myself held me to go through the difficult times of my life. My personal experience has taught me how to provide such liminal space to others when they go through agonizing and painful experiences in their lives. These are the times when I feel the other is me. I feel deep empathy for the other.

Life is not a straight line. As we journey through life, we run into unexpected and unfamiliar curves and corners. We are facing ambiguity. We are at the threshold of not knowing which way to go. It is an interim space of ambiguity and disorientation. We are caught up between two identities-the one who we once were and the emerging identity, "like the chrysalis stage between caterpillar and butterfly." In such experiences, there is liminal space of openheartedness and our need to be held in that space. For helping others, we need to learn how to hold ourselves with empathy, compassion and openheartedness.

As a teacher and a counselor, I often encounter such situations when my students and clients feel stuck in no-exit condition. They feel lost not knowing what to do. These are the times when they need someone to hold them and help them go through the difficult times in their lives. These are the times when I help them to hold space, the liminal space, to carve their own path, to find their own internal strength. Such experiences fill my heart with happiness.

I have learned how to fill the cup of my life with loving kindness, loving awareness, and loving compassion. It is an ongoing journey of growing in which I hold my hands with self-compassion and extend my helping hands to others as they are going through their own journey.

Namaste!

Jagdish P Dave

[*In Eyes Of God, We're All Minorities*](#)

How do you relate to the notion of truly accepting a path different from your own as valid and worthy of respect? Can you share a personal story of a time you were able to go beyond tolerance and toward deep respect for world traditions that were quite different from yours? What helps you develop the ability to respect the world's diverse traditions and eschew a sense of superiority of your own tradition?

In response, Jagdish P Dave wrote on Feb 21, 2020 ...

To me a true religion is a way of serving others of any faith with no expectation of getting any kind of reward from the receiver. It is an expression of unconditional and selfless love. Anybody can be a Good Samaritan, a Good Muslim, a Good Hindu, a Good Buddhist, a Good Jain, a Good Jew, a Good

Atheist or a Good Humanist. The world we live in is pluralistic with a wide spectrum of beliefs, ideas, opinions, and faiths. Our task is how to relate to people different from us with genuine respect; how to implement the Golden Rule in daily life. We all are children of God- outwardly looking different but the same inwardly. If we live from our open heart and love others unconditionally, we all can live in harmony. Harmonious living is a spiritual living, a truly religious living.

Tolerance is different from respect. In tolerance, we consider ourselves higher or better than others. In respect we view and relate to others as equal. As I was growing up I have had many experiences of relating to people of different faiths in different contexts. My father was a Kirtankar- chanting the Songs of Rama and Krishna. My brother accompanied him by playing a harmonium and a Muslim gentleman playing tablas-Indian drums. I will never forget how ecstatic and happy we were transcending man-made dividing boundaries. I had similar experiences when as a child I was in the presence of Mahatma Gandhi in Gandhi Ashram in Ahmedabad. Such unforgettable experiences have shaped my outlook and behaviors towards people of different faiths.

I have learned to be mindful and aware of any thought, sense or feeling arising in my mind about superiority of my spiritual or cultural tradition. Such mindful introspection is very helpful to me to work on my own self.

Namaste!

Jagdish P Dave.'

[*Releasing Willpower From Movement*](#)

How do you relate to the notion that willpower is directed through thinking, while relaxation can only be felt? Can you share a personal story of a time you were able to release tunnel vision and open into new spaces of relaxation? What helps you view the experiences of your body in an open, respectful manner?

In response, Jagdish P Dave wrote on Feb 28, 2020 ...

When I want or need to make a choice to change or modify my behavior I use my willpower, my cognitive control. It is not always easy to change my well established habitual patterns. When I feel tension, physical, mental, or emotional, I use relaxation techniques, such as deep belly breathing, yoga exercises and or meditation, I feel the tension released. It is felt sense.

Tunnel vision narrows my view and outlook. It comes in the way of seeing the whole picture. I have realized from my own experiences how my way of thinking and my energy is indeed blocked and wasted by not looking at the whole picture. Life is multifaceted and multidimensional. When I look at the problematic situation holistically, I find better ways of easing or releasing my stress. As the author Gert van Leeuwen says, "Returning to yourself is like coming home."

Non-judgmental awareness of what is happening in my body, mind and heart and my actions helps me make wise choices. It helps me to relate to my body with open and respectful hands.

Namaste!

Jagdish P Dave

[*I Have No Need For An Enemy*](#)

How do you relate to the notion that love is the only justice? Can you share a personal story of a time you were able to go to the third side of healing? What helps you see yourself in others, even your enemies?

In response, Jagdish P Dave wrote on Mar 06, 2020 ...

We see man-created sides in many areas of our life such as social, political, economic, and religious. We often draw lines between us and them. The other on the other side becomes our enemy. We fight for justice by seeing the other our enemy. We create such walls and fight for our side which we consider always right. This is a dualistic perspective - "me" against "you", love against hate. There is the third Transcendental perspective that helps me to see others as me and me as the other. Love is the core teaching of all Wisdom traditions. When we relate to ourselves and others with love and compassion we see others as me. This is the meeting place as the Sufi poet Says, "Out beyond ideas of wrong -doing and right- dong there is a field. I will meet you there."

Living this way liberates me from dividing myself within me and between myself and others in my life. This way of living creates harmony, peace, and love within me. Living this way, I become the citizen of the world. As an Indian poet sings, " The whole universe is my family."

s I was growing up in India I saw the power of living truthfully and non-violently, compassionately, and selflessly manifested by Mahatma Gandhi. He was an embodiment of love, compassion, and truth. He related to the British rulers non-violently even though he was behind the bars many times in his life. He has had a strong and benevolent impact on me as I was passing through youthful years on my life.

The stream of loving kindness has continued flowing as I am passing through the last phase of my life. Practicing Karma Yoga- Yoga of selfless action or Yoga of selfless service, Bhakti Yoga- Yoga of pure love and devotion and daily meditation- practicing Raja Yoga, introspection and contemplation keeps me on the on track of " Right Living."

Namaste!

Jagdish P Dave'

[*Pandemic*](#)

How do you relate to the invitation of this poem to view this as a sacred time? As structures around you are changing quite drastically, what openings of gratitude do you feel? What helps you move beyond fear and root in the warmth of your heart?

In response, Jagdish P Dave wrote on Mar 13, 2020 ...

Sound of Silence! In the noisy and busy world of doing and having, we tend forget to listen to the inner quiet and wise voice of the heart, the soul. Our minds get filled with fear, anger, annoyance, grievance, blame and despair. In the times of crisis, we need to center down and let our bodies and minds be quiet, calm and clear. We need to turn off our agitated bodies and minds and create to listen to the voice of silence filled with empathy, compassion, kindness, and love. We are encountering such challenging and testing times right in front of our eyes.. Can we go beyond our

self-serving mind set and heart set and become brothers keepers? These are the times when we go beyond our self-created boundaries and relate to each other as children of God? This way we can shift of our mind set from me to we. As the poet Lynn Ungar writes " Promise this world your love- for better or worse, in sickness and in health, so long as we all shall live."

Structures of body and mind change slowly and at times drastically like the times we are facing now. I see and experience the openings of hearts welcoming, helping and caring for people impacted by this calamity.

Such experiences fill my heart with gratitude. Such acts of love and compassion make the world sacred and beautiful.

Giving myself quiet time to fade away noises of mind helps me to be connected with my heart which is the abode of love, generosity, compassion, and warmth.

Jagdish P Dave'

Namaste!

[Life May Itself Be A Koan](#)

How do you relate to the notion of being pregnant with a story and giving birth to many meanings? Can you share a personal story of a time you were able to meet with life the way a Zen student meets with a koan? What helps you develop a deep appreciation for the intelligence of the nature of things?

In response, Jagdish P Dave wrote on Mar 21, 2020 ...

A tree is born in the womb of a seed. The seed is invisible though it is there in a dormant state. So is the life. Our life is pregnant with unseen and unknown meanings. We need to relate to this dimension of our life with open mind and open heart, open eyes, and open ears to see and hear and feel the wonder and awe of life. Our life gets nourished, enriched and expanded by embracing the manifestation of beauty, wonder and awe.

I will always remember the experience I had in a Zen retreat. While doing sitting Mindfulness Meditation I saw myself flying in the open sky with my feet firmly planted in the solid ground of the Mother Earth. This experience taught me not to confine myself to the limited and narrow mindset and heart set I was used to. I realized the meaning, value, and the power of the "beginner's mind." The mind that is not bound by preconceived notions, opinions, and assumptions. It is not attached to and bound by the chains of the past and lost in the worries of the future. The present moment is free from the right and the wrong. It is an open meeting space in which life blossoms and offers gifts of love, joy, compassion, and kindness to others.

I am very grateful to the gifts of nature that I receive every day in my life. I watch the sun rising and setting, smell the fragrance of flowers, birds chirping, rain falling and the earth keeping me grounded. Sadly, how often we take the gifts of nature granted and miss offering our gratitude to nature.

Namaste!

Jagdish P Dave'

[*Keeping The Smoke Hole Open*](#)

How do you relate to the allegory of the smoke hole as our connection to all that's beyond our little ego? What is helping you connect with the marvel while remaining in solitude at this time? What is an old relationship with your own soul that you are rekindling now?

In response, Jagdish P Dave wrote on Mar 27, 2020 ...

The Coronavirus presents a great challenge to all of us for safety and survival. Whose safety and whose survival? The little ego says, "the safety and survival for me at the cost of others." When we face a huge crisis we need to go beyond our little ego. This is a call to all of us to learn how to tackle personal or collective crisis. How to grow from it? All wisdom traditions emphasize to offer selfless service to those who need. When we go beyond our ego, when we close the "smoke whole", we get connected with the divine world within us. It opens the door of compassion, generosity and unconditional love., the Divine Love.

I always find time and a quiet place to do Mindfulness Meditation. I seek solitude to practice Mindfulness Meditation for quieting my inner noise, the busy and chattering mind, to connect with the marvelous, the Divine Light within me. The marvelous Divine Light guides me to walk on the path of serving others.

Like others, I miss walking on the spiritual path and lose my connection with the Divine within me. I go to sleep. Unconsciously I dim the light within me. My pure consciousness shrinks. It is covered by darkness. I wake up and open my inner door and invite the Divine Light to guide me.

Namaste!

Jagdish P Dave'

[*Into The Chrysalis*](#)

How do you relate to the metaphor of the caterpillar and the chrysalis in your life? Can you share an experience of a time you were a pupa in your chrysalis while life was evolving you into something beautiful that you could not imagine? What helps you dissolve your ideas about yourself and enjoy the experience of life itself growing you?

In response, Jagdish P Dave wrote on Apr 04, 2020 ...

We all have the potential to transform ourselves on a small scale or a big scale. We journey through our life at times knowing where we are going, encountering obstacles coming in our way and dealing with them rationally. And there are times in our life when we face opportunities and challenges that we have never encountered before. We are landing in a new world which may baffle us, confuse us, intimidate us. Our rational mind knows no way to relate to the new emerging unknown world. There are two ways for us to go through these new doors. Either we shut off our mind and heart or keep them open, inquisitive, wondering, trusting, and welcoming the new light entering into ourselves. I love the way Chris Corrigan writes about this transformation: "We all are heading into our chrysalises. We have all climbed into cocoons.... Have some empathy for the caterpillar who creates its chrysalis and becomes a pupa."

As I had mentioned before life is a journey. Life has given me many challenges to face, learn and grow. There are times when I tumbled and fell on the ground. At these times, I look within, stay calm, and grounded. The universe is sending me a message to remain open and patient to listen to

my inner voice. The inner voice of wisdom guides me to receive the blessings of self-transformation. I feel very grateful for the gift that I receive from the loving kind universe. Life is wonderful!

Namaste!

Jagdish P Dave

[*Turning Ourselves Toward Stability And Hospitality*](#)

What does turning ourselves naturally toward stability and hospitality mean to you? Can you share a personal story of a time you were able to relax and welcome the ceaseless stream of unexpected opportunities around and through you? What helps you practice acting consciously and mindfully?

In response, Jagdish P Dave wrote on Apr 10, 2020 ...

The ideas of stability and hospitality are very important as we are going through times of uncertainty, fear, and anxiety. We are all facing new challenges. How to make our life stable and relate to these challenges without being uprooted is a BIG question for all of us. Ignoring, denying or minimizing is not the answer. Acknowledging and accepting what is happening is my way of relating to these challenges. I relax my body and mind regularly, practice mindfulness meditation, go with the flow of the reality as it is, and use the free time I have by helping other people in my life. Serving other people selflessly and doing good work creates loving and kind flow of energy in me.

I am very grateful to the spiritual teachers in my life for teaching me how to be open, stable, grounded, calm, and compassionate. These precious gifts have helped me when I go through darkness in my life. Daily practice of living consciously and mindfully has made my life stable and hospitable. Non-judgmental loving awareness of myself and others has become my way of living. It is very fulfilling and gratifying.

Namaste!

Jagdish P Dave

[*Why We Listen Better To Strangers Than Family*](#)

How do you relate to the notion that love is 'a willingness to listen to and be a part of another person's evolving story'? Can you share an experience of a time you were able to overcome closeness-communication bias and listen deeply in a close relationship? What helps you stop yourself from already knowing what the other person is going to say and stay committed to discovery in your communication?

In response, Jagdish P Dave wrote on Apr 17, 2020 ...

This essay authored by Kate Murphy reminds me of a saying my father used to say in Sanskrit "Ati parichayatavagna" meaning too much closeness in relationship results in indifference. I often hear parents and children saying, "I have heard it before and there is nothing new you're going to say." So, they turn their deaf years and miss a great opportunity to listen to each other's evolving story. In any close relationship we should not be bound by the assumptions that the other person is going to play the same record and nothing new is going to emerge. The foundation of intimate relationship is LOVE. Love keeps my heart and mind open to listen to the other sharing his or her evolving life story.

We have an extended family age ranging from 22 to 95. My daughter gets tired of taking care of many

things in her everyday life. She gets tired and at times exhausted. She and I are early risers which give us time to talk during our half an hour coffee time. Last Friday she talked about her getting exhausted by doing so many tasks. We came up with an idea of having one hour family meeting on every Saturday morning to listen to each other and create a schedule for the week to lessen the burden of my daughter. We did meet last Saturday. It was an open minded and open hearted communication meeting. She felt so much relieved and grateful for being listened to by all in the family. Her burden is lightened, and she gets less tired. We are going to have such weekly meetings for listening to one another and enriching our relationships.

Loving and caring for one another with an open mind and open heart and taking time to listen to each other deepens our understanding of each other and our relationships. Finding time from our busy life for listening deeply is crucial for our family wellbeing.

Namaste!

Jagdish P Dave.'

[*Opposite Of Meditation Is Not Action, It's Reaction*](#)

How do you relate to the notion that pure action proceeds from deep silence? Can you share an experience of a time you were able to return to the core of the shout or the pause in the middle of your amen? What helps you stay grounded in primal presence?

In response, Jagdish P Dave wrote on Apr 24, 2020 ...

Sadly, the world we live in has a little time to slow down and has a little time to be silent. Both our outer world and our inner world has a little time to pause, see, listen and contemplate. Both worlds are largely filled with little space and time for emptiness and silence. This essay reminds me of a wise saying stated by the great Indian spiritual teacher Shankaracharya:

Gurostumaunamvyakhyanam, shishyastuchinnaha samshayaha. The teacher observes the silence, and the doubts of the students get dissolved. The teacher is within us. In order to make wise and pure choice and take wise and pure actions, deep inner silence is essential. My father taught us to be silent by repeating the Sanskrit word Shantihi-Peace- three times. When we asked him why three times, he mentioned Peace within-intrabeing, peace between-interbeing, and beyond both- Transcendental being.

Over the years I have learned the power of practicing pause as stated by Victor E. Frankl: "Between stimulus and response there is space. In that space it is our power to choose our response. In our response lies our growth and freedom." Only reading and understanding is not enough. The knowledge needs to be translated into action and practiced in our daily life, in our daily action. It is our light house-guiding our way of living truthfully and compassionately.

In order to live truthfully and compassionately I practice Mindfulness Meditation. It is my daily spiritual practice. I consider it my Dharma. It keeps me rooted and grounded. This daily spiritual practice helps me to stay grounded in primal presence, primal silence, primal consciousness. This is my way of relating to me and others on a daily basis. Each day is a silent day, a spiritual day, a day of awakening and a day of serving.

[Harder I Work, The More I Love](#)

How do you relate to the notion that the deeper people have allowed themselves to go into the pain, the greater capacity they have for joy? Can you share a personal story of a time your capacity to face the suffering world directly expanded your capacity for joy, or vice versa? What helps you take care of your capacity to serve?

In response, Jagdish P Dave wrote on May 01, 2020 ...

It is my understanding based on my experiences that deep joy comes from facing pain, suffering and hardship rather than running away from it. It is like going through the heat of the fire to experience coolness. It sounds counterintuitive and paradoxical. Deep joy is born in the womb of love. Mother goes through the agony and pain of birthing the baby and feels deep joy when the baby comes out from the womb. Such joy is not temporary. The flow of joy keeps on flowing when she raises her baby who goes through passages of life. Her source of deep joy is pure and unconditional love for her child.

Suffering is the first noble truth according to the Buddha. We all suffer physically, mentally, emotionally, and relationally. I have experienced such suffering throughout my life. Such experiences have been beneficial to me. By facing such experiences and by going through them I have become more empathic, compassionate, and kind to myself and to others. I know where, how and why my shoe pinches and that way I have learned where, how and why other's shoe pinches. Such knowledge comes from facing our suffering with compassion and kindness for ourselves and for others in our lives. Denying, averting, or reacting to suffering causes more suffering.

The tree of love grows by nurturing the seeds. Self nurturing and nurturing other folks in my life helps the tree not only to survive but also to flourish. Working on myself mindfully has been very helpful to me. Serving others selflessly has always brought deep joy, contentment, fulfillment, and happiness in my life. In that sense I feel the same way as the author Lynne Twist says: "The harder I work the more I love."

Namaste!

Jagdish P Dave'

[What Can You Trust?](#)

What is the ground that helps you determine the actions that you are going to take? Can you share a story of a time you lost trust in long-standing institutions and had to find your own ground? What guides you and is stable whenever you reach for it?

In response, Jagdish P Dave wrote on May 08, 2020 ...

As we grow up we need to make clear choices about many aspects of our life. In order to make wise choices we need to have clear intentions. My decision is usually based on the intention on the ground of goodwill and greater good not only for me but also for others. That is the main criterion I apply in making important decisions in my life. Have I always made wise choices? Of course not. As a human being I have made mistakes and have made decisions that have hurt me and others close to me. I woke up and started walking on the right path. To me life is a journey with a clear

destination and clear intention.

Making clear and right choices in our political, social, and economic domains has been difficult for me. Our policies and actions are not always based on good will and well being of others. The big egos of the decision makers have been causing a lot of harm to the majority people in our country. When I was young I participated in the movement against Vietnam War. Even though I saw the rightness of this movement I did not go along with the use of violence caused by both sides. I realized how difficult it is when the movement is not grounded in the goodwill of the people.

Goodwill and doing greater good for people is the basis on which I make my choices. Remaining awake and mindful of myself has always been very helpful to me in remaining on the path. By nature, I am optimist. I believe that the inner light of wisdom will shine and help us to go through the clouds of darkness.

May we all walk on the path of serving people and doing good for others!

Namaste!

Jagdish P Dave'

[*To Find Something, Don't Look For It*](#)

How do you relate to the notion that the best way to find something is not to go looking for it? Can you share a personal story of a time you had the sublime experience of a revelation by being open to possibility? What helps you stay open to possibility?

In response, Jagdish P Dave wrote on May 15, 2020 ...

I deeply resonate with the basic message of this thought provoking passage authored by Robin Wall Kimmerer: "To find something, don't look for it." In Indian philosophy, there is a concept of the Third Eye. That eye reveals the glory and awe of the vastness of the universe. We get a glimpse of it when let go of the limited capacity of our worldly eyes. Worldly eyes sadly create boundaries that separate us from the oneness of life. When we let our inner spiritual eyes open, the truth is revealed. Our inner world expands and welcomes the guests coming from nowhere. Unconditional love, open-heartedness and open-mindedness open the doors for the unnamed guests to come. I have had glimpses of such experiences more in my childhood than in my adulthood. I am very fond of spending time with nature. When I was a child I used to sit under a tree that I had planted in my back yard. Sitting under the tree doing nothing and expecting nothing to show up, I used to get glimpses of the beauty unfolding enriching my inner life. When I walk mindfully in nature or do sitting Mindfulness Meditation I get such glimpses that create feelings of wonder and awe. Reading about such mystical experiences is one thing. For experiencing the mystery of life, I need to keep my mind and heart unoccupied and open to receive blessings coming from the unknown space. This openness helps me to the possibility of receiving such gifts. There is a wise saying in Sanskrit. "Tad dure tad antike". What you think is far, is right close you." Do not look for it outside. It is dwelling inside of you.

Namaste!

Jagdish P Dave'

[*The River Cannot Go Back*](#)

What does becoming the ocean mean to you? Can you share an experience of a time you faced the fear of losing who you were, only to enter into an identity that was much greater than you could imagine? What helps you shed your riverhood and embrace your oceanhood in every moment?

In response, Jagdish P Dave wrote on May 22, 2020 ...

Are there two separate identities-the river identity and the ocean identity? Or is there One identity? Outwardly, there appears two identities like the river and the ocean. But when they embrace each other and merge into each other, they become one. When I love someone deeply, I become one with her. There are no twos. In pure love there is only one. They may appear two. Pure love creates a union of two and they become one. When I consider myself as body-mind complex, I have a separate identity. Two different names and forms. My true identity is nameless and formless. According to the ancient Vedanta philosophy, My True identity is Divine identity. It is not bound by my individual identity. When I merge into the ocean of Divinity, I become one with it. We may call it soul identity.

When I got deeply connected with my beloved I felt I was in a different, unfamiliar and uncharted territory. Since I had not traveled on this love path before, at times I felt the fear of the new territory. It did not stay longer. The light of true love dispelled that fear. It brought deep unending joy and fulfillment in me as well as in my beloved. We became one.

When I let go of my ego and open my heart to the other person, I shed my individual body-mind identity, the river identity, I became one with the ocean-like identity. I call it Spiritual Identity. I become mindful when I sense my ego identity arising in my consciousness. I sense the shadow of darkness coming and I mindfully make a shift from darkness to light. I meditate on the Vedic mantra in Sanskrit "Asato ma sad gamaya, tamsormajyotir gamaya, mrityor ma amritamgamaya. Om shantihi, shantihi, shantihi" Lead me from untruth to truth, from darkness to light, from mortality to immortality. Om Peace, Peace, Peace!

Namaste!

Jagdish P Dave'

[*From Transaction To Trust*](#)

How do you relate to the notion that acting unconditionally requires some degree of faith? Can you share a personal story of a time unconditionality opened up new avenues of understanding in your life? What helps you shift from transaction to trust?

In response, Jagdish P Dave wrote on May 30, 2020 ...

Mark Mason's article from Transaction ToTrust made me think deeply. Conditional relationships are transactional relationships. They are bargaining relationships. They are deal making relationships. Such relationships are normal in the material or worldly world. We may have the same kind of conditional mindset in our personal and interpersonal relationships. Such mindset is based on the following equation: If only when you do this thing for me or if only when I get this then I will be with you. We all know that such a mindset may bring achievement or gratification for a while. Loving relationships are not founded on if when and then equation. They are unconditional. The foundation of such relationships is unshakable trust or faith. Without faith there is no true and enduring love.

I was blessed to have people in my life who are mostly related to me unconditionally. The early childhood experiences of unconditional love have built a solid foundation for my personality development. It is my belief based on my experiences that the vibrations of un-conditionality bring non-transactional people together- the law of attraction!

As Mark Mason says, "It is difficult to act unconditionally." Yes. It is not that easy. It requires a shift from transactional mind to trusting heart. According to the wisdom tradition it requires sadhana-daily mindfulness practice. Trusting others begins with trusting oneself, cultivating faith in oneself- making a gradual shift with awareness.

Namaste!

Jagdish P Dave'

[*Inclining Toward Freedom, Even Through Imperfections*](#)

What does inclining your heart toward freedom in the midst of suffering mean to you? Can you share a personal story of a time you were able to experience insight by becoming intimately familiar with your conditioned patterns? What helps you treat awakening and non-awakening as two sides of the same coin?

In response, Jagdish P Dave wrote on Jun 05, 2020 ...

The two words that stand out from Larry Yang's passage are Freedom and Imperfections. We all want to be free from suffering, from our limitations created by conditioning of our mind. It is a journey, a process of making invisible to visible, a process of moving from non-awakening to awakening. As the author states: "We can't experience awakening without experiencing not awakening." We cannot see inner light without seeing inner darkness. There is an ancient Vedic prayer which says, "Lead from unreal to real, from darkness to light, from mortality to immortality." We all know that every culture, every society, every family conditions our mind. If we are not aware of the conditioned patterns of mind, we operate on automatic pilot. So, the first step is to be aware of habitual conditioned patterns of aware mind. In order to be free from such habitual patterns I need to remain awake and move towards light. Is it easy? Of course not. There are times when my conditioned mind judges others of different race, culture, and religion. The light of mindful awareness helps me to see my own dark shadow, my unawakened mind, and it facilitates my journey towards light.

Awakening and non-awakening are two sides of the coin of mind and heart. Practicing mindful awareness of my non-awakening helps me to shift from non-wakening or darkness to awakening or light.

Namaste!

Jagdish P Dave'

[Four Types Of Listening](#)

How do you relate to the four levels of listening? Can you share a personal story of a time you were able to activate generative listening? What helps you consciously choose your level of listening?

In response, Jagdish P Dave wrote on Jun 12, 2020 ...

Otto Scharmer's article on Four Types of Listening makes me reflect on how I listen, what's my listening style. "Ya, I know that already." When I read something or listen to something that I already know, my curiosity level is more on the surface level. As the author writes I am listening by downloading. There is nothing new to learn. It confirms what I already know. Breaking News is mostly not really breaking news.

"Ooh, look at that!". This kind of listening has wonderment, something new. It perks my years. It stirs up my curiosity. In the morning when I look out from my window, I marvel when I listen to the birds talking to each other. Though I have heard them talk before, I feel the newness in their chirping. This happens when I read a poem. It may be a new poem or the poem I have read before. I wonder from where this newness emerges. The author labels it as Object-focused or Factual Listening. It does sound right to me. Maybe, I missed the boat!

" Oh, yes, I know how you feel!" This is Empathic Listening. This level of listening requires cultivation of the intelligence of the heart. When I see an angry or hateful face or a fearful or sad face my I listen from my heart. I empathize with them. Such listening makes me understand the other person on inner and deeper level.

" I can't express what I experience in words". The author names this kind of listening Generative Listening. This kind of listening happens to me when I am in soul-to soul relationship or spiritual relationship. I am in a Being Zone. I feel at home. I discover my real self. The outer and the inner walls go away. A deep sense of oneness dawns upon me. I would name it Spiritual Listening. My life journey has gone through different phases of my development. It is an ascending journey with some ups and downs and twist and turns. It is not a straight line. Taking time out to meditate, introspect and reflect, keeps me walking on this path.

Namaste!

Jagdish P Dave

[Mass Movement](#)

What does deep, inward, voluntary change mean to you? Can you share an experience of a time you were a part of collective action, while personally being awake and acting without compulsion? What helps you awaken the desire for true and intelligent fulfillment within you?

In response, Jagdish P Dave wrote on Jun 19, 2020 ...

Internal change and external change are interconnected. If I focus my energy in participating in the mass movement or collective action blindly and compulsively, I will not be the true participant or agent of change. The change will be on the surface and superficial. The wheel of suffering will continue. Deep, true, inward, and voluntary change happens when I deeply, honestly, intelligently and freely explore what fundamentally needs to be changed and how I can be an active and dynamic part of this change. Deep and lasting change takes place when there is an alignment among Head-intelligent, honest and clear thinking, Heart-love, courage, and compassion, and Hand- action. The three H's need be harmony-the fourth H.

I recall two mass movements in which I had participated-one in India and the other in the USA. The first mass movement was the freedom movement called Satyagraha led by Mahatma Gandhi. It was based on two fundamental principles: Truth and Non-violence. It became a national movement against the unjust British rulers. Gandhiji was an earnest truth seeker and peace maker. He embodied his message: " Be the change you want to have in the world."

The second mass movement in which I participated was a movement against Vietnam war. I was very clear about the goal of the movement. The problem I had in fully participating in the movement was some of the means that were employed by the leaders of the movement. There was no alignment between the means and the end. I am against using verbal and physical use of violence for attaining justice and peace. I could not fully and whole heartedly participate in the movement.

We all are witnessing mass protest in our country against the injustice inflicted by the brutal power used by some police officers against black people. I fully support the mass movement against racial and social injustice. I believe in taking a stand for justice and equality. I do not want to stand by as an observer. I have spent a good amount of time reflecting on what I can do to be a part of this ongoing movement. I am an educator. My work is to educate parents, students, and community about this long standing systemic problem affecting all of us and encourage them for taking action.

Namaste!

Jagdish P Dave'

[It Is Life That Asks The Questions Of Us](#)

How do you relate to the notion that the meaning of life can change both by individual and moment? Can you share a personal story of a time you became aware of the fluid but real nature of meaning? What helps you answer the question of meaning in the present moment?

In response, Jagdish P Dave wrote on Jun 26, 2020 ...

There is an existential approach or standpoint when it comes to asking the question what the meaning of life is. The meaning of life is not static and so is the question. Life is dynamic. Life is changing. How do I relate to this truth of life? By using the past frame of reference or by planning for the future? My response to life is relating to life as it unfolds. The unfolding life presents specific challenges in the concreteness of here and now.

We all are aware of the challenges we are facing at this time. We see the cruel face of mankind, the hurting heart of mankind, the angry outburst of mankind. This is an existential challenge to all of us. How do I relate to this existential challenge? I do not believe in remaining indifferent or quiet. I also do not believe in taking it in piecemeal or in a fragmented way. It is a systemic problem, and it needs to be tackled in a systemic way. I am examining myself and becoming aware of my own biases and prejudice. Is my mind static? Am I hiding myself from myself? These self-examining questions are very important to me for understanding and relating to what is happening in our society.

I am helping myself by allowing what arises in my consciousness. It is like welcoming the unwelcoming, those parts of myself that I do not want to look at, sense or feel. It is liberating myself

from myself to have a clear vision of what it is and how can I relate to that is-ness.

Namaste!

Jagdish P Dave'

[*The Positivity Ratio*](#)

How do you relate to the notion that negative emotions help us 'stay in touch with the reality of the difficulties we're facing'? Can you share a personal story of a time positive emotions opened up more context and possibilities for you? What helps you tap into genuine, heartfelt positive emotions without grasping for the counterfeit gold?

In response, Jagdish P Dave wrote on Jul 03, 2020 ...

I have learned from my personal experience that life is not a straight line. It has curves, twists, and turns. I have experienced negative emotions such as fear, depression, and anger. They are not easy to control. Such negative emotions have made my life difficult. There are two ways of dealing with such negative emotions: denial, suppression or rationalization. The other way is to recognize them, and work on them or get professional help.

Some time ago I went for one weeklong silent retreat. The first two days were difficult for me. I am not used to remaining silent for more than a day. It was a new and difficult experience for me. I felt restless, agitated, and bored. I accepted my difficult emotions and difficult times. After two days it was easy for me to remain silent. In fact, I enjoyed the presence of silence and saw the value and power of silence. I spent a good amount of time on introspection and also seeing the peaceful beauty of nature. Silence opened up new doors of perception for me.

Keeping my mind and heart open and maintaining self-awareness helps me to tap into genuine heart-felt positive emotions. I feel inner fullness when I experience love, kindness, joy and compassion. There is fullness in such genuine positive emotional experiences. Since there is genuine fullness and richness in such living, I do not need to grasp for the counterfeit gold.

Namaste!

Jagdish P Dave

[*We Were Made For These Times*](#)

How do you relate to the notion that we do not get to choose the moments we are born into, but we are able to choose how we respond? Can you share an experience of a time you consciously amplified stories based on the world you wanted to inhabit? What helps you dare to believe another world is possible?

In response, Jagdish P Dave wrote on Jul 10, 2020 ...

It is quite obvious that I did not have my voice to choose when and where I was to be born. That was beyond my control. But I have freedom to make my choices about how to live my life. I did not have control over what genes I was going to inherit from my parents. But I have freedom to create wholesome internal environment and external environment. Have I always made the wise choices? Of course not. There were times when I knew what the right way was - to go but my actions were not

in alignment with what I knew. I paid the price for it, learned from my wrong turn, and took the right path. It is a matter of choice making. I use my "second arrow"-the arrow of how to relate to my situations and experiences, as the Buddha has taught us.

One of the most difficult decisions I needed to make was about marrying someone whom I loved dearly. She came from a different caste, from an upper class, and from a different religion. I was the first person in my family to have an intercaste marriage. I followed the voice of my heart and faced whatever I had to face for making my choice. That was a big and bold step in my life. And that has laid a strong foundation for me for making right-wise- choices in my life.

Experience is a great teacher. Book knowledge is helpful but not enough. I need to cultivate and nourish my need to self-actualize. It is not always easy to sing my song when the people close to me either turn their ears away or use their tongue against me. The gate of freedom is narrow, and the road is hard. There are times when like Rabindranath Tagore says, "Walk alone even when nobody cares to listen to your voice." Love and courage help me to follow my voice.

Namaste!

Jagdish P Dave'

[Discipline Of Tao](#)

How do you relate to the notion of becoming empty of idle thoughts? Can you share a personal story of a time you were able to engage in action with full presence? What helps you deepen in presence?

In response, Jagdish P Dave wrote on Jul 17, 2020 ...

How to discipline ourselves in Tao is a question that every Mindfulness meditator asks the master and himself. The answer the Zen master Hui-hai gives to Yuan, the questioner, is simple and profound: Be Here Now: not to conjure up all kinds of imaginations and varieties of idle thoughts; to empty the mind clouded with idle thoughts. In my Mindfulness Meditation practice, I let whatever arises in my body, mind and heart come and go. Letting in and letting go is my way of emptying the useless and harmful stuff. It helps me to stay in the present moment. This daily Mindfulness practice helps me in my daily tasks and transactions. Emptiness is Fullness.

Last night I had a very helpful and fruitful talk with my 23 yearsold grandson. He wanted to learn how to be his true self-genuine and authentic self with his friends when they have a different take on Black Life Matters. We had a dialogue between two of us. This was a good opportunity for practicing Mindfulness. He observed me how I had kept my mind and heart open and non-judgmental while listening to him and responding to him without judging him. Both of us felt deeply connected with each other and understood each other's position on this hot and burning issue. It was a cool and enriching experience for both of us.

Practicing non-judgmental existential awareness of what is happening in me in my daily life helps me to deepen my presence with me and with others. Non-judgmental self-awareness and open-mindedness enrich and deepen my understanding of myself and other people in my life. Beginner's

mind is an open, empty, receptive, and a wise mind.
May we all learn and practice what Hui-hai taught Yuan.
Namaste!
Jagdish P Dave'

[To Be Continually Thrown Out Of The Nest](#)

How do you relate to the notion that finally getting it all together is death? Can you share an experience of a time you were able to fully embrace being continually thrown out of the nest? What helps you live fully, experiencing each moment as completely new and fresh?

In response, Jagdish P Dave wrote on Jul 24, 2020 ...

If we want to live life fully, we need to let go and free ourselves from the grip of the past and the grip of the future. We need to release the grip of holding on to the past as well as future and live fully in the present moment. In order to fill the cup of my life fully I need to empty my cup. We need to be thrown out of the old nest. Otherwise, I live a life unfulfilled. It is by letting go I receive the gifts of living fully. These kinds of paradoxical sayings come from most of the wisdom traditions. Pema Chodron represents the Buddhist perspective of living Mindfully.

I have been learning how to embrace life fully by throwing out of the old nest. Every morning, I wake up and I practice mindfulness that helps me to live fully in the present moment. I try to maintain mindfulness in taking care of my everyday tasks. I live fully in the present moment. There are times when the old habitual or conditioned patterns of behavior take over me. I fly back to the old nest. I wake up and realize that I had imprisoned myself by not being mindful of my mind. It takes time and practice to walk on the path of mindfulness. I patiently and compassionately embrace that path. Daily formal practice of Mindfulness Meditation and daily informal practice of Mindfulness in everyday tasks of my living help me to live fully in the present moment. This is an awakened perspective of living fully and harmoniously. And I love it!

Namaste!
Jagdish P Dave'

[Mistakes: Results That Show The Truth Of Things](#)

How do you relate to the notion that mistakes are really results that show the truth of things? Can you share a personal experience of a time you were able to overcome the fear of pain and take the leap? What helps you know that fear is love?

In response, Jagdish P Dave wrote on Jul 31, 2020 ...

Making mistakes is human. As a human being I have made many mistakes. According to my understanding there are two ways of relating to mistakes: I may criticize and get angry at myself for making mistakes. This way of relating to my mistakes will surely bring me down and stop me from learning from my mistakes. The other way is to learn from my mistakes, gain an insight from my mistakes and grow from my mistakes. I will not learn how to rise if I do not fall down. The falling down is an integral part of rising up. This is the way I learn the truth of things.

I will never forget my first lesson of making a mistake. I was 12 years old. I saw

children of my age bicycling to school. I was afraid of riding a bicycle. My elder brother had a bicycle. He wanted me to get rid of my fear of losing my balance and falling down. He invited me to ride his bicycle and asked me not to be afraid of falling down. He assured me that he would provide his help if I lost my balance. With fear in my heart, I took a leap. As I was riding, my brother let go of his support and let me ride the bike on my own. I was not aware of my brother not supporting me. When I realized that I was on my own, the fear of riding by myself got hold of me and I fell down and got bruised. This was an important learning experience for me. It taught me to relate to challenges in life with an open mind and an open heart and not to be afraid of making mistakes. It is facing fear fearlessly. This is the way I relate to Christ Lombard's title of the article: Mistakes: Results That Show The Truth Of Things.

I follow three basic steps for learning a new idea or for cultivating a new skill: 1. Keeping my mind open by listening to the people who really and deeply know, the wise teachers. 2. Ask questions for clarification or elaboration. This is a crucial step for learning. 3. Meditate. Take time to observe silence to realize the truth. And then apply it for relating to challenges I face in my life. This open ended Mindfulness Meditative practice has been my way of embracing fear that opens the door for loving life.

Namaste!

Jagdish P Dave'

[*Does The Mind Exist During Our Sleep?*](#)

How do you relate to the notion that fighting the mind does not weaken it, and instead strengthens it? Can you share an experience of a time you realized that you are the field in which thoughts appear and disappear? What helps you cultivate an attitude of indifference toward the mind?

In response, Jagdish P Dave wrote on Aug 07, 2020 ...

Mind has its own mind. I let the mind run its own course. I do not follow it and do not fight it. When I do not identify myself with the thoughts or feelings going through the mind, I see them as clouds passing through the clear sky. I realize that I have a mind, but I am not the mind. I have thoughts and feelings, but I am not thoughts and feelings. I am witness consciousness-clear open sky- not bound by the clouds coming and going. When I resist and fight my thoughts or feelings, they get stronger.

When I remain aware of what is happening in my body-mind complex, bodily sensations and thoughts and feelings, and do not identify myself with them, I am in the Zone of Being. Thoughts appear and disappear in the clear sky of awareness. This happens every day when I sit quietly doing Mindfulness Meditation. Practicing Mindfulness Meditation regularly has a carryover effect in my daily living. It helps me to be free from the grip of ongoing thoughts in my mind. Remaining mindful in different contexts of my daily life makes me realize that I am consciousness and not my coming and going thoughts.

As stated before, practicing Mindfulness Meditation regularly and practicing Mindfulness in everyday life helps me cultivate indifference toward the mind. As the author

AnnamalaiSwamistates, " Cultivating this attitude of indifference toward the mind, you will detach yourself from your "little self" to your real Self."

Namaste!

Jagdish P Dave'

[*The Central Commitment Of The Creative Life*](#)

What does the 'roofless place eternity' mean to you? Can you share an experience of a time you were able to honor your creative force with both power and time? What helps you reconcile having integrity in your commitments with your loyalty to your inner vision?

In response, Jagdish P Dave wrote on Aug 14, 2020 ...

Knocking At The Door?

It is late at night and time to sleep.

As I am going to close my tired eyes

I hear a soundless sound.

I wonder who is knocking at the door?

I open the door of my heart

And lo and behold my heartdancing with ecstasy.

I am swimming in the river with no banks

And flying in the sky with no boundaries.

A flute is playing with no player.

I'm Radhamerging with Krishna!

[*The Wisdom Of Uncertainty*](#)

What does the 'wisdom of uncertainty' mean to you? Can you share a personal story of a time you were able to lean into the wisdom of uncertainty and accept non-perfection? What helps you live in the 'Trusting Mind'?

In response, Jagdish P Dave wrote on Aug 21, 2020 ...

Knowing and accepting the fact that the cup of my life is going to be broken one day and not to get hung up or chained by the fear of uncertainty is the way of living fully. This is my understanding of the "wisdom of uncertainty". Because I know the fate, I accept it without denying or resisting it. This way of thinking and knowing creates a weather of freedom and openness in my mind. Such a mindset helps me live fully.

We all have been going through the uncertainty at this time in our life. The arrival and the spread of the corona virus has caused fear, worry and anxiety in our mind. How do we deal with these huge clouds of fear, worry, and anxiety floating in our mind? This is a big existential challenge to all of us. My daughter runs a private Montessori School in Phoenix, AZ. The virus situation has been causing a lot of worry and anxiety in her and my mind. We are not sure about how long the corona virus will last. Instead of worrying about the uncertainty we mindfully processed our fear and anxiety and came up with a well thought out plan for opening and operating our school. One week has gone smoothly and we are confident that we will be able to run the

course smoothly. We are sailing the boat with the winds of compassion and cooperation of all the people involved in this endeavor.

Doing the best we can do without worrying about or attached to the outcomes of our efforts helps us live in the "Trusting Mind." When doubts or worries arise in our mind we mindfully process them, let them come and go. The "Free Mind" is the "Trusting Mind".

Namaste!

Jagdish P Dave'

[*Glory And Terror Of It*](#)

How do you relate to the notion that 'one is quite simply part of it all'? Can you share a personal story of a time you experienced the intoxicating Presence, utterly joyous, boundless, and free? What helps you accept the wonderful and frightening responsibility for even the smallest of your actions?

In response, Jagdish P Dave wrote on Aug 28, 2020 ...

Wisdom traditions point toward the Wholeness of the Cosmic Order. We are an integral part of the Eternal Undivided Whole. What we think, speak, and act makes a big difference in how we relate to the Cosmic Order. When there is alignment or harmony in what I think, speak, and act I am an integral part of the Cosmic Order. My thoughts, words and actions have a strong impact on my internal environment as well as external environment. The inner and the outer become ONE. When my life follows this path I experience the intoxicating Presence, joyousness, boundlessness and freedom.

When my thoughts, words, and actions are for serving others with no self-serving expectations I feel deep joy, contentment, and freedom and fullness. My actions are for the welfare of the whole Cosmos. I feel an integral part of the Cosmos. This way of living is called Karma Yoga in the BhagavadGita.

All wisdom traditions teach us to awaken from the sleep of ignorance. Awareness of my thoughts, words and actions keep me awakened for walking on the right path, the path of selfless service.

May we all learn how to be an integral part of the Eternal Undivided Whole!

Namaste!

Jagdish P Dave

[*The Broken Piano In 1975*](#)

How do you relate to the opening created by accepting the reality of the situation completely and making that the basis of our creation? Can you share a personal story of a time you were able to create on a foundation of the reality in front of you? What helps you create in tune with reality?

In response, Jagdish P Dave wrote on Sep 04, 2020 ...

Things don't go the way I want or expect. How do I relate to such situations, how do I face such a challenge? I have two choices: accept the reality and do the best I can or turn my face away from it.

If I turn my face away I feel myself defeated. If I choose to face it, I don't know what I may end up with. What will be the outcome? I am at a crossroad. There have been times in my life when I have backed off and turned my face away from such situations. And there have been times when I have faced them with courage. Facing the reality courageously has helped me grow intellectually and emotionally. It feels like I am flying in the open sky seeing the wonders of the world with fresh and new eyes.

I have encountered quite a few situations in my life when I had to make a clear choice. The situation that I would never forget was deciding to marry a woman named Vanleela from another caste, another religion, and another class. Since her family was totally against her marrying me, both of us had to make a courageous decision. We faced the reality and decided to marry. This was a very powerful experience for both of us. It strengthened and enriched our relationship.

There are times when we need to go beyond the rational mind and listen to the intuitive mind. I trust the inner voice and follow it wholeheartedly. It is important for me not to be bound by my question "What if?" and accept "What is". A lot of energy is consumed by "What if" mindset. That will make me feel stuck. "What is" mindset helps me to accept the reality as it is and make the right choice.

Namaste!

Jagdish P Dave

[*Movie Of Me, Now Playing 24 Hours A Day*](#)

What do you make of the notion that 'when we reach out to touch another person, all we touch is our version of the other person, and all they touch is their version of us'? Can you share a personal story of a time you became aware of your own projections? What helps you let go of comparing?

In response, Jagdish P Dave wrote on Sep 11, 2020 ...

Clear version is created by clear vision. As I was growing up, I learned many valuable lessons of life from my father, by his words and by his actions. I remember one wise saying he used to say, "Yahtadristi, tatha sristi". As is my vision, so is my world. If my vision is colored by my prejudices, judgments, assumptions, and expectations, I am going to create my mental, emotional, and behavioral world by my vision. The same way the other person relates to me by his vision. Our versions of each other is created by our vision. Clear version is created by the clarity of my vision. My mother used to say that when your eyes are affected by jaundice, you see everything yellowish. Buddha uses the word sati for clarity with no clouds of prejudice or selfishness floating in the mind. It is difficult to be free from prejudice and judgments which have slipped into our unconscious mind. As a result, as Krishna Das says, we "create the movie of me...we write it, direct it, produce it, and star in it."

Creating clear vision is a lifelong project. Our life is created, shaped and sustained by the illusory perceptions of who I am and who others are. When we mindfully relate to our own illusory world and work on it, our vision of ourselves and of others changes for better. We wake up from the sleep of illusion and see the light without any walls created by our ignorance. This illuminated clear vision frees us from the bondage of ego. In this state we see oneness in manyness. This is the journey I am going through. I see more light than darkness and I feel free from my self-created bondage.

Daily practice of mindfulness meditation and living mindfully has been very helpful to me. Self-

knowing and self-acceptance has created wholeness in me. I do not feel the need to see myself better than others or worse than others.

May we create clarity in us to relate to others like us.

Namaste!

Jagdish P Dave'

[Learning How To Think](#)

How do you relate to the finding that multitasking impairs our ability to think? Can you share a personal story of a time you went slower and concentrated more on your work? What helps you overcome the temptation to multitask?

In response, Jagdish P Dave wrote on Sep 18, 2020 ...

Basically I am a mono-tasking person. When someone talks to me I want to be fully present to the person. I do not want my mind to be divided between here and there. I want to be connected and engaged with the other person. Paying full attention to the person is conducive not only for cultivating cognitive function but also for cultivating social and emotional learning, for cultivating effective and positive relationships. As a learner and a teacher, I see the value of of focused attention. Our personal experience and research studies show that multitasking has a strong and adverse effect on cultivating cognitive, emotional and social skills. Sadly, smart phones, laptops and video games have been powerful distracting factors in our schools and families.

When I am reading, writing, listening, communicating, eating, walking, driving and meditating I make it sure that I am fully attentive and focused on what I am doing. This is mindfulness practice. When my mind goes astray by an external stimulus or internal stimulus, I become aware of it and do not get trapped by it. Practicing mindfulness helps me to be free from my temptation to to be engaged in more than one task. It frees me from multitasking. When we eat we pray together. Praying together creates sacred and peaceful environment. We put our smart phones and laptops beyond our sight. When we study or communicate we follow the same helpful rule.

Namaste!

Jagdish P Dave'

[A Route Back To Wonder](#)

How do you relate to the exhortation to find in the clouds a route back into wonder? Can you share a personal story of a time you were able to lose yourself in wonder of the world? What helps you retain the capacity to wonder and not give in to cynicism?

In response, Jagdish P Dave wrote on Sep 25, 2020 ...

Looking at the clouds floating in the sky is very fascinating to me. I felt this fascination as a child. The sky was a play house. The clouds of different shapes coming and going were the actors filling my heart with wonder, delight and inspiration. Watching the play of the clouds made me wonder where they are coming from and where they are going. I expressed my wonderment in a poem that I wrote in my mother tongue. " Kon, Vadalani pachalachhupatu?" Who is hiding behind the clouds?" Sadly, our contact with nature has been diminished as we are getting more and more urbanized.

Occasionally we may look at the wonders of nature. Taking time out to see the wonders of nature has been a deeply enriching experience for me. I appreciate what Fabiana Fonderila says: "Let's waste time learning to love the world, everyday, a little bit more and better. Let's waste time on what is truly important."

A few years ago, we were traveling in Colorado. We were on the top of a mountain. There were a few clouds moving in front of the setting sun. There was a beautiful display of colors of the clouds and slowly slowly the sun vanishing in the horizon. We were spell bound by the natural beauty changing moment to moment. We will never forget this experience.

Natural curiosity to be connected with the beauty of nature does not get stale or old. That's a gift freely given to us if we extend our hands to receive it. Remaining aware and attending to this gracious gift of nature with gratitude is the way to retain this natural capacity. According to me there is nothing cynical about it.

Namaste!

Jagdish P Dave'

[*Substituting One Cruelty For Another*](#)

How do you relate to the notion that the being in the doing shapes our experience? Can you share a personal story of a time you became aware of your being in the doing? What helps you avoid the trap of substituting one cruelty for another?

In response, Jagdish P Dave wrote on Oct 02, 2020 ...

When my vision is clouded what I look out will be clouded and if swing into action with the clouded vision, I will make things worse. All wisdom traditions ask us to awake from the sleep of ignorance, to see the Light Within and see the world and act with the light of love and clarity. The Light Within is the Light of Being, the Light of Love. When my doing emerges from the Inner Light, it heals the wounds. In my daily life I remember the wise words of MeisterEchart: "It is not by your actions that you will be [awakened] but by your being. It is not by what you do but by what you are that you will be judged."

I remember and apply the wise saying in my daily life that the being in the doing shapes our experience. I apply this wise saying in all areas of my life-personal and interpersonal. There are times when I act unmindfully which disrupts the clear and loving flow of my energy. With practice I quickly wake up and get connected with the Light of Being. As a teacher and as a counselor as well as a family member I get plenty of opportunities of becoming aware of my being in the doing. And if and when I goof I quickly correct my path.

Remaining awake and aware of my bodily sensations, thoughts, feelings, emotions and actions helps me avoid the trap of substituting one unkind act for another. Awareness keeps the Light Within shining for making wise choices.

Namaste!

Jagdish P Dave'

[*We're Voting With Our Attention*](#)

How do you relate to the notion that by obsessing about things we don't want; we are training our brains to ignore what we do want? Can you share a personal story of a time you became aware that your brain's habit patterns were causing you to focus on the opposite of what you wanted? What helps you retrain your brain to focus on what you truly value?

In response, Jagdish P Dave wrote on Oct 09, 2020 ...

I have learned a long time ago that our mind is the cause of liberation or bondage. How do I use my mind is in my hand. If I dwell on negative thoughts negative feelings and actions I get negative outcomes. Research studies done by positive psychologists show how we create our own happiness or misery by what we think and what choices we make. We can reinforce our brain's negative bias by thinking negatively. It is up to us to decide how to use our mind. The inner light of wisdom or pure consciousness helps us to make positive changes in our mind and that way rewiring our brain. And this way we are creating positive or constructive brain's habitual patterns.

It is helpful to have information about how the application of positive psychology creates positive changes in our brain and in our personal behavior and our social transactions. Transformation takes place when we apply the information in our actions. I know what I need to do to preserve and enhance my physical health. It is hard to break the harmful habitual patterns such as what to eat, when to sleep, and when to do physical exercise. Practicing self-discipline has helped me to walk on the healthy path.

Knowing what is good and what is helpful and doing what is good and what is helpful has been very helpful to me. Living mindfully is my way of retraining my brain. I want to be master of my brain and not its slave. This is challenging and I love it. I am with the author Leah Perlman when he says, "I'm voting with my attention."

Namaste!

Jagdish P Dave'

[*Now I Become Myself*](#)

How do you relate to the notion of becoming yourself? Can you share a personal story of a time you felt alive with your song 'made so and rooted by love'? What helps you remember that you have time to live and be still?

In response, Jagdish P Dave wrote on Oct 16, 2020 ...

Becoming yourself is a challenge for all of us. Right from our childhood we are asked by others in our families, schools, and societies who we should be. Our mind's are conditioned to think, feel and act according to the norms established by others. Reading this poem written by Mary Sarton reminds me of a poem written by John Milton. "The mind is its own place, and itself can make a Heaven of Hell, and a Hell of Heaven." It is up to me to make my own choice to become myself. In order to hear my own voice I need to quiet my own mind. In the quiet moments I know who I am. It's a journey of self-discovery. Once I hear my own voice, I sing my own song. Once I know the rhythms of my life I dance my own dance.

I feel the fullness of life when I am my real self. Such realization grows in me like a plant rooted, watered, and nurtured by love. Such inner growth takes place when I take time out and reflect deeply and feel my "own weight and density". These are the times when the song of life is born, and it comes out with sheer love and joy. The people in my life who love me as I am hear my song and sing along with me. It is a song of love, a song of togetherness and harmony. These are the gifts of becoming oneself.

My self-awareness is my guide, my companion, my guru. When I am in an awakened state the light of self-awareness shows me the wise path of my spiritual journey. When I deviate from my spiritual path I stop and ask myself questions: Where was I when I was with myself? Was I fully present with the presence of awakened awareness? Right answers come for within when I take time out and be still. Regular practice of Mindfulness Meditation and practicing mindfulness in my everyday life have been very helpful to me in my search of who am I and how to live fully.

Namaste!

Jagdish P Dave'

[The Game Is To Be Where You Are](#)

What do you make of the notion that the game is to be where you are? Can you share a personal experience of a time you were able to appreciate someone exactly the way they were? What helps you appreciate people like you would appreciate trees?

In response, Jagdish P Dave wrote on Oct 23, 2020 ...

Reading Ram Dass's passage *The Game Is To Be Where You Are* reminds me a beautiful poem 'Come As You Are' written by Rabindranath Tagore. When we love someone, we don't love the outer form of the beloved. We love the inner being of the person who is just like us. Ram Dass uses the metaphor of taking the mask off to see the beauty of the original face without any makeups. I love the Zen Koan: Find your original face before you were born. The Indian poet Mira sings: Remove the veil and you will meet your beloved. This is the way I relate to the notion that the game is to be where we are.

I have had several experiences of being loved as I am. My mother did not have any conditions for loving me as I was. She planted and nurtured the seeds of unconditional love as I was growing up. She was a role model for me. I was blessed to have her in my life. I learned from her how to love and relate to people in my life as they are. As years passed I have been able to cultivate spiritual maturity in me. To me life is a spiritual journey or as Ram Dass says it is a spiritual game.

Trees look different when we look at them with outward eyes. When we look at the same trees with clear inward eyes we see the treeness, the oneness, the essence, among all trees. I follow three steps for cultivating spiritual maturity:

listening to the people who are on the path of spiritual maturity, reflecting on their teachings, and applying them in my daily living. This is called sadhana, spiritual discipline.

Namaste!

Jagdish P Dave'

[*How Caterpillar Turns Into A Butterfly*](#)

How do you relate to the process of transformation of the caterpillar into a butterfly as a metaphor for your own journey? Can you share an experience where you could see your own emergence as similar to the butterfly's emergence? What helps you recognize that you are constantly emerging from your past caterpillar self into your present butterfly self?

In response, Jagdish P Dave wrote on Oct 29, 2020 ...

The central message of the story of the Caterpillar Turning into A Butterfly is the story of transformation and emergence of ourselves as we travel in our life's journey. We all change. Nothing remains the same. The challenge is how the change transforms our ways of thinking, feeling, and doing. It's a deep qualitative change, like the caterpillar turning into a butterfly. We all grow but in which direction of our life. Are we repeating the same cycle or are we getting out of the routine and move in an upward bound direction?

I see myself growing slowly from childhood to young age, to adulthood and old age. It has not been a steady journey of transformation. It has its ups and downs, its twists, and turns. A couple of times I fell down. I leaned from falling down and moved on in my upward journey of life. As I look behind I see myself emerging and transforming. My outlook has been widened. I see myself unbound and freed from my judgmental stances of people different from me in many ways. My inner eyes have become clear, and I see people as they are. As the Buddha says, "see the isness."

Cultivating healthy habits of mind and nurturing the mind in a healthy way has been very helpful to me. I keep my mind and heart open without tarnishing them with my preconceived notions.

Practicing mindfulness meditation and non-judgemental awareness help me constantly emerging from my past caterpillar self into the present butterfly self.

Namaste!

Jagdish P Dave'

[*The Three Narratives*](#)

How do you relate to the three narratives? Can you share a personal story of a time you found yourself situated in the third story: the transition to a life-sustaining society? What helps you become aware of the story you are in?

In response, Jagdish P Dave wrote on Nov 06, 2020 ...

I like the way Joanne Macy narrates the three frames, versions or narratives or stories. The first two narratives have been in the society for a long time. The third narrative is "the central adventure of our time." It is the transition to a life sustaining society. We are going through this Great Turning, ecological or sustainability revolution. The challenge for us is to survive the first two narratives and keep bringing more people and resources into the third narrative. I strongly believe in deep ecology. It is our sacred duty to save and preserve our eco system. The first two narratives have served us at a big cost. Our environment is polluted, climate is drastically changing affecting the lives of not only human beings but all beings.

For many years I did not see the negative side of the first two narratives. I have been more aware of the damaging impact of the first two narratives. Listening to eco-philosophers like Joanne Macy and many eco-scientists has made me more aware and clear about the third narrative. I have made changes in my diet for health reasons and also for supporting locally grown plant-based

I like the way Joanne Macy describes the three stories or narratives of reality shaping our world. The first two narratives, global corporate capitalism and industrial revolution, have been with us for a long time. These two narratives have been helpful to us in certain ways, but they have caused a lot of damage not only to us but also to the eco system. There is a growing awakening and embracing of the emerging third narrative or revolution named ecological or life-sustaining revolution. This is The Great Turning. Our challenge is how to survive the first two narratives and to bring and keep more people and resources into the third narrative. I believe in deep ecology and in creating and supporting eco-friendly environment.

It has taken time for me to realize the value of implementing the third narrative in my life. I am in full alignment with the third narrative. I have started making significant changes in my diet. I eat non-GMO organic food. I buy locally produced food. I am a born vegetarian. It makes it easy for me to have healthy plant-based diet. I believe in and practice the philosophy of living a simple life. I was inspired by Mahatma Gandhi's philosophy of living a simple life. Small is Beautiful. Contentment and fulfillment come from living a wholesome simple living. It's not a slogan for me. It is my experience.

I was raised in a family which practiced the philosophy of simple living. Reading articles on climate change and deep ecology and having vibrant discussions with respectful and open minded people have been very helpful to me. Having a supportive circle of family members and friends also help me to walk on the path. I see more young people involved in making environmental changes. This is very inspiring. Time has come to save the earth by making wise choices. I am hopeful and happy to see changes taking place in the right direction.

Namaste!

Jagdish P Dave'

[*Half A Pomegranate*](#)

How do you relate to the abundant offering of the old woman? Can you share a personal story of a time you either received such abundance or were able to tap into it yourself? What helps you tap into your deepest abundance?

In response, Jagdish P Dave wrote on Nov 13, 2020 ...

Such simple and easy to understand stories teach a profound spiritual lesson. When we offer a gift from our heart without expecting any reward it becomes an abundant offering. When a poor old woman heard that the Buddha was accepting offerings she had already eaten half of the pomegranate. The only thing she had to offer was the other half of that pomegranate. It was a meager offering, but it had the deepest abundance. It is indeed a gift from the heart and that way it was priceless.

Serving others with no axe to grind. This is the heart of the Karma Yoga narrated in the Bhagavad Gita. This is my understanding of spirituality. It lifts us from a lower self to a higher self. I practice Karma Yoga in my life by sharing what I have with others mostly in the form of teaching without expecting any reward in return. This way of living fills my heart with deep joy, contentment, and

fulfillment.

Reading such stories from different wisdom traditions, contemplating on them, and sharing them with others has been very helpful to me in my spiritual journey. Daily practice of mindfulness meditation and cultivating skills of compassionate living help me stay on my path. It's by giving we receive!

Namaste!

Jagdish P Dave.'

[*Time Confetti And The Broken Promise Of Leisure*](#)

How do you relate to the notions of time poverty, time affluence, time confetti, and the autonomy paradox? Can you share a personal story of a time you made an intentional shift from time poverty to time affluence? What helps you be intentional with your time?

In response, Jagdish P Dave wrote on Nov 20, 2020 ...

When my mind is divided between two cognitive polls like I want to do something leisurely and enjoyable such as reading a book and checking important email messages I feel trapped by time and feel time poverty. When I do something which I enjoy doing without technological interruptions and technological invasions I feel time affluence, a relaxed, gratifying, and joyful state of mind. When my time is fragmented by two demanding tasks, I feel stressed out and not satisfied with either of the two tasks. Time confetti

fragments the time of leisure, peacefulness, and restfulness. Technology saves time but at the same time takes time away. It's like I have saved time but also I have lost time. Gain and loss at the same time! This is indeed the autonomy paradox.

Good life is choice making. I use discretion when it comes to spending my time. I do not make every situation urgent unless it is really urgent. I have intentionally and wisely broken habitual patterns of automatically and mindlessly responding to tempting and distracting stimuli. It takes time to disengage from the grip of time confetti. I maintain a balance between demanding work and leisurely play. This is an ongoing process.

As Ashley Whillans says, "Working toward time affluence is about recognizing and overcoming the time traps in our lives." It amounts to controlling impulses that captivate my mind. It means cultivating the virtue of wisdom and the virtue of patience leading to wise choices and wise actions.

Namaste!

Jagdish P Dave'

[Parliament Of Subconscious Minds](#)

How do you relate to the notion that our 'discriminating minds' mistakenly attribute 'I' to an individual instead of 'a product created by a collection of sub-minds'? Can you share an experience of a time you became aware of unconscious sub-minds exchanging information via the conscious mind? What helps you be aware of how you are attributing 'I'?

In response, Jagdish P Dave wrote on Nov 28, 2020 ...

Our minds discriminate between right and wrong or this and that. What is being discriminated takes place in our unconscious sub-minds. In that sense, I is the narrator of the experience, or I is the product of a collection of the unconscious sub-minds. How do I know that? What is that I? It is awareness. Awareness is like an observer. It is pure witnessing consciousness untouched by the collection of sub-minds. That helps us from being caught up in mistaken identity.

When I need to or want to make an important decision about what to choose, I do not act impulsively or by my habitual patterns of rushing without pausing. From my experience of such actions, I have learned not to be controlled by the voices of unconscious sub-minds. This way of making wise choices is an ongoing process. It is worth doing to prevent or avoid myself from falling into a pit of suffering.

The light of awareness helps me when I am moving toward the dark zone-the wrong zone. When I am aware of what is going on in my mind and refrain myself from doing harm to me and to others, my action becomes a blessing to me and to others connected with me. Mindful actions bring blessings and prevent curses.

Namaste!

Jagdish P Dave'

[A 13-Year-Old In A Museum](#)

How do you relate to the distinction between creating an image of who we are and becoming who we are? Can you share a personal story of a time you were able to disconnect from creating an image and lean into living life directly? What helps you avoid the trap of using life as a product to promote your image?

In response, Jagdish P Dave wrote on Dec 04, 2020 ...

The self-image that I create is only the reflection of the outside of me. It is like stagnant water rather than the flowing river. My life is dynamic. It is not static. It is becoming. It is a process and not a product. The image of me is not my identity which is vibrating with energy and changing. The outside does not represent the inside of me.

We all have potential to grow horizontally and vertically. The horizontal axis represents the expansion of my consciousness-my organic connection with nature and people. The vertical axis represents the depth of my relationship with nature and people. In order to experience my inner world, my true identity, I need to be with me fully without getting caught up in mentally narrating what happened in the past or worrying about what will happen in the future. It is flowing with the present. This happens when I do mindfulness meditation and practicing mindfulness in different

contexts of my everyday life. This practice helps me grow on both horizontal and vertical axes. It happens when I am listening to me and to others with an open mind and an open heart. It happens when I listen to music or get absorbed in reading a book or contemplating.

Non-judgemental awareness of my inner and outer world helps me avoid the trap of using life as a product to protect my image. Knowing that posting my image on a smart phone is not my true identity. Knowing that my shadow is an unrecognized and unaccepted part of darkness within me and working on it frees me from my self-created bondage. This is a life-long process. There is light within me that keeps me awake in the journey of my life. That light is my guide, my savior.

Namaste!

Jagdish P Dave'

[*The Moment We Encounter True Happiness*](#)

What does 'true Happiness' mean to you? Can you share a personal story of a time you were able to experience Happiness as a natural fulfillment and unlike anything that can be found in this perishable world? What helps you avoid the mistake of searching for Happiness with the thinking mind?

In response, Jagdish P Dave wrote on Dec 11, 2020 ...

We all have a deep longing for Happiness. It is the Sacred within us. It is an egoless Presence with no time and space boundaries. It is Universal. It is Within us. It is Divinity within us. It is Pure Consciousness. It is Holy.

I feel the presence of Happiness when my thinking mind is quiet. I feel the presence of Happiness when I let go of searching for Happiness. It is always within us like pure love, clear light, complete silence. I experience such Happiness when I am fully present with myself or with others; when I am fully absorbed in what I am doing. These are the times when I am in the Flow of Happiness.

Daily practice of Mindfulness Meditation, serving others selflessly, loving others kindly and unconditionally helps me. I am not against thinking mind. I need to think to solve the problems when I encounter them. I use my mind to make wise choices. I am thinking when I am responding to these questions. I am happy to reflect on this wonderful reading close to my heart.

Namaste!

Jagdish P Dave'

[*An Unusual Gift From My Grandfather*](#)

How do you relate to the notion that all life needs is our faithfulness? Can you share a personal story of a time you felt the world repairing when you remembered to bless life? What helps you remember to bless the life around you and within you?

In response, Jagdish P Dave wrote on Dec 18, 2020 ...

This story narrated by the granddaughter is very timely as we are approaching the gift-giving

Christmas time. The conventional way of buying gifts is so terribly time consuming and people feel confused and inadequate about what to give. The spiritual approach for gift-giving is very simple. We do it as a service to God without getting anything in return. My experience of gift-giving is simple and uncomplicated like the experience of the granddaughter Neshume-le. I can easily relate to what the grandfather told his granddaughter; it is not the water the seeds need to grow but "Aii it needs is your faithfulness." Faith is the foundation of all relationships and of all spiritual practices.

Blessing life is the most effective way of creating and nurturing life in all forms-human and natural. There are times when relationships thin out or break up. Giving unconditional love from the heart based on the foundation of faith repairs and heals our fragile relationships. Several years ago, I had an agonizing and depressing experience in my life. It was a heartbreaking experience. It took time for me to recover from it. My deep faith in the goodness of heart helped me emerge from the hurting heart to the healing heart. It was a transforming experience for me.

The best teacher is within us. What we need is calmness, patience, empathy, compassion and above all faithfulness. Life offers many opportunities for working on ourselves to repair and heal our relationships. It is a daily metta, loving kindness practice that heals me and others. It is blessing from the heart.

May we relate to us and others with the loving light of faith and kindness!

Namaste!

Jagdish P Dave'

[Four Stages Of Groundedness](#)

How do you relate to the notion that reality is inherently grounding? Can you share your experience of moving through the stages of groundedness? What helps you grow in your sense of groundedness?

In response, Jagdish P Dave wrote on Dec 25, 2020 ...

Who am I? What is reality? Is everything changing? Is there something unchanging? Am I born with it? How do I know? I have been exploring these kinds of questions for quite some time. When my mind is silent I have a clear felt sense of open awareness. My mind is clear. my heart is open. I rest in the deepest ground which John J. Prendergrast calls our home ground or groundless ground.

There is a continuum of groundedness. The author lists four broad experiential stages of groundedness: (a) no ground: I am not in the body. (b) foreground: I am in the body. (C) background: my body is me (as open awareness). (D) Homeground: Everything is my body. When I meditate I go through these stages of natural awareness. (a) I realize that I have a body but I- the soul-am not the body. (b) My soul is in the body. (c) When I become aware of the boundless nature of the soul I realize that my body is contained in the container of natural awareness. (d) The disconnect between different parts of myself goes away. I am in the homeground. I have difficulty understanding what the author means by saying "Everything is my body."

Natural awareness without inner obstructions helps me grow in my senses of groundedness. when I practice Mindfulness Meditation, my mind becomes

attentive and does not get carried away by wandering thoughts, feelings, and desires. Meditation opens up doors to be connected with what is happening in the present moment. Meditative experience is not bound by time and space.

Namaste!

Jagdish P Dave'

[Dark Skies Show Us Stars](#)

How do you relate to the notion that 'without darkness, we are not just incomplete, we fail to dream'? Can you share a personal story of a time you were able to embrace darkness and see the stars because of it? What helps you embrace the night?

In response, Jagdish P Dave wrote on Jan 01, 2021 ...

We all emphasize the value of light, knowledge, and to move from darkness to light. All wisdom traditions relate to darkness as ignorance and as light as knowledge. Author Bear Guerra presents a different way of looking at darkness: Dark Skies Show Us Stars. By accepting darkness, we get connected with natural world. The world we live in has been highly commercialized and unnaturalized taking us away from the natural world. We are drifting away from the natural rhythms of day and night, light and darkness. I agree with the author when he writes, 'without darkness we are not just incomplete, we fail to dream.'

I happen to live in a community where I can see the stars twinkling in the dark sky. Such experiences get me connected with natural world in which there is vastness and depth. I feel an integral part of the universe and feel the oneness of life. I feel the Divine Presence that liberates from my ignorance and makes me whole or holy. Such natural experiences are illuminating dispelling my inner darkness and separateness. It is a paradoxical statement: Darkness enlightens me!

Reading such illuminating writings and sharing my learnings with close friends and with my students taking classes with me helps me stay on the spiritual path. It is an enlightening and joyful journey.

Namaste!

Jagdish P Dave'

[The Broken Among Us Teach Us](#)

How do you relate to the notion that the broken among us can teach us what it means to be human? Can you share a personal story of a time you were able to embrace imperfection with an open heart? What helps you welcome uncertainty?

In response, Jagdish P Dave wrote on Jan 08, 2021 ...

We as human beings are imperfect, and we all have gone through trying and hard times. Life is not always a bed of roses. It has also sharp thorns. It hurts. There have been times when my heart has been broken. My dreams were shattered. I have learned the value of wholeness from my brokenness. Heart breaks have taught me how to heal my wounds, recover myself, and lift myself up from the falls. Suffering is human. How do we face it and what do we learn from it is up to us.

I have gone through many difficult situations and have learned lessons from them. There were times when I felt heavy weight of emotional pain. Where there was a little light, and I did not know how to walk on the dark lanes of my life. Being with people who have endured hard times in their lives and their empathic understanding, support and kindness helped me emerge from the blinding darkness. Going through difficult times in my life made me understand my own suffering and suffering of others. The words of John Lewis are very inspiring: " My head is blooded but not bowed."

Knowing that there is no certainty in life and accepting it and doing the best I can has been very helpful to me. Reading the stories of people who have gone through hard times in their lives and how they uplifted themselves also have been very helpful to me. Daily practice of Meditation has always helped me remain grounded and calm. Accepting the reality of life, having faith in the higher power, and placing myself in the Divine hands has been my way of going through the ups and downs in life.

Namaste!

Jagdish P Dave'

[We Are Weavers](#)

How do you relate to the notion of being weavers woven into and from an ancient ever-renewing fabric? Can you share a personal story of a time you became aware of your part in leaving a foundation for those who will weave the fabric of tomorrow? What helps you develop gratitude for both the foundation you were given and the opportunity to leave a foundation for the next generation?

In response, Jagdish P Dave wrote on Jan 15, 2021 ...

We all are weavers weaving the tapestry or fabric of our life. How much aware we are when we weave our own fabric? If we weave our fabric with weak threads, our selfish and self-centered, fearful, and angry threads that harm others, we also harm ourselves. We are all connected with each other. I remember the wise saying, " As is within so without." We are children of the past and architect of the present and future. How we live in the present shapes our future and the future of the upcoming generations. This is the way I relate to the notion of being woven into and from an ancient ever-renewing fabric.

There are moments of awakening if I do not keep on sleeping. I remember Albert Einstein's wise saying, "No problem can be solved from the same consciousness that created it. We must learn to see the world anew." Such wise sayings have been very helpful to me for making a shift in my consciousness. What and how I do has an impact not only on the present but also on the future. This is an awakened state of consciousness for me, an inner call for me to listen to.

Hope, will, action, and self-awareness guided by spiritual wisdom helps me walk on my path of wellness for me and for the generation to come. I am grateful to the ancient wise teachers and the teachers in this life for enlightening me.

Life is a blessing.

[*Solitude Is Where Community Begins*](#)

How do you relate to the connection between the discipline of community and the disciplines of forgiveness and celebration? Can you share a personal story of a time you were able to exercise the discipline of forgiveness and celebration? What helps you recognize the reflection of the ultimate unconditional love in the love that anyone gives you?

In response, Jagdish P Dave wrote on Jan 22, 2021 ...

In the worldly world, we judge people who are outwardly and inwardly different from us and who may have a different orientation to life. Sadly, such a way of thinking and behaving has caused divisiveness in our country, in our communities, and also in our close relationships. The thread of common humanity that ties us, bonds us and helps us lift from the lower level of consciousness to the higher level of consciousness is created and sustained when we relate to each other as children of God. We do not run on the many spokes of the wagon, but we come to the hub, live in the hub. This way we will be connected with all the spokes. This way we relate to ourselves and others in our life. We are human beings prone to making mistakes. We forgive us and others for making mistakes and celebrate life at the hub. We need to discipline ourselves in order to stay at the hub. Life offers many opportunities to learn from our mistakes and walk on the right path. We have been watching destructive behaviors of some protesters and also some of our elected members, our representatives in the House and in the Senate. It is not easy for me to forgive them for their destructive and demeaning behaviors. I want to let go of my anger for my own peace of mind. I am working on it. It is not easy. When my mind is free from the grip of anger by forgiving me and them I will have a genuine celebration. Non-judgmental awareness of what is going in my mind and heart has been always helpful to me for recognizing my own limitations and going beyond them. It is an inward light that guides me make wise choices and keep me at hub of the wagon of my life. Awake! Rise! And walk on the hard but the wise path! Namaste! Jagdish P Dave'

[*The Hole-y Bucket*](#)

What do you make of the metaphor of the leaky bucket and its connection to the purpose of our life? Can you share a personal story of a time you became aware of the blooming garden you had watered accidentally? What helps you act without regard for outcomes or purpose?

In response, Jagdish P Dave wrote on Jan 29, 2021 ...

What is the purpose of life is a perennial question asked by philosophers, mystics, sages, spiritual seekers, and persons like me. Gopal Dada uses the metaphor of the Hole-y or leaky bucket and its connection to the purpose of life. The leaky bucket represents our imperfection, impurity and ignorance of our own true identity, our true nature which is whole and holy. Our spiritual practice makes us realize our true nature, our ever-blossoming pure consciousness. As Mencius, a Confucian sage says, "By exhaustively examining one's own mind, one may understand his nature. One who understands his nature understands Heaven."

To understand the inner world is the key to understanding the mind, myself, my true nature, and

wisdom about life. I have to keep my inner eyes open to see the inner light. This is a life-long project. My daily practice of meditation develops qualities such as calmness, clarity and concentration, sensitivity, compassion, and self-awareness.

Studying and practicing the Karma Yoga, Yoga of selfless service, with no expectation of any personal reward in return has been very helpful to me in my spiritual journey. Awareness of my attachment to self-serving and self-binding desires and freeing myself from the grip of such desires expands my inner world. Such spiritual practices create "a blooming garden" in me.

Namaste!

Jagdish P Dave'

[*Emptiness Cafe*](#)

What does hanging out in the emptiness cafe mean to you? Can you share a personal experience where time disappeared, and life appeared? What helps you see non-duality in duality?

In response, Jagdish Dave wrote on Feb 05, 2021 ...

Susan Kahn uses the metaphor of Emptiness Cafe to convey the idea of emptiness is fullness. The Spanish mystic John of the Cross calls 'unknowing' an ecstasy. Our mind is mostly dwelling on the same known thoughts. Thought is nothing but a thing. When my mind is still and free I am hanging out in Emptiness Cafe. In this clear and empty space, I feel the fullness of the present moment. It is like hearing the soundless sound.

When I am in deep meditation and when my mind is free from distracting thoughts time disappears. I am in Emptiness Cafe where life unfolds with no boundaries of space and time. It is an experience of enlightenment and fulfillment, and abiding love and joy. Like Rabindranath Tagore sings, "Ah, the light dances, my darling, at the center of my life, the light strikes, my darling, the chords of my love."

Duality is caused in the mind when I relate to myself as not an integral part of the universe. Then the walls created by the conditioned mind between me and the others create a mental split. It is a divided self. Listening to mystics, reflecting on their words of wisdom and integrating them in my life has been very helpful to me to see non-duality in duality. Daily practice of Meditation sustains and reinforces my stance. It helps me to see and experience the unity of life.

Namaste!

Jagdish P Dave'

[*Not Taking Things Personally*](#)

How do you relate to the notion that when you experience something, it's not all about you? Can you share a personal story of a time you were able to see beyond yourself in your experiences? What helps you resist interpreting your experiences as being all about you?

In response, Jagdish P Dave wrote on Feb 12, 2021 ...

Things happen in our life. We experience ups and downs, joys and sorrows, gains and losses, sunrises and sunsets. We have a tendency to personalize them. As result like Mark Manson says we place ourselves onto to a self-esteem roller coaster, where our self-worth bobs up and owns. I know I am not perfect. There are times when I have not been successful. What helps me to go through such experiences is to remind myself that I am not a failure, but I have gone through a failure. The same way when things go my way I remind myself that I am not a successbut I have gone through a successful experience. This way, I do not get trapped by my ego.

I have gone through a number of experiences in my life that have taught me not take ups and downs in my life personally. How I perceive what happens in my life makes a big difference. When someone praises me or puts me down, I

do not get inflated or depleted. Many times, I take their perceptions of me as their self-projections.

Practicing discretion helps me separate milk from water called nirakshira

vivekain Sanskrit. As I was growing up my father taught me this wise saying. When someone throws a judgemental or acritical arrow at me, I pause, take a few deep breaths make a wise choice, separate milk from water. Life is a school for us to learn how to live mindfully, how to go through ups and downs with equanimity and gratefully.

Namaste!

Jagdish P Dave'

[If There Is No Self, Whose Arthritis Is This?](#)

How do you relate to the notion of the storytelling "I" that isolates and traps itself in suffering? Can you share an experience of a time you were able to recognize and move beyond the storytelling "I"? What helps you stay aware of the storytelling "I" without losing your healthy emotional vitality?

In response, Jagdish P Dave wrote on Feb 19, 2021 ...

Who am I is a perennial inquiry made in all wisdom traditions. Is there oneness underlying manyness? Is there unity underlying diversity? What causes suffering? Who is suffering? Is there something everlasting? When I identify myself with suffering and dwell on the story of my suffering, I am trapping myself in suffering. Then the blame game begins. She insulted me. He abused me. The mind keeps on telling this story of suffering. This is the haunting and trapping voice of the ego continuing the story of suffering.

Awareness of this ongoing mental melodrama and chattering is a way of going beyond the storytelling of suffering. It is not easy to wake up from the slumber of self-created suffering. It is hard to be free from the self-created shackles of suffering. It is journey of self-awakening. Waking up from the nightmare of suffering is not easy. It is difficult to rise up from the self-generated fall, to wake up from the sleep and remain awake. I have been learning and practicing to keep the lamp of awareness shining in my transactions with others in my everyday life. Practicing mindfulness in my everyday life has been very helpful to me. Such practice helps me from draining my emotional energy and not losing my healthy emotional vitality.

Namaste! Jagdish P Dave'

[*The False Dichotomy Between Being And Doing*](#)

How do you relate to the notion that "whenever there is any experience at all, there is always some fabricating, which is a kind of 'doing'"? Can you share a personal story of a time you became aware that the dichotomy between doing and being was a false one? What helps you cultivate looking in a way that frees?

In response, Jagdish P Dave wrote on Feb 26, 2021 ...

There is a basic difference between searching and finding. In searching we have a goal to achieve. So, there is a seer and the seen, subject and object. There is duality between the subject and the object. This is a kind of doing or in the words of author Rob Burbea is "fabricating". This is our normal way of thinking and searching. What we are searching is colored by our desires and expectations and it causes elation and depletion. We are bound by this cycle which is called "samsara." Finding is discovering, something that is always "is". This is our "being" or Self The seen the world, always changes. The "seer", Self, is unchanging.

Normally, I am a citizen of two worlds. One world is made up of changes. This world has ups and downs. This is a world of doing and having. When I am not caught up in this self-created dichotomous world, when I am "awake" and aware of this dichotomy I am a citizen of a different world. It is a world of "being". I realize the oneness of all beings. It is a unitive consciousness. We may call it a world of TRUELOVE. This is the miracle of living.

Reaching out and helping someone who needs help, caring for others wholeheartedly expecting nothing in return, not harming others, daily practice of mindfulness meditation and practicing mindfulness in everyday living helps me to be connected with "Being." This is the way of freeing myself from myself. The light of awakening and awareness helps me walk in the journey of my life. Namaste!

Jagdish P Dave'

[*Thirsty For Wonder*](#)

What does welcoming unknowingness mean to you? Can you share an experience of a time the sacred became more available to you? What helps you pull the veil back?

In response, Jagdish P Dave wrote on Mar 05, 2021 ...

Reading the essay Thirsty For Wonder authored by MirabaiStarr stirred up thirst for wonder in me. I welcome such thought provoking writings, and I am thankful to Mirabai for offering this gift to us. Her writing made me introspect and reflect. It is my experience and observation that we usually stay in the known zone. It is relatively a safe zone. However, there are times when I want to beyond the known zone-the unknown zone, the zone of unknowingness. This is wonderland for me where beauty unfolds herself effortlessly, an unheard sound resounds in the heart, and the sky of the mind is clear and is filled with divine light. It is an eye kissing light, heart feelingsound.

The sacred or the divine is always present, but our eyes are closed to see it. I need to cleanse my eyes to see the unknowingness; to open my ears to hear the unheard sound; to open my hands to receive the Divine Gift and open my heart to feel the Divine Presence. I experience such moments when I am fully present in the present moment with me, with someone close to me and with nature. It happens when I do not try to make it happen. It happens when I meditate; when I teach or help someone needing help. Such experiences enrich me and lift me up.

Quiet, clear and unclouded mind helps me to pull the veil back. The veil clouds my consciousness and creates separateness and disconnect. When the veil is pulled back, I see the light of oneness, one unified consciousness. Such experiences are sacred. They deepen my thirst for wonder. This is an inward journey. Daily practice of Mindfulness Meditation, being in the company of kindred spirits called satsanga, reading inspiring and enlightening books or poems and serving people unselfishly helps me in my spiritual journey.

Namaste!

Jagdish P Dave'

[*Two Drops Of Oil*](#)

What do the 'two drops of oil in the spoon' mean to you? Can you share a personal story of a time you were able to enjoy the world around without forgetting your essence? What helps you appreciate the world without forgetting your essence?

In response, Jagdish P Dave wrote on Mar 12, 2021 ...

This short story *Two Drops of Oil* authored by Paulo Coelho makes me aware of enjoying the wonders of the world without losing the core of my being, the essence of my being, the Two Drops Oil in my spoon. When I get caught up in the outer world by losing the center of myself I deprive myself of the fullness and richness of my experience. Then I am not fully present with myself. Half lived life is not worth living.

When I meditate I taste the fullness of the present moment. Inner and outer distractions fade away and I am in the flow of the present. When I am fully present with someone close to me, I feel deep connectedness between both of us. Such experiences are enriching and fulfilling. When I walk in nature mindfully I am fully present. I get deeply connected with nature.

In this busy world it is hard to find alone time, a time in which I can be myself without distractions and demands. I carve my own time to be with myself fully. This way I fill the cup of my life and gladly share it with others without expecting anything in return. Loving someone unconditionally fills my heart with joy.

Namaste!

Jagdish P Dave'

[*A Higher Level Of Conscious Engagement*](#)

What do you understand by the 'choice to surrender to higher guidance'? Can you share a personal story of a time you were able to enter a stance that was both deeply compassionate and spiritually detached? What helps you avoid the dual traps of self-absorption and superficial understanding?

In response, Jagdish P Dave wrote on Mar 19, 2021 ...

How do we make our choices and how do we live our life is a question for everybody. If I make selfish choices for my personal benefit at the cost of others, I am leading a low level life. This way of

living diminishes my well being and well being of society. In order to live life fully I need to set values that enrich my life and the lives of others. This is a radical shift in my consciousness moving from a lower level of consciousness to a higher level of consciousness. I expand my consciousness by surrendering to higher consciousness. As the author of this essay James O'Dea says "A Higher Level of Conscious Engagement".

When I see people who are suffering physically, mentally, and emotionally I feel deep compassion for them. I extend my hand to help them by counseling or doing what I can to reduce their suffering. My actions are based on my deep compassion for them without expecting anything in return. This is my way of practicing Karma Yoga. This way I am detached spiritually, fully engaged without being bound by my attachment to the fruits of my action. This is also an example of a higher level of conscious engagement. Living this way brings deep joy and fulfillment in my life.

Keeping the light of self-awareness and following that light helps me avoid self-absorption and superficial understanding. I have learned to step aside when a selfish thought or a desire arises in me. Remaining awake and aware helps me of not getting trapped by my self-absorption and superficial understanding. Light of self-awareness keeps me walking on the right path.
Namaste!
Jagdish P Dave'

[*Ambiguity Of Violence*](#)

How do you relate to the notion that the context of aggression matters? Can you share an experience that involved the 'right' kind of aggression? What helps you tinge even your aggressive moments with love?

In response, Jagdish P Dave wrote on Mar 26, 2021 ...

I tend to agree with the author Robert Sapolsky that aggression will always be a part of human experience. Love also will be a part of the human experience since the biologies of strong love and strong hate are the same. The context of aggression matters. Animals as well as humans protect their children from the cruel jaws of mean aggressors. In order to protect the innocent, aggressive behaviors have to be dealt with without reacting. And that's the way I interpret the behavior of the mother narrated in this essay. Without using discretion counter-aggressive behaviors could cause havoc. History is full of such violent behaviors whether it is like throwing nuclear bombs or poisonous gas in Japan and Vietnam. If we follow "eye for an eye" way for retaliating to the enemy then as Mahatma Gandhi said the whole world will be blind.

My stance on aggression and violence is to respond to violence with non-violence and hate with love. Mahatma Gandhi, Martin Luther King Jr and Dalai Lama are living examples of implementing this philosophy. I have not encountered heavy duty aggressive behaviors in my life. A couple of times I had run into aggressive car drivers cutting me off on highways. I let them pass by praying for their safety and the safety of other drivers like me. There are aggressive drivers on roads. It does not make sense to react to them aggressively.

I apply the wise saying of Viktor Frankl when I encounter aggressive behaviors in my life. "Between a stimulus and a response there is gap and in that space there is freedom and power." When I encounter an aggressive behavior I pause, breathe deeply and I remain in charge of my potentially aggressive response. I

try to empathize with the aggressor and respond to him compassionately. Many times, aggressive behaviors are symptoms of unresolved deep conflicts. If

I counteract with an aggressive behavior, it adds fuel to the fire. Regular practice of Mindfulness Meditation and Loving Kindness has been very helpful to me for regulating my aggressive impulses and for creating kindness and compassion for the other person.

Namaste!

Jagdish P Dave'

[Invisibility In A Time Of Transparency](#)

How do you relate to the notion that escaping notice may be 'about finding some genuine alternative to a life of perpetual display'? Can you share a personal story of a time you felt an impulse to escape notice, from a space of mindful awareness? What interior endeavors connect you to your deep reserve?

In response, Jagdish P Dave wrote on Apr 02, 2021 ...

As I was reading this essay written by Akiko Busch, a song I had heard a long time ago came to my mind. The song is written in Hindi by an anonymous poet. The title of the song is Mukhadakya dekhodarpanamein? Why do you look for your face in the mirror? There are two mirrors: inner and outer. In the world we live in, I see many people seem to be interested in showing their faces in the outer mirror such as Facebook, Instagram or other popular social media. A question arises in my mind what motivates people to show their faces in the outer mirror. Is that their real self? Is there a discrepancy between the public self and the private self? Am I a two faced person? Do I need validation for being myself in the eyes of others? If I am contented with my face as it is then there is no need to be recognized and validated by others.

Mindfulness awareness helps me find my original pure face not affected by the judgemental and critical eyes of others. Sadly, we live in a world where our face is judged by the color of our skin, by the race or by religion. When I meet someone racially different from me I become mindful of what passes through my mind. Am I looking at that person with clear eyes or colored eyes? Practicing mindfulness frees me from the judgemental and critical voices arising in my mind. Reading and implementing the teachings of mystics and words of wisdom of enlightened spiritual teachers have helped me evolve spiritually. Clear eyes liberate me from my conditioned mind and such inner clarity helps me relate to others as children of God.

Namaste!

Jagdish P Dave'

[Radical Reflection](#)

What does 'radical reflection' mean to you? Can you share an experience of a time you were able to connect with the unmoving ground of 'knowing' within which all apparent differences of life manifest? What helps you place your mind and its activities in the womb of awareness?

In response, Jagdish P Dave wrote on Apr 09, 2021 ...

Radical reflection means to be aware of the root cause of suffering with an open mind and open heart. Awareness clears my vision clouded by my ignorance of who or what I am; how my clear seeing is affected by my selfish thoughts, selfish desires and selfish acts. Awareness liberates from my self-created mental and emotional prison. Awareness is the inner light that helps me see my path of life clearly so that I do not get astray or get lost. Self-awareness is the light within me, the voice within me untouched by the self-created clouds and mental deafening noises.

The word awareness is the key word that keeps me awake for walking on the wise path of living. It keeps me awake of what kinds of thoughts and emotions are arising in my mind and what kinds of words are coming from my mouth, and what kinds of sounds I am hearing in my ears and what kinds of things I am watching with my eyes and how I am using my hands, helping me and others or hurting me and others.

Awareness helps me learn from myself and become wise. This is an ongoing process in me. The awareness question that I ask to myself is, "Am I sleeping or am I awake?". I have made a clear and wise choice of remaining awake in my mind and heart. The light of awareness is my path of living life fully, attaining Nirvana, freeing from the egotistic self, waking up from separateness into the whole.

From being a fragment to being the indivisible whole. It is becoming a Buddha, the one who becomes aware of the wholeness

of life and lives for the welfare of all beings. I am on this way, and I am not hurrying.

Namaste!

Jagdish P Dave'

[Rich Man And The Beggar](#)

How do you relate to the spirit of detachment that allowed the man to give away a precious stone? Can you share a personal story of a time you were able to give away what others perceived as greatly valuable without a trace of attachment? What helps you develop a sense of abundance that goes beyond the material?

In response, Jagdish P Dave wrote on Apr 16, 2021 ...

I love parables. They are short like this Hindu parable containing profound wisdom. This parable reveals the spiritual way of living a precious life without attachment to material things. The man who is sitting by the river side contemplating is deeply contented with what he has. He gladly gives the precious diamond from his bag to the poor man who is a stranger to him. He is not expecting any reward from the beggar. His life is flowing like the river. And when the beggar comes back after a year in the dress of a wealthy man he welcomes him with an open heart. The wealthy man wanted to know whatever was inside him that allowed him give the diamond freely. Detachment, offering a gift to someone unconditionally expecting no reward in return. This is an example of living like a Karma Yogi, offering a gift from unselfish heart.

I have learned the art of living a spiritual life from my parents and a few wise teachers. I am deeply grateful for teaching me how to spiritualize my life. I got the precious diamond of living without attachment. Living this way creates joy and contentment in me. We all have the precious diamond of happiness and fullness in us. It's by sharing it with others or offering it to others with nonattachment that fills the cup of my life.

Living in the world spiritually creates abundance, inner wealth and offering the inner wealth to those who need it is a blessing to me. This is a life lesson. When any thought of what I am going to get from others goes through my mind, I recognize it and willingly let it go. Remain awake and aware of the mind stuff without being bound by it is my mantra. This is my self-liberating mantra. That frees me from my self-created prison.

Namaste!

Jagdish P Dave'

[Blessing For The Longest Night](#)

What does it mean to know the arrival of a blessing by your release of the breath you have held so long? Can you share a personal story of a time you have felt such a blessing? What helps you trust the blessing when it comes and set out on the road you cannot see?

In response, Jagdish P Dave wrote on Apr 23, 2021 ...

It is very tempting to hold on to what is familiar though it may cause pain in our hands. Fear of the unfamiliarity and the unknown keeps us in the dark zone. In this beautiful poem Jan Richardson describes the blessings of passing through the longest night for awakening to see the light within. I have gone through this process of awakening by releasing the fear of traveling on the unfamiliar road. Awakening from the comfortable but growth blocking sleep has not been always easy for me. My daily practice of meditation has helped me free myself from the clutches of fear of uncertainty. Darkness fades away as I am walking toward the dawn of awakening. What a blessing!

I have been blessed to experience such inner light in the darkest hours of my life. It happened to me in 1959 when I came from India to America. I had never been out of my country for 34 years. There was excitement mixed with fear. I did not know anybody when I landed in Chicago, a foreign country, a new country, a strange country. My keen desire for learning new things was the light that helped me go through the difficult times. And such inner light has been guiding me in my journey of life.

As I was growing up in India I was blessed to see my father taking a stand against injustice done to women as well as to "untouchables". I saw Mahatma Gandhi, Rabindranath Tagore, Vinoba Bhave and many other courageous leaders fighting for freedom from the unjust British rule of India. Daily practice of meditation has been very helpful to me for guiding me on the right path. I am grateful for receiving such blessings.

Namaste!

Jagdish P Dave'

[*See The Universe In A Sunflower*](#)

How do you relate to the notion that both existence and non-existence are categories that do not correspond to reality? Can you share an experience of a time you were able to see what was latent far before it manifested? What helps you see which is waiting for the right conditions to bloom?

In response, Jagdish P Dave wrote on Apr 30, 2021 ...

I love and deeply enjoy reading the writings of ThichNhat Hanh. In this beautiful passage he conveys a profound message of relating to what is real. In order to hear what is not said and in order to see what is not manifested requires waiting with patience, open mindedness, open heartedness, and conviction that what is not heard and what is not seen is real. As Thich Naht Hanh says ploughing the earth, sowing the seeds, and spreading the manure are essential conditions for the blooming of the sunflower.

The birth of a poem is like the latent seed turning into a blossoming flower. I feel my heart stirred up with deep feeling of wonder and joy before a poem is born. It is like hearing the sound and feeling the fragrance of a beloved coming from nowhere! I felt the same way when I felt a deep stirring of love in my heart when I saw my beloved for the first time and I still feel the fragrance of love in my heart though she is not physically with me anymore.

What helps me see which is waiting for the right conditions to bloom? Faith, not belief, and patience, open mindedness and open heartedness help me wait for the inner light to shine to see what is not seen by the outer light. When my inner eyes are not open I get disconnected with the flowering and blossoming of life.

Namaste!

Jagdish P Dave

[*Run With The Unexpected*](#)

What does running with the unexpected mean to you? Can you share a personal story of a time you were able to run with the wind and embrace the unknown? What helps you distinguish between sacred promises and habit-thread promises?

In response, Jagdish P Dave wrote on May 07, 2021 ...

This beautiful poem written by AryaeCoopersmith reminds me of a poem I had read a long time ago. It is written in Gujarati, my mother tongue. Who came this morning to wake me up from my deep sleep? The unexpected voice startled me and made me realize that I have been walking on the same old path of my life. No wonder why I felt stale and tired and bored. The fresh voice coming from within me made me realize that I was caught up in the habitual nest that I myself had created for quite some time. I was listening to the same old story and was singing the same old song. The voice woke me up and I am eager to listen to an unexpected new voice. I feel a sense of thrilling and wonderment and curiosity to hear and see what is coming.

A few days ago my daughter, a guest and I were invited for a dinner at our friends house. I had been to their house three years ago. Maya, the three years old whom I had seen as little girl was eagerly waiting for me to greet me. In the beginning she was shy. After a while she sat beside me with her curious eyes. It was a joyful and beautiful experience for me. She was eager to show us her favorite

jasmine plant. She gently plucked a few fragrant jasmine flowers for me. As we were leaving she offered me a necklace of different colors of beads she had made for me. This was totally unexpected. The fragrance of her gift will always stay in my heart.

Life offers many unexpected gifts if we keep the portal of our heart open and surprisingly receive them. I keep my mind and heart open to receive unexpected gifts. They are sacred gifts, and I am ready to run with the unexpected and unknown gifts coming on my way.

Namaste!

Jagdish P Dave'

[*A Fixed Place To Stand*](#)

How do you relate to the metaphor of the lever, balancing slight distance from the world with our closeness to it? Can you share a personal story of a time you found your leverage by combining steady spiritual practice with a delivery system in the world? What helps you bring a quiet, contemplative vision while being critically involved in the pain and sufferings of our world?

In response, Jagdish P Dave wrote on May 14, 2021 ...

We all need a steady, rooted, poised, and balanced place to stand otherwise the winds of pain and suffering may uproot the tree of our life. All wisdom traditions strongly emphasize the significance of contemplation and meditation to work on our inner world and the need to be connected with the outer world of suffering and pain. In order to be whole and fully functioning persons we need to create a balance and rootedness within ourselves.

I had attended one month retreat for mindfulness meditation and deep contemplation. That was a transformative experience for me. I felt profoundly centered, calm, and rooted. I felt at home with me and with others in the retreat. This experience fostered a deep sense of empathy and compassion in me for others. It was a powerful transformative experience for me.

Daily practice of mindfulness meditation and self-introspection help me to maintain a balanced and wholesome connection between my inner world and outer world, between my "private room" and my "public room."

Namaste!

Jagdish P Dave'

[*Practice Over Parables*](#)

What do you make of the notion that images of spirituality distract us from letting life in? Can you share a personal story of a time you found inspiration in humble practice? What helps you avoid getting distracted by parables and stay rooted to practice as the foundation for your spirituality?

In response, Jagdish P Dave wrote on May 21, 2021 ...

As I understand meditation is not avoiding distractions but mindfully facing them, processing them with compassion, courage, and commitment. Meditation is not chasing the shadows of pleasure

and fantasies to use the word of Jason Garner "parables" but facing pain and suffering. It means not looking away or seeking distractions. It is by facing clouds of suffering compassionately that we can see the light clearly.

Life gives many opportunities to us for mindfully working on our sufferings. It's a question of turning our face towards sufferings or turning our face away from sufferings. It is easy to turn my face away from all kinds of pain and suffering rather than facing them fairly and squarely. I have used avoidance technique instead of facing them. I have learned from my personal experience that aversion and avoidance do not work for me. I have learned to hear the music though it could be painful. By following this path I have been able to reduce the noise of music and have been able to listen to the harmony of music. This is a shift from avoidance to embrace.

It is not easy to make such a shift. Old habits die slowly. Recognizing what is going on in my mind and heart compassionately and non-judgmentally is the first step towards transformation. The second step is patience and perseverance. And the third step is my daily practice of mindfulness meditation.

Namaste!

Jagdish P Dave'

[Practice Over Parables](#)

What do you make of the notion that images of spirituality distract us from letting life in? Can you share a personal story of a time you found inspiration in humble practice? What helps you avoid getting distracted by parables and stay rooted to practice as the foundation for your spirituality?

In response, Jagdish P Dave wrote on May 28, 2021 ...

To me spirituality means relating to life with an open mind and an open heart. It means facing life with non-judgmental awareness. In order to be free from my suffering I need to go through it with compassion. I pay my kind attention to my own suffering without being carried away by distractions. I follow the same way when I relate to someone going through hard times. This is the way we evolve to thrive personally, interpersonally and collectively.

Spiritual evolution takes time. Having someone as a model in spiritual journey has been very helpful to me. In my culture such a person is called a guru. I was blessed to have my parents as my gurus. They not only believed in simple and humble living, but they lived that way. Mahatma Gandhi also was a model for my father and for me. Seeing people living modestly and humbly and learning from them provided a basis for my spiritual evolution. I am very grateful to them.

Spiritual evolution is an inner work. Reading books and articles like this one written by Jack Kornfield, having a satsang with like minded people, introspection, meditation, and practicing mindfulness have been very helpful to me in my spiritual journey. It is a way of living.

Namaste.

Jagdish P Dave

[*Path With Heart*](#)

How do you relate to the notion that the things that matter the most to us are not fantastic and grand, but the moments in which we are caring and attentive toward each other? Can you share a personal story of a time you saw many opportunities for your heart to open and took them? What helps you live your path with heart?

In response, Jagdish P Dave wrote on May 30, 2021 ...

The first sentence of this passage by Jack Kornfield says it all. "In spiritual life, what matters is simple: We make it certain that our path is connected with our heart. Our spiritual journey is a journey of caring, love and kindness. It is important to pay our attention when our heart is focused on the core values of our life. What we do is in alignment with our core spiritual values such as kindness, compassion and caring. The three questions stated by the author are very pertinent for living a spiritual life. " Did I love well?" "Dis I live fully?" "Did I learn to let go"

My mother was illiterate. She lived a very simple life. Her heart was full of love and compassion. She used to say in my mother tongue. When you feed someone who is hungry your heart is filled with abundance and grace. My friends used to come to visit me. They always said to me that whatever simple food my mother made tasted sweeter than the food they ate their house.. It was the sweetness of her heart that made food very sweet. She taught me how to live spiritually.

When I serve others from my heart I feel fulfilled and very happy. The lesson I learned from my mother has been a guiding star for me. She taught me a lesson of how to live fully. She showed me the path with heart.

[*Die Empty*](#)

How do you relate to a much broader notion of work as any context where we create value through toil? Can you share a personal story of a time you got a focused understanding of what was really important to you and made a courageous commitment to that value? What helps you live in such a way that you may die empty?

In response, Jagdish P Dave wrote on Jun 04, 2021 ...

There are many reasons I have for working. One of the reasons is for survival and for meeting my and my family's basic needs. There is something more than just surviving. My core values are fulfillment, deep contentment and joy. I am clear about my purpose and intention for working hard. I engage my energy fully not only to meet my needs and aspirations and my welfare. I also devote my energy for serving others selflessly. This is my way of living spiritually.

I discovered my path of living fully by going through some hard and painful times in my life. I learned valuable lessons from my pain. My pain helped me understand pain of others empathically. My mother used to sing a song that conveys the way we learn empathy for others. It is by going through our own pain mindfully we can understand the pain of others and cultivate empathy and compassion. The good news is that we are wired for empathy and compassion. Like any other skills we can cultivate empathy and compassion for ourselves and for others.

When I live mindfully I do not have any regrets or remorse for not living fully. Living life mindfully and fully is dying empty. Fullness is emptiness. This is a paradoxical truth.

Namaste!

Jagdish P Dave

[*I Am Me*](#)

How do you relate to the approach of taking ownership of 'me,' and therefore, the freedom to 'engineer me'? Can you share a personal story of a time you took ownership of your conditioning and claimed your freedom to participate in your evolution? What helps you stay committed to finding solutions to the puzzles about yourself, while being rooted in friendship to yourself?

In response, Jagdish P Dave wrote on Jun 11, 2021 ...

Who am I? What am I? Who is me? What is me? These are important questions about my true and authentic identity. It means taking ownership of me. Ownership of my mind-thoughts and ideas; ownership of my feelings and emotions; ownership of my actions; ownership of my triumphs and failures; ownership of my whole self. I do not hide myself from my own self and also from others. This is Me. When I accept myself as I am I am free to engineer me; to change me.

Taking ownership of me frees me from my socially, culturally, and religiously conditioned self. I loved and married the love of my life born and raised in a different caste, class, and religion. Both of us followed our inner voice and faced all kinds of challenges together and grew by going through them. Authentic self creates and sustains authentic and flourishing relationships.

Life presents challenges and puzzles. How do I face them makes a big difference in my life. If I close my eyes to the challenges and puzzles or deny them, I stifle my own growth and development. I recognize my puzzles. I have my own puzzles. I have learned to remain grounded and rooted like a tree and derive strength from my authentic self. Relating to challenges and puzzles cultivates strength and courage in me and I do not get uprooted by challenges and difficulties.

I conclude my reflections by quoting Virginia Satire's last line of her poem: "I am Me and I am Okay."

Namaste!

Jagdish P Dave

[*Just Become A Swinging Door*](#)

How do you relate to the notion of being like a swinging door? Can you share a personal story of a time when awareness of your breath made you aware of your universal nature? What helps you become truly yourself?

In response, Jagdish P Dave wrote on Jun 18, 2021 ...

When I am fully engaged in what I am doing I feel oneness within me and without me. The line of separation fades away and I feel oneness between the inner and the outer world. The difference between doing and being, having and being slips away. This happens when my mind is calm, clear,

and pure. I feel oneness within and without, between the outer and the inner world. It is a non-dualistic experience.

Six of the members of our family were on a pilgrimage to Amarnath, a five thousandshigh peak on the Himalayas. The sun was setting. The sky was clear. There was deep silence. All of us felt the oneness between the outer world and the inner world. It was an unforgettable experience. In deep meditative state I experience such oneness between the inner world and the outer world. I just become a swinging door as ShunryuSuzuki puts it.

To be true to oneself, to be truly oneself, requires consistent trainingof my mind. When my mind gets divided between the inner world and the outer world, I become aware of the truth of oneness of the soul. We all are one

The dualistic mind becomes non-dualistic. The individual self becomes the universal self. When I do selfless service I feel the fullness of living. To me life is a spiritual journey, and I need to remain awake if and when I deviate from my spiritual path.

Namaste!

Jagdish P Dave'

[Virtues Are Like Vitamins](#)

How do you relate to the notion that virtue lies between the vices of deficiency and excess? Can you share an experience of a time you found virtue in balance? What helps you know the right amount of virtue?

In response, Jagdish P Dave wrote on Jun 25, 2021 ...

Finding a balance between two extremes is a virtue by itself. In Buddhism it is called the middle path. In Yoga it is called equanimity-Yogahasmattvam uchyate. I use these words of wisdom in almost all walks of life such as eating, working, sleeping, talking, and resting and thinking.

Following the middle path helps me avoid the vices of deficiency and access. As Adam Grant says," If you want to be resilient, find the right amount of generosity and authenticity and grit." Or to put it differently to find "virtue in balance."

Once one of our friends invited us to celebrate his birthday. It was a wonderful gathering with lots of delicious vegetarian food items and different kinds of fruit juices. Normally I am careful about what and how much I put into my belly. That day I forgot to eat in moderation. And I paid a heavy price for my indulgence. That was a good lesson for me for walking and staying on the middle path.

I apply mindfulness in all walks of life. Awareness and alertness of what is going on in my body, mind, emotions and my actions and remaining alert about my actions helps me act wisely. Overdoing as well as under-doing have an adverse effect on the flow of my energy. I have learned how to live a balanced life and that's a blessing.

Namaste!

Jagdish P Dave'

[*Heart Is Not About Emotions*](#)

How do you relate to the notion that the heart is not about emotions, but a space for a deeper spiritual perception? Can you share an experience of a time you gave primacy to a deeper perception over surface-level emotions? What helps you avoid the roadblocks to 'the authentic feeling life'?

In response, Jagdish P Dave wrote on Jul 02, 2021 ...

I appreciate the passage Heart Is Not About Emotions authored by Cynthia Bourgeault. According to my understanding there are three kinds of perceptibility; mental, emotional, and spiritual. Mental and emotional perceptibilities have limitations of their own. Thoughts and emotions change and our perception of reality changes. Our perception is bound by thoughts and emotions and by space and time limitations. Spirituality is not bound by the inner changes of thoughts and emotions and by space and time. It is beyond mental and emotional perceptions. In the culture I was born and raised the heart is considered the abode of devotion or Bhakti. In Bhakti Yoga there is pure love and devotion for the Divine beloved. It is unchanging, profound and beyond space and time limitations.

I experience such Divine Relationship with nature and with my family and friends and even with strangers when my mind is quiet and clear, and my heart is filled with unconditional love. In such moments I feel deeply connected and sense the feeling of oneness. This is an example of a deeper spiritual perception.

Regular practice of mindfulness meditation and loving Kindness-metta- meditation and remaining mindful of my thoughts, feelings, emotions and my actions help me walk on this path of spiritual living. Listening to devotional songs and serving others selflessly are very helpful to me abide in my heart. This is the way I relate to the author's wise words " Heart Is Not About Emotions."

Namaste!

Jagdish P Dave'

[*The Great Gesture That Unites Us*](#)

How do you relate to the notion that gratitude is the great gift of passage? Can you share a personal story of a time you found yourself in the spiral of increasing gratitude? What helps you set the spiral of increasing gratitude in motion?

In response, Jagdish P Dave wrote on Jul 09, 2021 ...

I feel deeply grateful to Brother David Steindl-Rast for giving the great gift of passage. I consider offering this thought provoking passage itself a great gift of passage. It has the three intertwined core concepts of grateful living:: I recognize, I acknowledge, I am grateful. These three concepts create a steady and strong foundation for going through passages of life. Living this way, I feel the unity within me and between people in my life regardless of apparent differences like Brother David says unity in multiplicity, oneness in manyness, where giving becomes receiving and receiving becomes giving, an experience of oneness. To me this is living spiritually, living in pure heart and relating to others from pure heart. And this is an ongoing journey that creates loving joy and deep fulfillment.

I have been blessed to have many people in my family and many others out of my family who take care of me lovingly regardless of age, gender, nationality and religion. It feels like living in a spiritual community or an ashram. Such experiences do not happen on Thanksgiving Day. Everyday becomes a Thanksgiving Day.

As I have mentioned before life is a spiritual journey. In my journey of life there have been times when I have stepped out of the spiritual path, and I have hurt me, and some people close to me. Recognizing and acknowledging my wrongdoing and learning from such experiences has always helped me. Practicing Mindfulness Meditation regularly and living mindfully and relating to others unselfishly and compassionately also reinforces my spiritual way of living.

Namaste!

Jagdish P Dave'

[*The River Of Silence*](#)

How do you relate to the notion that realizing the merciless light of death shines on us all can make us less afraid of our differences? Can you share a personal story of a time proximity to death connected you to the profundity of life? What helps you be more awake to the truth that underlies your fears?

In response, Jagdish P Dave wrote on Jul 16, 2021 ...

No sane person will deny that things and we as sentient human beings are going to die one day. Seeing somebody dying or knowing that someday I will also die makes me realize that we all have a common thread running through outward differences and we all are interrelated. Death does not treat people differently. The merciless light of death shines on us all. Realizing this merciless truth awakens us to the underlying reality of oneness. Such realization makes us less afraid of outward differences.

Chance, our dog, has been with us for the last 15 years. He has been having severe seizures for a couple of months. He has brain tumor. Seeing him going through the suffering is sadly very painful to us in our family. Sadly, but necessarily, we have decided to let him go. Tomorrow the veterinarian is going to give him heavy sedation to let him die peacefully. The merciless light of death helps us remain awake and aware of the profundity of life. Death is a lighthouse that keeps me awake and aware of how to live fully and spiritually. When I die it is beyond my hands but how do I live is within my hands.

Self-awareness is the inner light that keeps me awake and mindful of the transitory nature of life. The wise teachings of the Buddha about the nature of the worldly life has been very helpful to me. The worldly life is continuously changing-anityam, anityam, sarvam anityam. It is also momentary-ksanikam, ksanikam, sarvam ksanikam. Such awakening helps me value each moment of life and cherish it and be grateful for it. I keep the light of awareness shining to see things as they are.

Namaste!

Jagdish P Dave'

[*Who Me, Stealing?*](#)

What does non-stealing mean to you? Can you share a personal story of a time you were able to arrive at a subtler awareness of non-stealing? What helps you acknowledge your adequacy?

In response, Jagdish P Dave wrote on Jul 23, 2021 ...

As I understand, desire or greed of stealing or non-stealing is born in our mind. When I am aware of what is happening in my mind, my desire or greed for getting something that does not belong to me, I consciously refrain from that selfish grip and move into the non-stealing zone. Non-stealing means being open, honest, free, and truthful with myself and following the inner voice of wisdom. My self-awareness and non-selfish actions keep me rooted in non-stealing state of my consciousness. This process of self-awareness, knowing Asteya, and following Truth, is an ongoing spiritual journey to me.

Non-judgemental self-awareness, thoughtfulness and humbleness help me walk on this spiritual path. I take time to learn from wisdom traditions, discuss spiritual teachings with like-minded people and embody the knowing in my life. I have cultivated the attitude of being patient and persistent in my journey of life. Regular practice of mindfulness meditation helps my mind to be quiet and clear. These practices have been interwoven in my daily life. We call it Sadhana, a spiritual way of living in the world..

May we stay on this path of inner freedom, enlightenment for realizing the Truth, Fulfillment, and Peace!

Namaste!

Jagdish P Dave

[*Response Is Different From An Answer*](#)

How do you relate to the notion that a response is different from an answer? Can you share an experience of a time you balanced moral ferocity with humility and tenderness? What helps you lead with a response instead of an answer?

In response, Jagdish P Dave wrote on Jul 30, 2021 ...

An "answer" is definitive with no openness. It has no room for an open ended discussion and a dialogue. A response is an invitation with an open mind and humility for self-examination. A response has an empathic and open-minded understanding of different perspectives instead of close-minded authoritarian stance: My way is the only right way and there is no other way of addressing and working on personal, interpersonal and collective questions and challenges.

Morality is one of the core elements of personal, interpersonal and social well-being. The question is how am I relating to morality in my personal, interpersonal, and social life? Am I relating to morality in a ferocious and arrogant way or with empathy, humility, and tenderness? I maintain a balance between being genuine and empathic, candid and kind. This is the way I practice morality in my personal and interpersonal life. There are times when I lose this dynamic balance and judge myself and others somewhat harshly. Such experiences have made me realize that I am fallible and others too. We are not perfect. It is a learning process. We learn from our mistakes, forgive us and

maintain the balance.

Light of awareness, practicing mindfulness, maintaining the balance between moral ferocity and humility and tenderness have been my helping companions.

May we cultivate a balance between moral ferocity and humility and tenderness.

Namaste!

Jagdish P Dave

[Only Stillness Can Change Us](#)

What does silent awareness mean to you? Can you share a personal story of a time living stillness helped you undo your biological, emotional or psychological conditioning? How do you reconcile the freedom to unfold found in choiceless living with the freedom to choose?

In response, Jagdish P Dave wrote on Aug 06, 2021 ...

Silent awareness or witness consciousness is as J Krishnamurti says is "choiceless awareness", or emptiness or suchness or isness as the Buddha says. Silent awareness is stillness in the mind. In such stillness bodily sensations arise and go, thoughts arise and go, emotions arise and go.

I experience such silent awareness when I am fully absorbed in doing what I am doing such as reading, listening to music, and meditating. In such experiences the observer and the observed become one. The wave becomes the ocean. It is a spiritual union.

What is freedom? Freedom from whom or what? When the subject-object dividing line is dissolved it is an experience of oneness. In such unitive consciousness there is an experience of oneness, the Divine Union. To put it in Non-dual Vedantic term, it is Self-realization.

Namaste!

Jagdish P Dave

[Four B's Of Resilience And Worth](#)

How do you relate to the notion that the four Bs are the foundation of our emotional footprint? Can you share an experience of appreciation of your worthiness arising out of any combination of the four Bs? What helps you achieve the state of Being, Belonging, Believing and Benevolence?

In response, Jagdish P Dave wrote on Aug 13, 2021 ...

I appreciate this essay on Four B's of Resilience and Strength authored by Dr. Soul Levine. The application of the four B's-Being(personal), Belonging(social), Believing (Ethical/Spiritual), and Benevolence (a sense of awareness of kindness and generosity) in our daily life. Practicing these four B's in my everyday life I feel myself like a whole person physically, mentally, emotionally, spiritually and socially. This way of living has been the foundation of my everyday life. Or like the author says they are the "foundation of our emotional footprint".

My sense of self-worth is shaped and sustained by implementing the four B's in my everyday life. I know I a'm not perfect. Being aware of my faults and limitations and working on my shortcomings kindly and compassionately helps me walk on the path of living spiritually.

Self-examination, self-awareness, alertness and vigilance, owning wrongdoing, patience forgiving and correcting are the ingredients of my living a joyful and meaningful life.

May I remain awake and implement the Four B's in my daily living!

Namaste!

Jagdish P Dave'

[The Difficulty In Listening](#)

How do you relate to Nasruddin's misplaced inference? Can you share a personal story of a time you judged someone, only to discover the issue lay squarely at your end? What helps you catch your mistakes of inference?

In response, Jagdish P Dave wrote on Aug 20, 2021 ...

Mulla Nasruddin's behavior indicates that he had already assumed that his wife Fatima was hard of hearing. On this assumption, he keeps on asking the same question "What are we having for dinner?". The angry tone of his voice was escalating getting louder and louder. He had lost his patience, pushed the door, and repeated loudly the same question though he was right there in front of her. He himself behaved as if he was deaf. His misplaced inference made him act foolishly. It was a counterproductive stance. Such a stance caused a lot of headaches and conflicts in close relationships.

I have learned from my personal experiences to listen to the other person without making inferences in advance about the other person. I have learned not to prejudge the other person's stance but to keep my mind open and receptive. This way I relate to the other person amicably and fruitfully. How do we relate to others who have different philosophies and ideologies without judging them is not always easy, but it is worth trying and beneficial.

We all make inferences about other persons in our life. The problem arises when we prejudge them with a closed mind. As we know, inferences and prejudgments are born in our mind, and we remain stuck with them if we do not examine them and change them for our good and good of others in our life. I usually ask four questions in communicating with the other person: What do I want to communicate? How do I communicate? When do I communicate? And where do I communicate? Such questions help me to be engaged with the other person constructively and creatively. May we cultivate the art of listening and responding to others in our life.

Namaste!

Jagdish P Dave

[*The Difficulty In Listening*](#)

How do you relate to Nasruddin's misplaced inference? Can you share a personal story of a time you judged someone, only to discover the issue lay squarely at your end? What helps you catch your mistakes of inference?

In response, Jagdish P Dave wrote on Aug 24, 2021 ...

Namaste Angelie. I thank you for your kind words. I always look forward to getting weekly thought provoking passages thanks sent by Somik. I learn not only from the weekly passages but also from reflections on the passages by the readers.

Gratefully,
Jagdish Dave'

[*We Actually Never Experience 'It'*](#)

How do you relate to 'I' and 'it' as fictional useful constructs? Can you share a personal story of a time you became aware of the creation of desire and aversion from the misperception of the discriminating mind? What helps you break the cyclical process of reinforcing the ego-Self?

In response, Jagdish P Dave wrote on Aug 27, 2021 ...

In all wisdom traditions that I know of, "Who am I" is the fundamental question raised by spiritual seekers. There are two Selves: Ego-self and the Witnessing -self. The ego-self is a convenient construct to organize all the separate experiences occurring in the mind. It is necessary to relate to the ever-changing world. The challenge that I face in my daily life is not to be bound or attached to the world created by the mind. This passage authored by Culadasa reminds me of the story of Two Birds narrated in the ancient book of wisdom Mandukya Upanishad: "Two birds, inseparable companions, perch on the same tree. One eats the fruit, the other looks on. The first bird is our individual self feeding the pleasures and pains of the deeds. The other is the universal self, silently witnessing all."

To me spiritual growth is a life-long journey with a few ups and downs, pleasures and pains, successes and failures. When my vision is blocked by selfish desires I tumble, and I hurt myself and hurt others related to me. Such experiences have taught me to be aware of inner mental world and not get bound by my self-serving desires. With mindfulness and self-awareness practice I have been able to walk on my path without falling down. Like the second bird in the Upanishadic story, I relate to the world with witnessing consciousness. This way I live in the world with humility and gratefulness.

Namaste!
Jagdish P Dave'

[*Fire*](#)

How do you relate to the notion that too much of a good thing is counterproductive? Can you share a personal story of a time you realized the importance of creating space to find balance? What helps you appreciate the importance of absence as much as presence?

In response, Jagdish P Dave wrote on Sep 04, 2021 ...

Balancing life in all areas of our life is the key to living wisely. Too much or too little can't burn the fire of life. Too much food or too little food intake has a big impact on our life energy. How much we eat and what kind of food we eat has a strong impact not only on our physical and mental health but also on the environmental well-being. Moderation in all areas of our life. Too much of even a good thing, like eating too much good food, can create health problems.

Being born and raised in a simple- living family laid the foundation for moderation in my life. It has taught me how to create a balance in different areas of my life. My parents taught me when to talk, what to say, how to talk and when to be quiet. These are the gifts of life that I have received from my parents, and I am very grateful to them for such gifts.

Being mindful of what is going in my mind, taking a pause, and decide what is the right thing to do. It's creating a balance between when to be present and when to be absent. It is learning when to say yes and no. What to take in and what to reject. As I have mentioned before, this principle applies in all walks of my life.

May we learn the art of balancing our life for our personal life as well as social life.

Namaste!

Jagdish P Dave'

[We Are All Beggars](#)

How do you relate to the notion that we are all beggars? Can you share a personal story of a time you became aware of what the bottom can do to a person? What helps you retain empathy when hurt?

In response, Jagdish P Dave wrote on Sep 10, 2021 ...

There have been times when I have been deeply hurt. And there have been times in my life when I have hurt others too. Such experiences have made me realize that we all have the potential to hurt ourselves and hurt others close to us. It does not mean we are bad or evil. We do bad or evil things. When I relate to hurt in this sense I feel empathy for me and for others. Such empathic understanding of my own wrongdoings helps me heal my wounds and the wounds I have created to others.

Realizing and accepting the fact that we are human beings prone to doing wrong things and making mistakes. We are not perfect. I hold my wrongdoing hand with empathy and compassion. Being empathic and compassionate to me helps me for my self-redemption and also redemption for the other person.

Self-awareness is the guiding light to me, and it helps me evolve and grow in the realm of goodness, kindness, love and compassion.

Namaste!

Jagdish P Dave

[*A Life On The Ground*](#)

How do you relate to the notion that the goal of a spiritual quest is to get our feet on the ground? Can you share a personal story of a time you were able to close the distance between you and the ground? What helps you be aware of your altitude?

In response, Jagdish P Dave wrote on Sep 17, 2021 ...

For me as a human being, all quests-intellectual, ethical, and spiritual- are important. Intellectual quest without being bound by ego is important for thinking and for processing my thoughts and emotions and to understand me, others and the world. Moral or ethical quest without "oughts" is important for me to walk on the moral path. The spiritual quest is essential for knowing and realizing my true nature, who or what I am.. In this state I do not feel bound by my own self-created "altitude". This is the state of unitive consciousness in which other states with "attitude" get dissolved. I feel grounded and connected with existence, the "being".

Spiritual practices keep me grounded in what is and relate to what is rather than my own fabrications of the reality. I feel free from my self-created prison and self-ignorance. In deep meditation state I experience the distance between me and the ground going away and I realize that at the core of our being, we all are one. As the great theologian Paul Tillich says, "the ground of being."

It has taken a good amount of time to know who I am. Remaining awake when I go into the sleep of delusion and working on what makes me fall asleep has been very helpful to me. The challenge for me is not to go back to "sleep". Self-awareness is the key to stay on "the ground of being." Getting feedback from my own self and from others is also helpful to me for walking on the spiritual path. Namaste!
Jagdish P Dave'

[*The World Feeling And The Soul Feeling*](#)

How do you relate to the distinction between the worldly feeling and the soul feeling? Can you share an experience of a time you were able to see the distinction clearly? What helps you avoid getting addicted to worldly feelings?

In response, Jagdish P Dave wrote on Sep 24, 2021 ...

I like the way Anthony De Mello shows the contrast between Worldly Feeling and Soul Feeling. Soul feeling arises from within us. is characterized by joy, intimacy, nourishment, and fulfillment. Nobody takes away soul feeling from me as it is generated and sustained from within. Worldly feeling comes from outside sources such as someone praising me, admiring me, thinking highly of me. Such worldly feeling fluctuates as it comes from outside sources. It comes and goes. Self-generated soul feeling is generated from the depth of our being. It endures and gets richer and deeper. It is rooted in our being.

I am a teacher and a counselor. I have an enduring love affair with teaching and counseling. Teaching and counseling fill the cup of my life. I have been teaching and counseling for the last 75 years. I am not tired, bored, and unfulfilled by following my inner voice. When I feel good and great about me by

the praise and admiration I receive from others that make me feel good and great, the glorious feeling stays for a while and after some time it evaporates. This week I was invited as a guest speaker to give a talk at Governors State University to undergraduate and graduate students majoring in School Psychology. I told them the reason for my being a teacher and a counselor. It has been my cup of tea

for all these years.

When I do what I love to do like teaching, counseling and meditating I feel deeply happy. The reward comes from within. It is unending. It is very joyful and fulfilling. I am connected with it and not attached to it. Fulfillment, love, and joy are the criteria of soul feeling. Hope and pray we all find our path that creates and sustains inner wealth of joy, excitement, and fulfillment in our life.

Namaste!

Jagdish P Dave

[*Mother Trees In A Wood Wide Web*](#)

How do you relate to the connecting and nurturing role of elders, be they humans or trees? Can you share an experience of a time you became aware of an entire ecology beneath the visible nodes? What helps you be a nourishing elder that sustains others?

In response, Jagdish P Dave wrote on Oct 01, 2021 ...

I like the difference between old individuals and elders as shown by the author Suzanne Simard. As the author says, not all individuals are elders, nor are all elders old. The marking sign of an elder is wisdom, not just knowledge. People may have knowledge but not wisdom. Wisdom grows like a Mother Tree connecting, nurturing and protecting the young plants. As an elderly and old member of the family and my community I help the young members of my family and the community at large when they need guidance from me. My heart gets richer when I help, guide and nurture those who need help and support.

As I was growing up I needed help, support, empathy and emotional nurturing in my life. I was blessed to have some elderly folks in my life to provide guidance, empathy, love, and nurturing. The elderly people provided shade and support I needed to survive and flourish. They taught me by their living example how I can go through the thick and thin in my life. They were my great teachers and they have laid the foundation of living wisely. I am very grateful to them.

My experience has been a great teacher for me. Only conceptual knowledge is not enough. Deep knowledge comes from living the knowledge, by practicing and wisely applying that knowledge to real life situations. It is organic teaching and organic learning. I have learned that it is not how long we live but how well we live those matters.

Namaste!

Jagdish P Dave

[Accept What Is, Lead To Improve](#)

What does reframing 'fight for change' to 'lead to improve' open up for you? Can you share an experience of real change where you were able to learn and re-create yourself? What helps you accept change while still envisioning a better future?

In response, Jagdish P Dave wrote on Oct 08, 2021 ...

Can acceptance and change join hands together? Can light and shadow walk together? Can silence and voice sing together? Acceptance of what is and making essential changes is a balancing act. Changes do take place. They need to be faced creatively and wisely. Otherwise, life doesn't flow. It gets stagnant and stinks. In the dynamic world we live in, both 'fight for change' and 'lead to improve' are necessary. Change needs to make in the right way and in right direction. This is the way I am embracing life. I see the value of both frames of references. I maintain the fluidity of living without getting blocked by 'either/or' mental stance.

Life has given me many opportunities to learn from my personal experiences. When I experience pain in my belly I relate to my belly pain mindfully. I recognize it and investigate the cause of my physical pain and learn from it and do not eat pain-causing food. The same way I relate to my relational pain I become aware of what happened that triggered my anger, anxiety or despair, accept it and learn from it and put it into practice to avoid the aches I created in me and the other person my life.

I have learned from my own personal experiences what causes light in me and what causes darkness in me. Self-awareness, introspection, courage to recognize my shadow have been very helpful to me to know myself and work on myself. Life presents challenges to face and gives us opportunities for transformation.

Namaste!

Jagdish P Dave

[The Balancing Force](#)

How do you relate to the notion of sattva? Can you share a personal story of a time you experienced the balancing of stasis and dynamis? What helps you make space for balance?

In response, Jagdish P Dave wrote on Oct 15, 2021 ...

The world we live in and also our life has three qualities: tamas, rajas, and sattva. Tamas makes us passive-static; rajas makes us active-dynamic and sattva creates a balance. When I go to the extreme position I become lethargic and lazy and go into deep slumber. When I take an extreme dynamic or action-oriented position I get exhausted. When I avoid extreme positions and take the proverbial Buddhist middle path I am in a sattvik state, a balanced state. Living in a sattvik state makes me act wisely. I know what to do, how to do, and then do it. Not just to know and think about it. According to me this is a sattvik way of living.

I try to follow this sattvik path of living in every walk of my life. When I talk, when I listen, When I eat, when I sleep, when I work and when I exercise. When I have not followed this balanced way of living I go through physical, mental, emotional and relational suffering. Suffering is my teacher. I do not hit my head when I suffer, and I do not hit the other person's head for my self-created suffering. I wake up, rise from my downfall, make a U-turn and go back the path of wisdom.

Paying attention to what is going in my mind, becoming aware of it helps me from taking the wrong

way which may hurt me and others in my life. I know that it is to say that but difficult to do it. Patience, perseverance and practice are my best allies. Introspection and meditation are also very helpful to me. They show me the path of light in my journey of life.

Namaste!

Jagdish P Dave

[*Self-Compassion Over Self-Esteem*](#)

What does self-compassion mean to you? Can you share a personal story that illustrates the difference between pursuing self-esteem and nourishing self-compassion? What helps you make space for self-compassion?

In response, Jagdish P Dave wrote on Oct 22, 2021 ...

Self-compassion is kindness to ourselves. We all go through suffering and delightfulness.. There are two ways of relating to our suffering and joyfulness: accepting our joys and sorrows compassionately without comparing ourselves with others and that way feeling up and down. There are two components of compassion: self-empathy and self-kindness. As we all know, we are not perfect. When we compare ourselves with others and feel higher or lower than others we get disconnected with ourselves and others. Such a perspective causes disconnection, separation, and isolation.

When I was studying at the University of Chicago my self-esteem was somewhat wounded when I compared myself with other students who were brighter than me. I felt a sense of inferiority. My self-esteem was affected by what was going on in my mind, thoughts of not good enough. When I developed friendship with a foreign student who felt compassion for me. I felt his empathic understanding and kindness for me. His compassion for me enkindled the light of self-compassion and self acceptance in me. I am very grateful to him for bringing me out of the dark period of my life.

What helps me make space for Self-compassion? I find the idea offered by Kristin Neff quite helpful. As she writes, " Instead of endlessly chasing self-esteem, we embrace ourselves with kindness." Being empathic and compassionate to myself is very helpful to me to cultivate self-compassion. Practicing mindfulness meditation and non-judgmental self-awareness have been a blessing to me.

May we cultivate self-compassion and compassion for others as we are going through tough times in our life!

[*Secret Kinship With The Other*](#)

How do you relate to the notion that we are all in secret kinship with each other? Can you share a personal story of a time you discovered a secret kinship with someone? What helps you discover secret kinship in difficult relationships?

In response, Jagdish P Dave wrote on Oct 29, 2021 ...

We are social beings. Our life is connected with each other. We are all in secret kinship with each other. However, we may not always recognize it. It is like an underground stream which nourishes

the tree of our life, quenches our thirst for an in-between connectedness. There have been times when I have felt disconnected with me and with others, when I felt lonely and depressed. At such time what helped me was empathic and kind words and actions from people who cared for me, who felt compassion for me and extended their helping hands to me. And there have been times when I felt their pain and I have extended my hands to them. Such experiences have deepened and enriched our relationships.

I was raised in a relatively poor family. There were times when we did not have enough food to eat. There were kind neighbors who felt for us and showed their love and kindness by extending their helping hands. They embodied the teaching of Jesus Christ: Love thy neighbor like thyself. All such experiences have enriched my life. And I feel deep gratitude for them. These are precious lessons I have learned in my life. They have taught me how to extend my helping hands when someone is going through hard times. It is by giving we receive as Saint Francis of Assisi taught us. Renounce and rejoice as the ancient book of wisdom Ishavasya Upanishad taught us.

Being honest and open, being empathic and compassionate, serving others when they need my help, asking for help when I need it and being grateful to them for their kindness helps me to stay on the path. Receiving and giving are the two wings of the bird of life.

Namaste!

Jagdish P Dave

[Conscious Completion](#)

What does conscious completion mean to you? Can you share a personal story of coming in touch with life through a conscious completion? What helps you remember to take note of the giant miracle you are living in?

In response, Jagdish P Dave wrote on Nov 05, 2021 ...

To live fully in the present moment without dwelling in the past or worry about the future is a wise way of living. Be here and now is the enlightened way of living. Going with the flow of life and not flowing against it the way living life fully. When I engage myself in any activity I get fully absorbed in it. My mind is not drifting but is fully rooted in the present moment. This way of living my daily life is a blessing for me. I complete my assignment fully and that way I do not get an incomplete grade. I love the way Rosie Bell puts it. We become "so lost in a plan for the future that I forget to crawl into the beautiful, imperfect present and make the most of it. This is the way I relate to Conscious Completion. Living each moment fully is the way of living with unburdened freedom from space and time. These are of the "moments of the giant miracles."

When I meditate I feel the presence of conscious completion. When I listen to chanting, relate to nature and be with someone I deeply love I feel the presence of the flow of consciousness. When my mind is distracted I crawl into the present.

Self-awareness is the master key for me for entering in the house of conscious completion. The light of awareness brings me back to the path of living fully in the present moment. Living this way

requires conscious determination, patience, perseverance, compassion and devotion. Such way of living creates giant miracles in living.

Namaste!

Jagdish P Dave

[*If It Can Suffer, It's Real*](#)

What comes up for you when applying the reality test: 'if it can suffer, it's real' to any ideology? Can you share a personal story of a time you were able to apply this test when making an important decision? What helps you avoid getting impervious to the suffering of others?

In response, Jagdish P Dave wrote on Nov 12, 2021 ...

I believe in telling the truth and living the truth. I believe truth liberates us from the prison of manipulations. But it is not easy to tell the truth and live by the truth. It causes pain and suffering. It is hard but hardship is a pathway to truth. It involves letting go of the darkness of lies and manipulations. It requires sacrifice of self-serving orientation. But I believe that is the right thing to do. I do not want to build castles of falsehood of lies in the air and live in them. Living in such castles may bring temporary illusory pleasures but it causes deep pit falls.

Choosing the right path and following is not always easy. I know what's the right thing to do but may not do it. I know what the wrong thing is to do but I may do it. Following the right path is not easy. It may involve losing. It requires courage to follow it. In the path of my life journey I have at times follow the wrong path and have gone through suffering. I have blamed others for causing my suffering. From my sufferings I have learned lessons of walking on the right path.

What has helped me from causing harm to me and to others is self-awareness. Recognizing the existence of suffering, the causes of suffering, and knowing how to be free from them has helped me to walk on the right path. When I go on the wrong path and suffer, I compassionately relate to it and begin to walk on the right path. There is a saying in Sanskrit my spiritual tradition: Satyameva jayate,

nanrutam. Truth triumphs, not lie. And that is my experience.

Namaste!

Jagdish P Dave

[*Kintsugi*](#)

What does kintsugi suggest to you? Can you share a personal story of a time you saw beauty in the scar from a healed negative experience? What helps you see your life's scars, not as a disturbance of its beauty, but an integral part of it?

In response, Jagdish P Dave wrote on Nov 19, 2021 ...

We all break precious items, and we may feel anger, hurt, regret and despair. We create scars in us and in others. How do we deal with the broken parts of ourselves? Do we boil with anger or accept the scars and heal them? Do we hold on to the scars or let them go? I like to work on the wounds with a kind, compassionate and creative approach. I learn from the broken bowl of life. I repair it, protect it, and restore its wholeness. Dreams of life get broken. Relationships get broken. I believe

in restoring it with loving and kind awareness. Suffering opens the door of healing. During my relatively long life my bowl of life has been broken. My heart has been wounded. I went through a depressive cycle. I felt hopeless. The tender touch of my mother's loving hands brought life back to my life. Enkindled the light of hope. Helped me bounce back to the path of hope and lifted me from the pit of despair and misery. I leaned the power of resilience. Life is like a web with different colors and shapes. As I have mentioned before, the web of life gets entangled, and I feel caught up and tied. I have learned how to untangle my web by awareness and compassion. The entanglement helped me realize my own inner strength and taught me how to create a flow in my life. Life teaches lessons. We need to be good learners. Namaste!
Jagdish P Dave

[Unconditional Love Really Exists](#)

What does unconditional love mean to you? Can you share a personal story of a time you experienced bliss arising from your consciousness of existence? What helps you enter the state of "being love"?

In response, Jagdish P Dave wrote on Nov 26, 2021 ...

There are many faces of love. The most common is conditional love. It has "if" and "then". What Ram Dass is talking about is unconditional love. To put it in Ram Dass's words, "It's a part of our inner being. It's love for no reason, love without an object...This is an entrance to Oneness." This is an accurate description of unconditional love. Do I love me unconditionally? Do I love the other unconditionally? When and how? My answer is Yes. All the time? Most of the time. It is a state of being, not having and doing. In Such a state I feel Oneness within me and beyond me. Walls of outward differences melt away and I breathe the pure air of love filling my heart with unbound joy and fulfillment.

My first experience of such unconditional love was with my mother whose face was shining with unconditional love. As I grew up I often experienced such love when I used to chant with my father. And the same kind of love I experienced with my beloved better half. I still feel the glow of that love though she is no more physically with me. Last night we had a Thanksgiving gathering at my daughter's house. She had put her heart in making preparations for such a joyful thankful event. She radiated the light of unconditional love. My grandson saw the tired face his mother. He left the company of his friends and went to the sink to clean pots and pans joyfully. Such acts of love and kindness divinize our daily living.

Keeping my heart open for giving and receiving unconditional love and being grateful for such divine gifts helps me to stay on the path of Being.
Namaste.
Jagdish P Dave

[When I Say I Know You](#)

How do you relate to the notion that 'so long as there is a center creating space around itself, there is neither love nor beauty'? Can you share a personal story of a time when you entered a state of attention where there was neither the observer nor the thing observed? What helps you look without an image?

In response, Jagdish wrote on Dec 04, 2021 ...

How do we see ourselves and others in relationship without the psychological lenses of the past and the future, the images of myself and others, is a challenge for realizing love and beauty. If I view myself and others with the blinders of the past and future, there is neither love nor beauty. Love and beauty has no dividing lines within me and without me. I call it pure beauty and pure love or Oneness. And that indeed is the art of living. When I am present in the present moment I experience Oneness with nature and the people around me and with me. This kind of presence is beyond striving and struggling. In that way, it is effortless. It is natural. An image of myself and the other is time and space bound. It does not exist beyond time and space. It is bound by time and space. When my mind is still quiet, I see myself and the other clearly, like the sky without self-created clouds. And that is real freedom from the known, freedom from projections, freedom from the inner shadows. May we have inner clarity and inner freedom to live in the world with love and beauty! Namaste!

Jagdish P Dave

[You Are Not Alone](#)

How do you relate to the notion of expanding your company beyond the seen and the alive? Can you share a personal story of a time you were able to call on for help to great and good beings? What helps you be aware that you have more help than you can see?

In response, Jagdish P Dave wrote on Dec 10, 2021 ...

Facing the unknown with an open mind and an open heart is exciting with a little trepidation and uncertainty of what will be unfolding. Here is the place for unflinching faith. When I place myself in the hands of the unknown and unseen noble forces with faith something will emerge that will heal my emotional scars and will make me whole. Whenever I have felt cracks in my life I have placed myself in the forgiving and saving hands of the Divine Being by letting go of my ego-built house. It has not been easy to let go of my attachments and to let my heart open with the hope and faith in the advent, coming of the liberating hands of the Divine. The unshaken shraddha or faith dispels my self-created darkness and wakes me up to see the rays of Divine light. What helps me wake up from my slumber of ignorance is faith or shraddha in the everpresent and never forsaking light of the Divinity within me. and all around me. It gets manifested when I become still and open to receive blessings coming from noble beings and noble forces. Such forces help me remain still, awake and focused.

Namaste!

Jagdish P Dave

[*A Map To Here*](#)

How do you relate to the exhortation to release the mindset of needing to get somewhere other than where you already are? Can you share a personal story of a time you were able to go further into your freedom by releasing all ideas of becoming something more? What helps you remember that the distance between you and 'being awake' is a mirage?

In response, Jagdish P Dave wrote on Dec 17, 2021 ...

As I was reading this writing by The Gnostic Writer my mind was fully present with what I was reading. My awareness of being fully present with what I was reading is an example of being here and now. Being here and now is the existential reality. My mind is not split by going to the past or thinking about the future. I am in the awakened mindset. My mind is not hijacked either by the past or the future. My father compared such a here-and-now mindset with clear sky with no clouds. As I am reading this passage my mind is fully present with what I am reading. My mind is not wandering. It is focused. It feels like I am in the flow without any pull or push coming from the past or the future. I am in the fully awakened state of my mind and heart. Not sleeping mentally or dreaming about the future keeps me anchored in the flow of awareness-awareness of here and now. Do I remain in this state all the time? I wish I could. The monkey mind wanders. Mindfulness of the monkey mind brings me back to the flow of here and now. And that is an awakened mind focused on the here and now consciousness. May we all cultivate skills of mindfulness to be in the here-and-now consciousness!

Namaste! Jagdish P Dave.

[*Love Is Not A Feeling, It's An Ability*](#)

How do you relate to the notion of our capacity to love being like a seed in the soil, needing effort to grow? Can you share a personal story of a time you were able to discover love as an ability in yourself, not beholden to your circumstances? What helps you return yourself to a place of loving-kindness even when hate is beamed in your direction?

In response, Jagdish P Dave wrote on Dec 24, 2021 ...

We are born with a capacity to love. It is like a seed in the soil. And the seed needs to be watered to grow. When a child is born, that child has an innate capacity to love. The child needs to be nurtured so that the child's innate capacity to love blossoms. I was born in a family in which there were four brothers and three sisters. We all looked different, and we all have different dispositions, aptitudes and attitudes. We never felt discriminated and were never treated differently. We were accepted as we were. Where does love exist? it exists and thrives in our hearts. And like a seed it needs loving kindness, compassion, and support from the significant others in our family and from the community we live in. Sadly, the world is broken down that us-and-them binary is a part of the work of love. I am cognizant of the binary. I recognize it without being bound by this divisiveness. I have refused to go along with this mentality, and I have cultivated loving kindness in me. This way of thinking and living has enkindled the light of seeing oneness in manyness. Such a way of living fills my heart with courage, compassion, and love. At times discrimination is beaming in my direction because of ignorance and conditioned mindset. I have learned not to wear the clothes that do not belong to them without reacting to other's discriminatory behaviors. May we cultivate seeds of love,

courage, and compassion for those who throw stones of hatred and discrimination at me. This is what Jesus the Christ, and the compassionate Buddha have taught us.

Namaste! Jagdish P Dave

[Three Questions For A Better World](#)

How do you relate to the three questions to evaluate our grand ideas for a better world? Can you share a personal story of a time you were able to think about all three groups when evaluating your vision for a better world? What helps you be invested in the welfare of all three groups in your own work?

In response, Jagdish P Dave wrote on Dec 31, 2021 ...

I relate to the three groups conceptually - the group of people born in harsh and hard conditions that extinguish the physical spark of their life that lasts for a brief period of life. The second group is enormously composed of people born to survive. The third group is tiny composed of people who are born to thrive. I have spent many years of my life in the second group and a few years in the third group. Sadly, we have been living in this tripartite world for a very long time. Attempts have been made to create a better world by people who believe in communism, socialism, democratic socialism, democracy, and spiritualism. We need to go to the roots of the system of inequality, apathy, injustice, and discrimination. Freedom without responsibility, equality, humanism and spiritual values is not enough. As mentioned before, I have spent a great amount of my lifetime in the second world. I know how difficult it is to survive. Thankfully, I had parents who taught me how to live with dignity and with empathy and compassion for the downtrodden people. Personal experiences, right kind of education, role models, and a strong spiritual foundation have been very helpful to me in investing my time and energy for the welfare of three groups mentioned in this passage authored by Charles Gibbs.

Namaste! Jagdish P Dave

[Thoughts Are Just Thoughts](#)

How do you relate to the notion that thoughts including devotion, compassion, harmfulness are 'utterly without substance' and will 'eventually dissolve back into emptiness'? Can you share a personal story of a time a thought that felt difficult dissolved to leave no trace? How do you account for the ephemeral nature of thoughts in your decision-making?

In response, Jagdish P Dave wrote on Jan 07, 2022 ...

Every thought arises in mind. Mind is the birthplace of all kinds of thoughts and emotions, good, ugly and bad. If I get attached to them and get stuck with them they occupy my clear and empty space. In other words, I become possessed by my thoughts and emotions. Thoughts and emotions are ephemeral. They come and go unless I hold on to them adding more and more karmic patterns and I get bound by such patterns. If I do not hold on to them they will be eventually dissolved. My mind will have emptiness like a clear sky with no clouds. In the empty and clear sky of mind unconditional love and compassion naturally arise giving birth to joy, peace and fulfillment. It takes time to wake up depending on how long I have been sleeping. Practicing awareness has helped me not to go back to

sleep but to remain awake. Practicing mindfulness in everyday life keeps me awake and free from the grip of craving and grasping. Candid reflections on getting stuck with self-created bondage helps me make wholesome decisions. This is the way I relate to what Dilgo Khyentse Rinpoche writes about thoughts, Thoughts Are No Thoughts.

Namaste! Jagdish P Dave

[Mercy](#)

How do you relate to the notion of mercy? Can you share a personal story of a time you experienced mercy? What helps you practice mercy?

In response, Jagdish P Dave wrote on Jan 14, 2022 ...

According to my understanding mercy is one the most outstanding spiritual virtues. Mercy is different from forgiveness. When somebody does something wrong to me I forgive that person. I do not counteract, and I do not hold onto it. I let go. In mercy I act and offer my helping hands to help the person with kindness in my heart. Mercy involves forgiveness but it goes beyond forgiveness. Mercy has three elements: Paying attention, having empathy, and acting-taking steps to help the person who did something wrong. My heart was deeply hurt by someone whom I deeply and passionately loved. She did not show empathy when I was deeply suffering. It was a very painful experience for me to go through. I needed time to recover and heal. I did not hold on to my pain. I worked on it mindfully. I have let go of my resentment and I am relating to the person who caused pain in me with in a loving and kind way. I feel peace in me. Showing mercy to oneself and to others heals wounds of oneself and others. Mercy can be cultivated and sustained by emptiness, kindness and compassion and that's how I deal with suffering caused to others by me and by others to me. May we relate to ourselves and others in our life with loving kindness!

Jagdish P Dave

[The Simplest Meditation](#)

How do you relate to the notion of arriving at enlightenment when both material and spiritual struggle ceases? Can you share a personal story of a time you experienced great insights after ceasing to do or fix? What helps you reconcile not striving with other dictums of continuous improvement?

In response, Jagdish P Dave wrote on Jan 21, 2022 ...

According to my understanding, arriving at enlightenment means finding my true nature of mind, the basic ground of reality in progress. True nature of mind is emptiness-empty of craving and clinging, free from judging mind, free from selfishness and self-will, free of all my projections. Such a pure mind is replete with wisdom, joy, compassion, peace, and enlightenment. I remember a story in which a Zen master was asked a question "What is Enlightenment?" To which the Zen master responded: "I drink water when I am thirsty. I eat food when I am hungry. I sleep when I am tired." When our attachment to material and spiritual strivings and struggles ceases, our mind gets deep joy and peace. We are free. We are Enlightened In my spiritual journey I have been learning that the true inner freedom arises not by struggling to achieve freedom, joy, peace, compassion and

enlightenment but by sitting down letting go of my cravings and attachments. I put in action three words in my daily journey of spiritual life: Mindfulness, Awakening and Meditation. Applying these three spiritual values in my everyday transactions helps me reconcile not striving with other dictums of continuous improvement.

Namaste! Jagdish P Dave

[*You've Been Nirvanized Since The Nonbeginning*](#)

How do you relate to the notion that you have been 'nirvanized' since the very nonbeginning? Can you share a personal story of a time you touched one moment with deep awareness? What helps you live one moment deeply?

In response, Jagdish P Dave wrote on Jan 28, 2022 ...

I live on many dimensions of life which are time and space bound. Pains and pleasures come and go. Mind is filled with thoughts and worries. Nirvana means extinction of all notions and concepts such as birth and death, being, nonbeing, coming and going. Nirvana is the ultimate dimension of life, a state of goodness, peace, and joy. When I am fully present with the flow of the present moment I feel "nirvanized". It feels like living in the clear sky unbound by space and time. When I am fully present to the present moment with deep awareness I am in the ultimate dimension of reality. I feel the fullness of breath coming and going. I feel centered. When my mind wanders I know I have lost my connection with the everflowing present. Remaining aware of my in breath and out breath helps me live each moment deeply. I am flowing with isness. Conscious and nonjudgmental breathing helps me live each moment deeply. If pain arises, I do not fight or cover up or run away from pain. I embrace pain tenderly-no fighting, no escape. I recognize it and embrace pain tenderly. Transformation takes place. From the mud of pain grows the lotus flower.

Namaste! Jagdish P Dave

[*Seeking To Understand*](#)

How do you relate to the exhortation of not criticizing what we don't even try to understand? Can you share a personal story of a time you avoided the temptation to criticize and instead tried to understand? What helps you remain committed to understanding the why behind your own actions and those of others?

In response, Jagdish P Dave wrote on Feb 04, 2022 ...

How to build, sustain, and strengthen the bridge of relationships between two people with the same goal but different or opposite approaches? This is a big challenge for sustaining and flourishing interpersonal relationships. It is important to understand not only what but more importantly WHY behind the actions. Empathic understanding of each other is the building block of thriving and peaceful relationships. I love Saint Francis of Assisi's words of wisdom when he shows the importance of seeking to understand rather than to be understood. I love to spend time everyday with my grandson exploring spiritual ways of living life. There are certain ideas of living a spiritual life that are basically different from each other. We respectfully differ and listen to each other empathically and compassionately. This way of relating to each other with an open mind blossoms

our relationships. Differences do not create distances between both of us. I deeply value Viktor Frankle's words of wisdom: "Between a stimulus and a response, there is space and in that space there is freedom and power." When I have a different perspective or stance on an issue from the other person, I pause, breathe, and create a space in me and empathically and kindly understand the other person's perspective-the WHY- and respond wisely. I also follow the same approach when it happens to me. Let me conclude with Rumi's words of wisdom: "Out beyond ideas of right and wrong, there is a field. I will meet you there."

[*There Is Only One Taste*](#)

When you reflect on the question, 'Who is looking out from those eyes?', what comes up for you? Can you share a personal story of a time you noticed that the feeling of the Witness and the feeling of the world were the same? What helps you see that your motivations are sitting within a resounding heartbeat of compassion?

In response, Jagdish P Dave wrote on Feb 11, 2022 ...

When I look out from the eyes, the seer is looking out, the witness consciousness is looking out untouched by what is being seen. What is being seen changes but not the seer or the witness. I like what Ken Wilber says, "There is only One State, within which different states arise. There is only One Taste, through which various different tastes flow." Though we see different selves, there is only Oneself. When we realise this Truth, "the heartbeat of compassion will resound. A constant cloud of caring will rain on every parade." as Ken Wilber says. When I am in deep meditative state the self-created walls of divisiveness and fragmentation melt away and I experience unitive state of consciousness, only One Taste. By practicing Meditation, this state of unitive consciousness stays longer and longer and that's a blessing. The heartbeat of compassion and caring continues resounding. Clouds clear up and in the vast pure Emptiness I experience fullness.

Namaste! Jagdish P Dave

[*Cognitive Bypassing*](#)

How do you relate to the notion of cognitive bypassing? Can you share a personal story of a time you sat with grief and metabolized it? What helps you avoid the temptation of cognitively manipulating emotion?

In response, Jagdish P Dave wrote on Feb 19, 2022 ...

As humans we all go through painful emotions like fear, worry, anxiety, grief, anger, and sadness. Sometimes we divert our mind, avoid facing and going through painful emotions. We use a variety of strategies such as avoidance, rationalization, suppression, repression or denial. This may help us for a while, but it will bounce back with more vigor and force. Instead of facing and working through difficult emotion we may Cognitively Bypass by detouring into cognitive ideas or beliefs. When my wife passed away it was difficult for me to face my grief and go through it. It was too much for me to bear the burden of the loss of my dear one. Instead of denying my grief I embraced my grief mindfully. It took some time for me to heal my emotional pain. I have been practicing Mindfulness Meditation for quite some time. It has helped me to act wisely. There are four interrelated four

components of Mindfulness: Focused attention, Loving Awareness, Acknowledgement and Compassion and loving Kindness. Practicing mindfulness transforms my negative and harmful energy loop into constructive and healing energy loop. May we all learn how to face adversity and pain lovingly and kindly.

Namaste!

Jagdish P Dave

[My Freedom Is In Your Hands](#)

How do you relate to the notion that every moment of offense carries within it the grace of redemption? Can you share a personal story of a time you became aware of your responsibility toward others, and theirs toward you? What helps you remember to consider the fate of others when making your decisions?

In response, Jagdish P Dave wrote on Feb 25, 2022 ...

We all are interbeings. The face of intrabeing is also the face of interbeing. What I do has an impact on others and what the other has also an impact on me. We are all intertwined. If I am aware of my wrongdoing and do not defend it and ask for forgiveness I get redeemed of my wrongdoing. Every moment of offense carries within it the grace of redemption. We all are facing the wave of COVID19 virus. If I do not take precautions such as taking vaccines and a booster it may have an impact on others who come in contact with me. We do not live on an isolated island. We are all connected with others. As I am 96 years old I am more susceptible to getting the virus. By taking vaccinations and a booster shot I am protecting myself and also protecting others coming in contact with me. Responsibility is the other side of the face of freedom. In that way my freedom is in your hand of responsibility, and your freedom is in my hand of responsibility. Sadly, for some people freedom is a one way street. Free but not responsible. Knowing that we all are interconnected and remaining aware and implementing that knowledge in every walk of my life helps me act wisely. I know my freedom is in your hands and your freedom is in my hands. My fate is in your hands and your fate is my hands. We are interconnected. We are not an isolated island. May we all have this awakened state of mind. Namaste!

Jagdish P Dave

[Send Love -- It Matters](#)

What does 'send love' mean to you? Can you share a personal story of a time you chose to breathe in someone else's troubles? What helps you remember to breathe in what you can do, and breathe out what you can't change?

In response, Jagdish P Dave wrote on Mar 05, 2022 ...

"Somewhere someone needs help. Send love. It matters." writes Carrie Newcomer. Yes. We all sometimes need love to sustain life. When someone needs my loving and supportive hand I feel compassion for that person, and I do whatever I can. When I offer my hand unconditionally to the other my heart is filled with love and joy. I believe all of us are endowed with the gift of love. When I

send love to someone who needs help I experience oneness with the other person. It is fulfilling and joyful. It is a spiritual experience, an experience of unitive consciousness. We are witnessing a horrible war in Ukraine causing property and human destruction, innocent people suffering and dying. "Somewhere someone needs help." I deeply feel for people going through such suffering. I have chosen to breathe in the weight of their suffering. I pray for them and make financial contributions to help them. I know there are many obstacles the Ukrainians are facing at this time. I know I am not capable of bringing change in this situation. I recognize it. They are still in my mind and heart. I breathe in and do whatever I can to be helpful to them. I breathe out knowing and accepting what I cannot change and do not add more emotional pain in me. I do what I can and let go what I can't do. Awareness keeps me awake to do what I can do and intelligence and discretion to know what I cannot.

Namaste! Jagdish P Dave

[Between Gift And Privilege](#)

How do you relate to the difference between gift and privilege? Can you share a personal story of a time you were able to unlock your authentic identity - your medicine? What helps you focus less on external privilege and more on your internal gifts?

In response, Jagdish P Dave wrote on Mar 11, 2022 ...

To me gift means my internal authentic spiritual qualities such kindness, empathy, compassion, flexibility, open-mindedness, connectedness, affection, love, mercy, forgiveness and gratitude. I cultivate such innate qualities. When I apply this inner wealth in relating to others as if they are my brothers and sisters, the branches of the same tree of life, I feel like I am gifted, I am offering my inner gift unconditionally. We sometimes confuse the notion of gifts with the notion of privilege. and we lose ourselves in games of blame and shame, getting caught up in debates about external conditions in which a person arrives. Gifts on the other hand are inner qualities, talents, and predilections that we embody regardless of where we happen to be on external conditions. I look within with unconditional mind and heart state. Authentic identity to me is my real unconditional self, not caught up in me against you, I am holier than you and such other self-glorifying and other-downing mind set. I remain awake, aware and alert when my mind is hijacked by me against you mental stance or I am better and holier than you mindset. Practicing such an uplifting mindset enriches my life inwardly and it cultivates good will accompanied by good actions.

Namaste! Jagdish P Dave

[Memnoon: Blessing The One Who Is Asked](#)

How do you relate to the framing of two choices, either coming from memnoon or giving ourselves enough empathy to say no? Can you share a personal story of a time you felt the joy of being blessed by a request? What helps you tap into your power and freedom to only give out of 'memnoon'?

In response, Jagdish P Dave wrote on Mar 18, 2022 ...

Memnoon is a request that blesses the one who is asked. There are two ways I can respond to the

memnoon-moment. If I perceive the request genuine I gratefully resonnd to it. Such a response brings a lot of joy in my heart. In this situation memnoon becomes a gift for me. By giving I receive. If I perceive it as a manipulative request I will decline it. If I do not respond to it that way I will feel resentment in my heart. At such times I need to empathise with me and be authentic. When I encounter such situations I use discretion in making my choice. Basically, I am an empathic and compassionate person. I need to act wisely. I am blessed to get many opportunities for helping others. When I see someone struggling for making wholesome choices in his life my heart goes for that person. Someone going through suffering touches my heart. I reach out to hold his hand and be instrumental in easing his pain. I feel enriched in my heart by giving an unconditional gift to the person going through pain. Awareness of the suffering a person is going through, feeling his pain, and relating to that person nonjudgementally and compassionately helps me to tap into my power and freedom to be helpful to others who go through suffering. I practice Karma Yoga.

Namaste! Jagdish P Dave

[*Do What You Please, But I'm Watching*](#)

What does refusing to take sides with any of your mental forces mean to you? Can you share a personal story of a time you exercised an attitude of active neutrality toward your own 'imaginative automatisms'? What is a mental automatism you have developed to help you curb the natural automatisms of the imagination?

In response, Jagdish P Dave wrote on Mar 25, 2022 ...

According to my understanding, Hubert Benoit presents two ways of making choices in life: one way liberates us from the bondage of ignorance, impulsivity, and reactivity. This way helps both- the giver and the receiver. When I encounter a situation where I need to make a wise choice that would help both the giver and the receiver, I follow that path. When I follow this path both the giver and receiver feel a deep sense of fulfillment and inner abundance, persevering the practice of mindfulness meditation and practicing mindfulness in every walk of my life curbs the natural automatisms of the imagination.

Namaste! Jagdish P Dave

[*Say Wow*](#)

How do you relate to the notion of rekindling wonder every day? Can you share a personal story of a time you were able to see your familiar world with new eyes of wonder? How have you reconciled wonder with rationality?

In response, Jagdish P Dave wrote on Apr 01, 2022 ...

Nature offers many wonderful gifts in our hands every day, and we say "Wow!" I get up early in the morning watching the sun rising and I say "Wow!" I hear the birds chirping and feeding their little babies and the words come out from my mouth, "Wow!" When I see the older brother taking care of the little younger brother my heart is filled with joy, and I hear myself saying "Wow!" There is an old saying in Sanskrit like "ksane kasne yaha upeti navatam tadeva rupam ramaniyayata." Beauty brings joy every moment. When I keep my mind and heart open to perceive and experience it fully each

moment, my heart is filled with wonderment. I experience such Aha moments when I fully live in the present moment. When I was a child I had more "Wow!" moments. As I got older I became more thought minded and rational than heartminded and emotional which to some extent dried the flow of my heartfelness. As I am growing older I have been able to create a dynamic balance between head and heart. This is one of the ways I have reconciled wonder with rationality.

Namaste! Jagdish P Dave

[*You Can't Get There From Here*](#)

What do you understand by "you can't get there from here?" Can you share a personal story of a time you let go of all expectations of yourself, your meditation, and results from your meditation? What helps you be fully there in each moment?

In response, Jagdish P Dave wrote on Apr 08, 2022 ...

As I am reading this article written by Pema Chodran I remember the words of wisdom by J Krishnamurti "choiceless awareness" and "Be Here Now" by Ramdass. Our mind has a tendency of wandering from past to future. It is focused and remains focused on the present when I am deeply engrossed in doing what I am doing. My mind is open and centered on the present moment. I love the way Pema Chodran offers three guidelines, the three-fold purity for being here and now. 1. Observe what is happening nonjudgementally without expectations. 2. Don't make your meditation a project or a special event. 3. Be fully here and now. This is the only dance there is. I daily practice Mindful Meditation and practice Mindfulness Living. I let myself be fully present without being bound by my expectations. This is liberating myself from myself by myself. Practicing meditation regularly and living mindfully helps me living peacefully and freely. Light of awareness guides me for remaining fully present where I am. Reading and reflecting on such articles helps me walk steadily in the journey of my life.

Namaste! Jagdish P Dave

[*When Science Is The Arbiter Of Metaphysics*](#)

How do you relate to the notion that no system of thought can contain the fullness of human experience? Can you share a personal story of a time you realized that you are reaping what another had sowed? What helps you remember that human knowledge can never be contained in one person?

In response, Jagdish P Dave wrote on Apr 15, 2022 ...

We are a multidimensional human being. Science helps understand the body-mind complex, the physical, mental and emotional dimensions of us as human beings. Its approach is objective. There is something beyond the objective frame of reference. It is personal and subjective. It is the inner world of unconditional love or divine love. It is personal world, yet it is transpersonal and universal. I keep my mind open and free to understand and appreciate the world of Science and the world of Spirituality. This way of living has helped me to appreciate both types of worlds.

Namaste!
Jagdish P Dave

[Two Types Of Heartbreaks](#)

How have you experienced two types of heartbreaks -- brittle heart that breaks apart into a thousand shards, and a supple heart that breaks open, not apart, into greater capacity for the many forms of love? How do you relate to the notion that to make our heart supple, we have to take it all in? Can you share a personal story of a time you were able to take in 'life's little death' without an anesthetic? What helps you take all of it in, good and bad?

In response, Jagdish P Dave wrote on Apr 22, 2022 ...

Yes. "Heartbreak comes with the territory called being human." as Parker Palmer says in this passage. As human beings we all go through all kinds of sufferings-physical, mental, emotional, and relational. Our challenge is how do we turn the power of suffering toward new life. Trying to numb the pain of suffering as anesthetics deepens our suffering. Keeping our heart suppressed and closed and making it hard and inflexible creates more suffering. When I relate to my suffering and or someone's suffering with an open, subtle, and compassionate heart, I develop greater capacity to take in my sorrows and joys. This is spiritual alchemy. I have encountered many losses in my life causing a lot of emotional pain. And I have learned how to relate to my painful experiences by keeping my heart open and processing my pain with loving kindness. This is the way I relate to "life's little death" without numbing and suppressing my pain without an anesthetic.

Namaste!
Jagdish P Dave

[Groundlessness](#)

What does groundlessness mean to you? Can you share a personal story of a time you exchanged 'certainty for curiosity, fear for generosity'? What helps you accept the unrelenting constant of change?

In response, Jagdish P Dave wrote on Apr 29, 2022 ...

In my relatively long life journey (I am 96 years old) I have encountered many ups and downs and there were a few times I felt groundlessness, a sense of sinking down without bottom, darkness without rays of hope. In such dark times of my life, I felt and saw the light of based on the ground of unvaering faith. Faith is the light that hardly gets extingwished. I felt dense darkness and groundlessness during the second stage of my lie. I felt helplessness and hopelessness. They were dark periods of my life. Light of Faith in the higher power helped me go through dense darkness and see the light. Keeping my mind open and curious, accepting myself as imperfect, mindfully reducing the noise in my mind, and being grateful to my family and friends for holding my hands when I was falling down have been very helpful to me.

Namaste! Jagdish P Dave

[*The Salt Doll*](#)

What does self-realization mean to you? Can you share an experience where you got a glimpse of who you truly are? How do you reconcile gaining an awareness of the ocean-like vastness about your true nature with the loss of the opportunity for the salt-doll experience?

In response, Jagdish P Dave wrote on May 05, 2022 ...

I love this short parable. It teaches us that under the duality there is oneness. The salt doll realizes that oneness by dissolving the separateness. Our personal ego-based identity does not realize Universal identity as long as it holds onto ego bound identity. Self-realization is the realization of my Real Self which is universal. It is an experience of oneness regardless of apparent differences. The wave is the ocean. I have had many glimpses of my real or true self. When I am fully absorbed in meditation I lose my individual identity. Individual consciousness becomes universal consciousness. There have been times when I have experienced oneness with nature. I have experienced such oneness in unconditional love relationships. They are spiritual experiences for me. Such experiences have enriched my life and have made me a better person,

Namaste! Jagdish P Dave.

[*Agent Of Illumination*](#)

What does being an agent of illumination mean to you? Can you share a personal story of a time you were an agent of illumination? What helps you be the light in a difficult situation?

In response, Jagdish P Dave wrote on May 13, 2022 ...

We all go through dark times. And we all want to see the light and be free from the pain of suffering. Who creates darkness within? Who can dispell this darkness? Who creates this prison and who can release us from this prison? Me is my answer. I am the binder, and I am the releaser. Self illumination comes from within, self healing comes from within. As Saint Kabir sings: Do not look for God outside of you. God lives within. As a human being I have gone through dark times in my life and have caused suffering in me and have caused pain in the hearts of people who love me. I felt lost and didn't know how to find myself. I did not feel pity for me. The wise saying "To err is human. To forgive is Divine." It is my conviction that we all have Divine Light within us. I remove my self-created blinder I can see that light within. I am that light. I am the very agent of illumination. This is my way of self illumination, self liberation. Light of self awareness and daily practice of mindfulness meditation helps me to see the light within. Let me conclude with the illuminating words of Elizabeth Gilbert: "In fact, I believe this is the only way the world will ever be illuminated, one bright act of grace at a time, all the way to the river."

Namaste! Jagdish P Dave

[*The Exquisite Risk*](#)

How do you relate to the notion of the quiet threshold across which life awaits us, hidden in the

open? Can you share a personal story of a time you crossed such a threshold? What helps you feel the tug and pull of everything alive?

In response, Jagdish P Dave wrote on May 19, 2022 ...

For living authentically and fully, we need to be quiet, clear and open to see and relate to the beauty and receive the blessings of life, to hear the silence of sound. If I keep myself bound by the fear of the unknown I restrict my growth and development. If I keep myself bound by the self created threshold and refuse to go beyond the threshold, my life will be stagnant. I do not need to hide my face behind the veil. I need to remove the veil to see the beauty of the unknown. Fear of the unknown and reluctance and resistance to go beyond the known keeps me bound and stagnant. I need to remove the veil to see the splendor and beauty shining right in front of me. There have been times in my life when I was reluctant and hesitant to go beyond the known and familiar landscape. I felt this fear of the unknown when I came to this land called America. It was hard for me to go beyond the threshold to relate to the new and different world-different in climate, food, culture, and religion. What helped me go beyond the threshold is my curiosity, courage, open mindedness and open heartedness. Whenever I am at a threshold and whenever I am reluctant to cross it, I gain my inner strength by quieting and clearing up mind so that I can see the light to walk on the unknown and untraveled path. Life is a blessing if I keep my mind and heart open to receive it.

Namaste! Jagdish P Dave

[Opening To Greater Life](#)

What does 'opening to greater life' mean to you? Can you share an experience of a time you were able to evolve a mutually enhancing relationship through a recovery of the sense of the sacred in the human-earth relationship? What helps you practice communion with all things?

In response, Jagdish P Dave wrote on May 26, 2022 ...

How do I relate to the earth makes a significant difference in living my life. If I view the earth as a collection of matter to be used for my personal selfish gain the future looks very dismal and dark both for the human and the earth. I was reised to relate to the earth as our mother, matrubumi. Viewing the earth this way changes my relationship with the earth. The relationship becomes sacred and that way opening to greater life. With the rise of industrialization and commercialization, our earth is exploited and polluted. In the midst of such darkness there is an awakening and hopefulness. There is a chance for opening to a greater life. In that sense, I feel spirit of optimism like the author Thomas Berry. I hope more people get awakened to save the earth, to save the humankind, recover the sense of the sacred in the human-earth relationship. I stay on this path by seeing the sacred relationship between the human and earth. I have a spiritual orientation to life. To me life is sacred and the earth is sacred. May we listen to the optimistic and inspiring call of Thomas Berry when he says "Tell them something new is happening...a new sacred story is coming into being in the transition from one era to another."

[Three Levels Of Happiness](#)

How do you relate to the three levels of happiness? Can you share a personal story of a time you

were able to lean into a contentedness beyond your changing circumstances? What practice helps you expand your idea of "self" to encompass all?

In response, Jagdish P Dave wrote on Jun 03, 2022 ...

There are three levels of happiness. In the first level of happiness, I feel happy from any kind of pleasant sensual experiences, from nose, eyes, ears, tongue and touch. Such experiences are fragile. They come and go. In the second level of happiness, I derive happiness in the mind and heart, from pleasant thoughts and feelings. But they are also transitory and fragile. The highest and enduring kind of happiness comes from deep contentedness, deep fulfillment, and peace- from an awakening that brings peace even among the vicissitudes of life. I feel free from the bonds that enslave me. It is the ultimate happiness. In Buddhism it is called nirvana. It is a state where suffering is extinguished. I have glimpses of such happiness that lean into a contentedness beyond changing circumstances. When I operate from my loving heart and quiet mind I feel the supreme happiness-a deep sense of love and oneness. The small individual self is transformed into the universal Self. It is a state of unitive consciousness. When I come out of my self-centeredness and relate to the world unselfishly and love all forms of life unconditionally, I feel oneness going beyond man made differences and divisiveness. Awakening helps me to walk on this path. Awareness helps me to stay on this path.

Namaste! Jagdish P Dave

[*Turning Survival Inside Out*](#)

How do you relate to the notion that truth sings to you with an absence of conflict? Can you share a personal story of a time you stopped looking for survival and instead looked for life? What helps you take a break from surviving and connect with the essence of life?

In response, Jagdish P Dave wrote on Jun 10, 2022 ...

This passage by Kerri Lake reminds me of what I learned from my dad: Yatha dristi tatha sristi. The world appears as you see it. If my sight is clear the world looks clear. When I look at the world with eyes filled with "me against you" or "what is there for me", my life shrinks, and I get disconnected with the essence of life which I call unitive consciousness or my true nature. All of us have two eyes to see the outer world and to be connected with outer world and for survival. We also have an invisible third eye-trinertra- to see the light within that liberates us from self-created conflict, darkness, and bondage. As a human being I do have a need to survive and be safe physically, mentally, emotionally, and relationally. When I do not get stuck with the survival level and go beyond that level I feel the vastness of the clear sky with no restricting boundaries. It is an experience of oneness, of freedom and living life fully. To me life is a journey, an ongoing process of learning, growing, and developing. This is the way I get connected with essence of life. I know who I am and that's a blessing.

Namaste! Jagdish P Dave

[*Pay Attention To A Sense Of Space*](#)

How do you relate to the notion that the object of grasping takes up space proportional to the level

of grasping? Can you share a personal story of a time your noticing space opened up perception and helped you dissolve the vicious cycle of false solidity? What helps you incline the mind to notice space?

In response, Jagdish P Dave wrote on Jun 17, 2022 ...

Freedom from grasping or averting our desire is a challenge for all of us. We all have desires. There is nothing wrong in having desires. How do we relate to our desires determines our well-being. Unwise reactivity to our desires causes dukkha, suffering, bondage. Our mind gets contracted and stuck. We create our own suffering. I am learning as I am aging. There have been times in my life when my selfish desires took control of my mind and led me on to the path of suffering. Recognizing and accepting my suffering helped me to be free from my self-created suffering. Life is an ongoing journey with ups and downs. Learning from the downs has helped me to stay on the path of my well-being. When I remain open to myself, aware of what is happening in my mind and heart I do not get fixated and stuck and become a victim of the vicious cycle. I have learnt to create a gap between the stimulus and response, take deep breaths, become mindful of what is binding me and walk on the path of wellness. Living this way the space of my life expands and deepens.

Namaste! Jagdish P Dave

[*The Self Is Not A Thing, But A Process*](#)

How do you relate to the notion that the 'you' making the decision and the 'you' receiving the outcome may not be the same? Can you share a personal story of a time you became aware of your constantly changing makeup; while also knowing there's somebody there beneath the change? What helps you reconcile the fact that your experiences are not really happening to the same person and at the same time it's not true that there's nobody there?

In response, Jagdish P Dave wrote on Jun 24, 2022 ...

I like the title of this passage The Self Is Not A Thing, But A Process. A process is fluid. It is flowing. The body- mind complex creates obstacles in the flow of the unitive consciousness where I and You or you and me get dissolved. What makes the "I" making the decision and "I" receiving the decision different, not the same? According to my understanding it is the ego that creates the split between I and you. When I become free from the grip of my ego I am in the flow of the Unitive Consciousness or Self-realization. In this spiritual realm we become one with us and with others. In this spiritual realm the apparent distinctions of I and you, and mine and yours, fade away and the Light of Oneness shines. There are many occasions in my life when I have gone beyond myself. Serving others without any selfish motive and loving people in my life unconditionally have enriched my life. What is nobody? When I know who I am and let the light of that awareness shine within me, I realize that we all are one. This is True Love, my True Nature.

Namaste! Jagdish P Dave

[*Sweeping My Heart*](#)

How do you relate to the notion of the sweeping practice being really about finding where the heart

is blocked? Can you share a personal story of a time you went beyond your accomplishments and remembered the dust from which you came? What helps you be profound with your heart?

In response, Jagdish P Dave wrote on Jul 01, 2022 ...

How do I see the reality, the truth, depends on the quality of my lenses. Seeing the reality blurred by the dust of isms like racism, sexism, classism and religionism causes and sustains our blindness. I need to clean and clear my lenses to see the reality just as it is, tathata as the Buddha, the awakened one says. Neurologically speaking, we overvalue the functioning of the left hemisphere of the brain in our schools, in our homes and in our society at the cost of the right hemisphere of the brain, the emotional brain. We become lopsided of balance lacking in empathy, compassion and connectedness. I like the word sweeping mentioned by the author Zenju Earthlyn Manuel. It stands for cleaning the mental lens, opening the door of heart. What do I accomplish and how do I perceive my accomplishments is very important. I got my doctoral degree. I got academic awards. I felt proud of my accomplishments. I had learned that the capital I, my Real Self is not defined by my credentials, my achievements and my possessions. The egotistic self is the small self. Such knowing helps me to be humble and helps me realize the oneness in manyness. Awareness of my inner world of thoughts, emotions, desires, and aspirations and actions helps me walk steadily on the path of freedom. I remain spiritually awake.

Namaste!

Jagdish P Dave

[*Garden Teaches Us To Travel*](#)

How do you relate to the notion that genuine travel has no destination? Can you share a personal story of a time when observing variations opened you up to a renewed future? What helps you see the earth as source, celebrate the genius in others, and prepare for surprise?

In response, Jagdish P. Dave wrote on Jul 11, 2022 ...

Genuine or true life is not scripted in advance by somebody. It is spontaneous and growing from the source within. Life is like a garden. It has its own roots. Its own source. It needs nurturing that comes from within. When parents raise their children they naturally provide nurturients to their children. They love them unconditionally. They do not write their children's scripts. As the children grow and learn from their experiences they write their own scripts, They find their own destination. They become their authentic selves. I have learnt from my experiences that there are different paths to self-realization. As the Rigveda says, there are different paths to know the Truth. And that is freedom. I learned this truth by being with people with different religious orientations without imposing their belief system on others who are different from their religious orientations. I have also met people who believe that their religious orientation is superior to others' religious orientations. Sadly, there have been religious wars in which thousands of people have been killed and holy places have been destroyed. How do we relate to the mother earth makes a big difference. Do we relate to the earth as source or as resource? When we relate to the earth as source we relate to it as a source of nurturing like our mother. But if we relate to the earth as a resource we exploit it for our own gains. This way of relating to the earth has caused huge problems. Sadly, we are exploiting many natural resources for our own benefits without realizing that we are a part of nature and not apart from

nature. Hurting nature is hurting ourselves. It is time to wake up and see the truth. And we all need to join our hands to save and preserve our mother earth.

Namaste!

Jagdish P Dave

[Error Of Perception](#)

How do you relate to the notion that the knower and false knowledge appear and disappear based on our ability to distinguish between what is unreal and real? Can you share a personal story of a time you could distinguish between unreal and real? What helps you go from the unreal to the real in your inquiry into 'I'?

In response, Jagdish P. Dave wrote on Jul 15, 2022 ...

Reading this passage reminds me of the chant I do before I do my daily meditation: "OM asato ma sadgamaya, tamso ma jyotir gamaya, mrityor ma amritam gamaya. OM shantihi, shantihi, shantihi. Om! Lead me from the unreal to the Real, from darkness to Light, from death to Immortality. OM. Shantihi, Shantihi, Shantihi. Peace. Peace, Peace. We are looking for eternal peace. It is my understanding that real peace comes from inside, not from outside. It comes from silence when all the external and internal noises fade away. Peace is already and forever dwells in Silence. I hear the voice of Peace when my mind is silent. In the silence I hear the sound of Peace within me, without me, without then, without there but in the Presence, Here, and Now. It is like the clear sky with no clouds. It is in the present moment. When I meditate, when my mind is not engaged in the past and the future, but in the now and here consciousness I abide in the flow of full and clear consciousness, and that is I. As long as the flame in my mind is flickering I cannot see the light within me, the light of awareness of pure or transcendental consciousness, which is always present, always free. I have been learning the power of "now consciousness" by practicing Mindfulness Meditation regularly. Practicing Mindfulness Meditation regularly helps me see and disperse the clouds of ignorance and delusion and that way I see the luminous light that shines within us for ever. I also live mindfully so that I do not reside in the self-created prison in me. Practicing mindfulness and living mindfully helps me to be liberated from myself-created bondage. May we all get awakened and get connected with the Divine light of awareness.

Namaste!

Jagdish P Dave.

[Three States Of Water](#)

How do you relate to the metaphor of the three states of water and how our perception is shaped by the state we are in? Can you share a personal story of a time you became aware of where you were, and what you needed to do to come home? What helps you become aware of which state you are in?

In response, Jagdish P. Dave wrote on Jul 22, 2022 ...

Reading this passage authored by Natureza Gabriel Kram reminds me of Adi Sankaracharya the

enlightened Vedantic teacher born 1500 hundred years ago. He describes four states of consciousness: normal state of wakefulness-Jagrati, dream state of consciousness-Swapna, Sushupti -sound sleep state of consciousness, and Turiya-Transcendental or Unitive state of consciousness. The first three states of consciousness are like liquid, solid, and steamy states of consciousness and water going through the first three states of consciousness without being bound by liquid, solid, and steamy states of consciousness. When our contemplative practices go deeper we realize the Transcendental or Unitive Consciousness. And that is Self, our True Nature. This is the defining characteristic of a Self-realized being with no divisive boundaries and barriers, beyond time and space. When my meditative state goes deeper I experience Turiya, the Transcendental Consciousness. In that state the egoic mind, the little self fades away and this is an experience of Transcendental or Unitive Consciousness. I come "home", a home of harmony, openness and oneness. In this state I experience profound peace, deep contentment, and bliss. Arriving at home takes time, patience, persistence and perseverance. This is a spiritual journey, an inward journey, an inner work, sadhana. I have been on this journey for a long time, and I am not in a rush to reach my destination, moksha, liberation, salvation. I bow to all who are on this spiritual path, my fellow voyagers.

Namaste!

Jagdish P Dave

[*Faith Is Different Than Beliefs*](#)

How do you relate to the difference between faith and belief? Can you share a personal story of a time you got a taste of the sacred? What helps you want to study over being sure of what you know?

In response, Jagdish P. Dave wrote on Jul 30, 2022 ...

Faith is like roots of a tree. It is firm and steady, unwavering. Belief is like a leaf of a tree. It gets swept away by external forces and change colors according to seasons. Faith is like an anchor that keeps me grounded, steady and balanced in the midst of small and big changes in my life. Beliefs change as they are do not have firm roots. I may believe in somebody in certain situations but not in all situations. I may believe in someone for some time and disbelieve and doubt at other times. I have faith in people in my life who love me unconditionally with no strings attached. I love folks in my life who serve people selflessly. This is divine way of living in this world. I have unwavering faith in them. And when I love them unconditionally they have faith in me. This is the divine way of living. and living this way fills the cup of my life joyfully and spiritually. May we all cultivate the divine way of living, living truthfully and faithfully.

Namaste!

Jagdish P Dave

[*Faith Is Different Than Beliefs*](#)

How do you relate to the difference between faith and belief? Can you share a personal story of a time you got a taste of the sacred? What helps you want to study over being sure of what you know?

In response, Jagdish P. Dave wrote on Aug 02, 2022 ...

Faith is like a strong tree rooted in solid ground. It is firm and steady. Belief is like a fragile leaf blown away by the touch of strong wind. Faith is like an anchor that keeps us grounded and balanced. Beliefs are like clouds. They float around and change. Faith is like the clear sky. My beliefs change as I age. Faith is changeless. I may believe in someone for some time in some situations but disbelieve in other situations. I have faith in my folks and friends who love me unconditionally and selflessly. I also love people who help others selflessly, who relate to others without any strings of self-will and selfishness. This is Karma Yoga, a divine way of living. I trust them, respect them, and bow to them. Living this way fills the cup of my life with deep satisfaction, contentment, serenity, and bliss. May we all cultivate the divine way of living, living truthfully, faithfully, and gracefully!

Namaste!

Jagdish P Dave

[*The Opponent Relationship Is Not A Contest*](#)

How do you relate to the notion of combat as an intense relationship where 'you want to become better, not better than'? Can you share a personal story of a time that the person standing before you helped you see yourself more clearly? What helps you stay open to growing through every relationship?

In response, Jagdish P. Dave wrote on Aug 09, 2022 ...

We all need relationships to learn and grow. According to my understanding, there are two kinds of relationship: intrapersonal and interpersonal. How do I cultivate my relationship with me and my relationship with others? I mindfully attend to my inner world of thoughts, feelings and emotions and examine them with an open mind which helps me to arise and lift me up and what brings me down. In that way I face myself and learn from myself. The same way I keep my mind and heart open to receive feedback from others. This is the way I learn and grow. When I was participating in an encounter group, I learned about what blocks me from expanding my consciousness. There have been times I when I am blind to my inner world and actions. In the encounter group I saw my own blindness and that helped me to see the light. Open mindedness has been very helpful to me. Awareness what is happening in my mind and heart also helps me. I know this is an ongoing process and that helps me continue growing. Namaste!

[*Fishing Before You Know How To Fish*](#)

How do you relate to the notion that life sometimes brings us to a spot where our proficiency is insufficient? Can you share a personal story of a time you were saved by a prayer you didn't know you were saying and a witness you forgot was listening? What helps you lean into the unknown when faced with a lack of proficiency?

In response, Jagdish P. Dave wrote on Aug 12, 2022 ...

There are two ways of learning and knowing. One way is reading, talking, and discussing and reflecting. The other way is knowing by doing, by experimenting and by experiencing. I use both ways. However, I know from my own experience that real and deep learning happens by doing, by deeply reflecting with an unclouded and quiet mind. When I learn with an open, clear, and quiet

mind I learn from myself and by myself. Such learning has helped me walk in the right direction and that helps me how to "fish", how to get what is really precious and how to enrich my inner life. I have learnt from my experiences the way how to relate to life. Such learning requires an open and unbiassed mind. It requires quiet and clear mind and an earnest desire to let go what binds me and blinds me.

Namaste!

Jagdish P Dave

[*Lessons On My 70th Birthday*](#)

Which lesson stood out for you and why? How do you relate to the notion that 'your growth as a conscious being is measured by the number of uncomfortable conversations you are willing to have'? Can you share a personal story of a time you were able to remain astonished? What helps you dance in the rain instead of waiting for the storm to pass?

In response, Jagdish P. Dave wrote on Aug 19, 2022 ...

This is a great Birthday Kevine! There are many wonderful lessons cited by Kevin and that makes it difficult for me to choose a couple of lessons. The one that applies to me is "Don't wait for the storms to pass; dance in the rain." This statement took me back to my little hometown in Gujarat where I was born. On a hot summer day, we were eagerly waiting for the dark clouds to show up and rain for hours. It was the right day and time for us to dance. And we keep on dancing until we got tired. Now I am old, and I relate to this statement differently. I see the value of living fully in the present moment fully and joyfully. The present is the real time. Not to dwell on the past and be anxious about tomorrow. Now is the real time. The second lesson "Your growth as a conscious being is measured by the number of uncomfortable conversations you are willing to have." I find it rather difficult to relate to conversation with people who have rigid and fixed different positions in politics and religion and are unwilling to keep their minds and hearts open. I try to remain open with them, but it is hard to walk on one way street. I like to be astonished and that's a great way of aging wisely and gracefully. And such "wow" moments happen frequently for me. I see two little children running around in a grocery store near their mother. I look at them and smile. They return their smile to a stranger! Seeing a variety of colorful flowers in my backyard and birds singing song fills my mind with wonder and heart with delight. I have been practicing and teaching Mindfulness Meditation in my Zoom classes. Living mindfully offers many opportunities to us to view and relate to life as dancing in the falling rain. When we are not living in the present moment we miss seeing the rain falling, flowers blooming, children smiling and seasons of life changing. May we be aware of the power of presence, the only dance there is!

Namaste!

Jagdish P Dave

[*Wonder Increases As Speed Decreases*](#)

How do you relate to the notion that wonder increases as speed decreases? Can you share a personal story of a time you slowed down and realized an increase in wonder? What helps you build the commitment to watch quietly?

In response, Jagdish P. Dave wrote on Aug 26, 2022 ...

Wonder Increases As Growth Decreases makes me think slowly and deeply. I wonder how many times I slow down to see the sun rising and setting, the birds chirping in my backyard, or the flowers changing colors. We live in a fast moving world with a sign I Don't Have Time. I used to slow down and relate to nature and human beings without rushing. I would pay my undivided attention to what was happening in the present moment and embrace it with wonderment. Walking on the fast moving lane I miss seeing the wonderful unfolding of natural beauty. Wonder decreases as speed increases. I need to slow down to appreciate what David Haskell says, " Wonder Increases As Speed Decreases." I have been learning the art of living, living fully in the present moment. Living this way, I enjoy the wonderment of the present moment unbound by the past and the future. Daily practice of sitting quietly and letting revealed the joy and light of the now consciousness helps me to live fully.

Namaste!

Jagdish P Dave

[Slavery To The Senses](#)

How do you relate to the notion of being bound to compulsive thought and compulsive action? Can you share an experience of a time you were able to act without being bound to your senses and thoughts? What helps you develop an intelligence that goes beyond the senses and thoughts?

In response, Jagdish P. Dave wrote on Sep 02, 2022 ...

My slavery or freedom depends on the state of my mind. My mind binds me, my mind frees me. Who controls my senses and my thoughts and feelings? My mind. Who is driving my life? My mind or my senses? If and when I let my senses be my master, my senses will pull me down into the ditch of all kinds of pain and suffering, If I let my mind be the master, I will be able to make wise and right choices. And this way I will be free from my compulsive thoughts and actions. Have I fallen into the ditch and emotionally hurt myself and others close to me? You bet! Being a human being, I have fallen down and ethically done wrong things called sins for which I have paid the price for suffering. I have learned from my downfall and have learned how to rise up. I woke up from my dark and gloomy sleep. I am mindful of not repeating the same hurtful cycle of misery. There is always inner light for guiding me on the right path. I need to keep my inner eyes open. I need to remain awakened. What helps me develop an intelligence that goes beyond the senses and thoughts? The light of awareness keeps me awakened. Regular practice of mindfulness meditation helps my mind to be calm and clear. Reading, inquiring, reflecting, and implementing the wise teachings from spiritual resources and the weekly satsanga meetings have been very helpful to me for staying on the path of awakening. There is always hope, hope for finding and staying on the Divine Path!

Namaste!

Jagdish P Dave

[On Love](#)

How do you relate to the notion that the solution to our world's problems is love? Can you share a personal story of a time you tried love as a solution to a problem? What helps you stay rooted in love?

In response, Jagdish P. Dave wrote on Sep 08, 2022 ...

It is my experience and understanding that unconditional love can solve world's multiple problems on different dimensions of life: physical, mental, emotional, relational, natural and environmental. Love unites people regardless of external or outward differences. Love is sharing. Love is giving. Love is offering. Love is serving and nurturing. Love is connecting. In the world we live in there is a lot of divisiveness. We need to find a common ground based on empathic understanding and compassion to respect people with different ideologies without fighting and hating. If we do not wake up the future looks very dismal and dark. Love can remove that darkness. I have friends with different political and religious ideologies. We have been able to maintain our friendship by having an empathic and open-minded and open-hearted stance. Differences do not create distances by empathy and compassion-the core components of love. It is not always easy to maintain equanimity and balance. If we do not maintain that stand life becomes a battlefield, causing a lot of internal emotional damage. I have learned not to give up but to persist with compassion and humbleness. What helps me stay rooted in love? As I have mentioned before, open-mindedness and open-heartedness, empathic understanding and compassion and humbleness help me stay rooted in love.

Namaste!

Jagdish P Dave

[Reality Of Actual Contact With Oneself](#)

How do you relate to the notion that we need to accept and inhabit our physical reality fully 'in order to experience ourselves and our environment as the single expanse of fundamental consciousness'? Can you share a personal story of a time your filters and projections began to dissolve? What helps you accept the experience of the presence moment fully?

In response, Jagdish P. Dave wrote on Sep 16, 2022 ...

What is consciousness? Do we reside in individual consciousness or universal consciousness? What happens when we break the intrinsic connection of oneness between our individual consciousness and universal consciousness? What blocks or breaks our perception and connection between our individual consciousness and universal consciousness? These are profound philosophical, spiritual, and scientific questions. According to my understanding and experience, both individual and universal consciousness are the same. We do not see and experience this union when we see ourselves and others including the environment with physical, mental, emotional, and social lenses or filters. I experience such Reality, such Truth, or my True Nature when I get deeply connected with the Upanisadic Hindu prayer mentioned by Judith Blackstone. This prayer is an invocation to the Divinity or luminous light within to lead us from Illusion to Reality, from Darkness to Light. The prayer is in words. Experiencing the truth of the prayer removes the darkness of ignorance and separation and unites me with light of Divinity. As mentioned before, invoking the light of Divinity by daily morning prayers helps me stay on the path. Practicing Mindfulness Meditation and remaining mindful with loving awareness have been very helpful to me to know my real and true nature and stay on the spiritual path.

Namaste!

Jagdish P Dave

[Why I Stopped Fighting](#)

How do you relate to the notion of being in a fearful situation without having a trace of fear or the intention to harm? Can you share a personal story of a time you saw a difficult situation transform due to an awareness of a deeper reality? What helps you see give yourself completely over to love in as many moments as you can?

In response, Jagdish P. Dave wrote on Sep 23, 2022 ...

On the outer surface we all are different in shape, size, strength and in many other ways. On that level some may join hands with us in friendship and some may punch us, beat us, or even kill us. But when we go deeper we can see the Reality, the oneness, Christ consciousness, the unitive consciousness, the cosmic consciousness. In that state the egoic mind which creates division within us and between us gets dissolved and we become children of God. That is essentially who we are. In that state there is no trace of fear or intention to harm. Sadly, most of us live on the surface and create walls of divisiveness and fight like cats and dogs. Once I was driving with my family to do a workshop for counselors. It was a rainy day. I had to stop at a gas station for filling up gas. As I was about to get out of my car, there were two guys who seemed to be very angry and hateful. One guy came out of the car, cursed me and pointed his gun towards me. Something happened in my heart and felt for the guy pointing gun towards me. He must have picked up that feeling in me. He waved at me and left me unharmed. Awareness of the situation and remaining centered calmed him down. How I relate to the situation makes the difference. I responded to him with empathic awareness and did not react to him. With practice of mindfulness, I have been able to relate to difficult and sometimes dangerous situations successfully. From a spiritual perspective the outward differences fade away and a deeper sense of Reality of oneness shines within me. I have realized that treating others with loving awareness and kindness transforms us. I pray that we relate to others with the deeper understanding of our true nature.

Namaste!

Jagdish P Dave

[Mental Immunity](#)

What does mental immunity mean to you? Can you share a personal story of a time you were able to avoid destructive emotions while still acknowledging the situation rationally? What helps you create a healthy disposition for your mind?

In response, Jagdish P. Dave wrote on Oct 02, 2022 ...

There is a wise saying: Prevention is better than cure. This wise saying can be applicable to physical pain as well as to mental and emotional pain. When we have physical pain we take pills to reduce the physical pain. A better way to deal with the physical pain is to find out what causes physical pain and to take actions to prevent it coming by taking preventive measures to create physical immunity. Likewise, we can prevent or avoid our mental and emotional pain by knowing what causes difficult and destructive thoughts and emotions. And that way we cultivate our mental immunity. I have been suffering from physical pain for quite some time. In order to reduce my physical pain, I take pain reducing pills. I also have consulted experts to discover the cause of physical pain and do whatever is prescribed to reduce the physical pain. I also apply other ways for

managing my physical pain such as relaxing breathing and Yogic stretchings. I have learned not to dwell on painful thoughts and not to get obsessed with these thoughts. The same way I deal with mental and emotional suffering. I follow three steps: Recognize and accept suffering. Inquire the cause of suffering with a kind, loving and compassionate attitude, and respond, not to react.. How do I relate to my suffering makes a vital difference. I have learnt not to react but to respond and do whatever I can create a calm and nourishing environment in my body-mind complex. Awareness, acceptance, creating a kind and compassionate attitude, patience and practicing non-judgmental mindfulness and meditation help me create a healthy mental disposition.

Namaste!

Jagdish P Dave

[Paying Attention](#)

How do you relate to the notion that our attention and how we process things can be easily compromised with distracting inputs that are irrelevant to the task at hand? Can you share a personal story of a time you brought back a wandering attention again and again? What helps you bring back a wandering attention?

In response, Jagdish P. Dave wrote on Oct 07, 2022 ...

Am I paying my full attention to what I am thinking, feeling and doing? Is my attention fully focused, whole -mindedly and whole-heartedly? Am I mindful and aware of what is happening externally and internally? If and when I am not aware of it then my attention will be hijacked. Without paying full attention to what is happening outside of me and inside of me I am getting my own mind imprisoned by myself. I find William James's recommendation of bringing the wandering mind over and over again very helpful. Doing it enriches my mind, my learning, my physical, mental, emotional, relational, and spiritual well-being. If I don't do that my life becomes fragmented, and it has a strong impact on a variety of functions of my life. It boils down to wise choice making. Right Knowing is Right Being. It is difficult for the mind to be one-pointed, non-flickering like the unflickering flame in a windless place as our mind wanders and gets scattered 30 to 50 percent of our waking moments. There are times when my mind flickers and gets kidnapped by external pleasant sounds, by pleasant sensory objects and by going back to the past events or thinking about future outcomes. Instead of denying what's happening in my mind I recognize it, accept it, and bring my mind back to what I am thinking, feeling, and doing. This way my mind remains focused on the stream of here and now consciousness. This way I free myself from the grip of wandering attention. It becomes easy to relate to the present moment fully. This is the art of living. May we cultivate this skill of paying attention to fill the cup of life with wonderment, joy, and fulfillment.

Jagdish P Dave

Namaste!

[A Flower's Job Is To Bloom](#)

How do you relate to the notion that 'the rose that blossoms in the wild is not a whit less than the one that does so in a show garden'? Can you share a personal story of a time you were able to find

freedom from a need for recognition? What helps you stay true to your nature, just like a flower's job is to bloom?

In response, Jagdish P. Dave wrote on Oct 14, 2022 ...

I love this passage authored by Srikumar Rao. All wisdom traditions teach us that happiness lies within us. All of us regardless of outward differences have the potential to blossom like a rose that blossoms in the world is not a whit less than the flower that blooms in a show garden. Our job as a flower is to let it bloom. Our fulfillment lies in letting the flower bloom. We all are children of God, and we let ourselves grow as we are. When we live this way, we do not let our joy and happiness be controlled by the spigot of other people's attention, appreciation, acclaim, and admiration. Living this way, as the author says, "We construct a prison around us and hand that person the key." Living this way, we let our worth defined extrinsically and that way we create unhappiness in our life. When we value our worth intrinsically then nobody can diminish it. So, it is all up to us to be happy and fulfilled by being ourselves.

Namaste!

Jagdish P Dave

[*Meeting Our Own Mortality*](#)

What does cultivation of empathy through deep inquiry mean to you? Can you share a personal story of a time you examined your own mental model and saw a shift in your perception, helping you show up differently in your life? What helps you tend the seed of seeing the world as 'a complex yet beautiful spectrum of colors'?

In response, Jagdish P. Dave wrote on Oct 23, 2022 ...

Cultivation of empathy for me, for others and the world depends on the way I perceive. If the lenses of my perception are narrow, clouded and self-centered, my realization of the reality will reflect my perception. As I know the Reality is One, but it is perceived differently by different people according to their ways of looking at it. About 5000 years ago Indian Sages have proclaimed "Ekam sat vipraha bahudha vadanti"-The Reality is One and is seen differently by different seers. It is my realization that there is Oneness in Manyness. I need to go beyond my personal narrow brand to broad brand. If I don't expand my vision my empathic relationship with me, with others and the world will be limited. When I was young my mental model was narrow and rigid brand. Over the time my mental model has become more brand. By practicing Mindfulness Meditation and cultivating and sustaining an attitude of nonjudgmental awareness and loving kindness I have been able to see the world as 'a complex yet beautiful spectrum of colors.'

Namaste.

Jagdish P Dave

[*Hope*](#)

How do you relate to the notion that hope, and fear are two sides of the same dynamic? Can you share a personal story of a time you were able to move beyond hope and fear and see clearly how you could contribute in meaningful ways? What helps you stay rooted in your contribution?

In response, Jagdish P. Dave wrote on Oct 28, 2022 ...

Addiction to hope or any other thing causes suffering. When I am addicted to hope for creating changes internally as well as externally, I am paving the path of disappointment. Addiction is like clinging to hope for changing what I hope to change. Sadly, such clinging or being attached to even a worthy cause result in suffering. I want to change, I hope to change but I am afraid to change. What if things don't go right? What if I lose in my efforts to create change? As the author Margaret Whitney says hope is bipolar. Hope and fear are two sides of the same dynamic. When I have unrealistic hope and when I get addicted to it I cause my own suffering. I have realized that my addiction to hope creates misery. Freeing myself from the addiction to hope is a wise way of living. I create my own suffering, and I can be free from my own suffering. We cultivate skills of being rooted in the ground so that the winds of change and hope may not uproot us. Practicing the skill of awareness has helped me to be free from Hopium. May we all be free from Hopium!

Namaste!

Jagdish P Dave

[Two Stonemasons](#)

How do you relate to the stories of the two stonemasons? Can you share a personal story of a time you had a sense of purpose for your hard work? What helps you find and connect with a sense of purpose in your work?

In response, Jagdish P. Dave wrote on Nov 05, 2022 ...

I love the story of the two stonemasons. When it comes to choosing and doing a job, my fundamental question is teleological: How the work I choose to do fulfills the purpose of my life? Do I love to do this work? Does this work fill the cup of my life with joy and happiness? Does this work serve a higher purpose besides paying my bills? Is this work a part of something bigger than the job I am doing? Is my work a labor of love and selfless service? After I graduated from a college I chose to teach not only for bread butter, but my teaching brings a lot of joy and fulfillment in my life. My father's advice was very simple but very profound: Follow your heart. Love what you do. With this attitude work becomes worship. I have been following his advice and it has brought deep satisfaction and joy. Listening to my inner voice and following it has created golden light of deep fulfillment, happiness, and joy in my life. May we all find the purpose of living and live our life fully! Namaste!

Jagdish P Dave

[Small Kindnesses](#)

How do you relate to the notion that the small everyday kindness we express and receive could be the true dwelling of the holy? Can you share a personal story of a time you felt blessed by a small kindness? What helps you remember kindness in a brief moment of exchange?

In response, Jagdish P. Dave wrote on Nov 11, 2022 ...

Reading this passage by Danusha Lameris reminds me of two of my favorite authors: F.F. Schumacher who wrote 'Small Is Beautiful' and Mother Teresa who wrote 'Be Kind Anyway'.

Kindness done from our loving heart opens the door to Divinity, "the true dwelling of the holy." We get many opportunities to receive and express gifts of small acts of kindness every day of our life. Such gifts bring joy and happiness to the giver and the receiver. It creates holy or spiritual connections regardless of outward differences-financial, political, racial, or religious. I was born and raised in a relatively poor family. Financially we were poor, but inwardly we were affluent. I saw my parents giving small amounts of food to hungry people. Seeing them happy by these small acts of kindness was a blessing to us. This gift of giving has opened my heart and has made me very happy and enriched. I am blessed to have such parents for teaching me the value of acts of kindness. They provided good modeling, and I am very grateful to them for giving me the gift of kindness. May we all do small acts of kindness in whatever way we can.

Namaste!

[*Good Bones, Pushing Water*](#)

How do you relate to the notion of the slow leak being a metaphor for our lives in perpetual motion ignoring small signs of a problem until it becomes a crisis? Can you share a personal story of a time you were able to see the big looming crisis in a small leak? What helps you start the messy work of tending to what has been unduly burdened?

In response, Jagdish P. Dave wrote on Nov 18, 2022 ...

As the author Carrie Newcomer says, either "overwork (the most revered attention in our culture) or a selfless form of not taking care of myself (a revered spiritual misconception in our culture). " Living this way creates perpetual imbalance in our life. It creates and perpetuates an energy draining cycle. According to me, a wise way of living is creating a dynamic balance in my life. Another lesson I learned from this story is how to connect with the deeper inner part of my being. As Thomas Merton calls the "True Self" or as the Quaker calls "The Inner Light" or as the Vedic sages call "The Light Within." All of us have the inner trusted "spiritual good bones". We are born with this inner gift. And all of us have some trusted outer resources. A wise way of living a happy, creative, and peaceful life is creating a dynamic between these two trusted resources. We need to wake up from our sleep to see the inner light and remain awakened. Like any other being, there have been times in my life when I have made harmful choices, creating suffering in me and in people close to me. I learned valuable lessons from my suffering. I woke up and saw "The Inner Light", my "True Self". We create our own internal messiness, and we create our own burden. What helps me to end my suffering and be free from it is introspection, compassionate mindfulness, and remaining awake. Living my life this way requires selfwork: patience, endurance, open-mindedness, and open heartedness. When I live this way my life becomes a blessing to me.

Namaste!

Jagdish P Dave

[*Appearance As A Gift*](#)

How do you relate to the notion that this appearance can be seen as a gift? Can you share a personal story of a time you were able to move beyond dualistic relating and instead center in love?

What helps you see everything you encounter as your own infinite Self in and through endless forms?

In response, Jagdish P. Dave wrote on Nov 26, 2022 ...

Relationships give birth. Relationships nourish life. Relationships connect us. How do we relate to each other makes a big difference. Relationships unite us. Relationships divide us. Re become a freind. Reltionships can be an enemy. Healthy relationships create oneness. In wholesome relationships, me becomes you, you becomes me. There is no dualism in healthy relationships. There is Divine union. Our True Identity, our True Nature has no divisiveness. Body and mind have forms. Soul is formless. When we perceive the Realty this way it becomes a gift. Life becomes a blessing. I felt oneness between me and my parents, me, and my spouse, between me and my friends, between me and a stranger, between me and nature. In such relationships, I felt oneness. Daily meditations have opened the door of Oneness for me. When we do weekly satsanga we feel such oneness. In such experiences the individual self becomes the universal Infinite Self. It is an experience of Unitive Consciousness.

Namaste!

Jagdish P Dave

[*How We Wrestle Is Who We Are*](#)

How do you relate to the notion that how we wrestle is who we are? Can you share a personal story of a time you evolved after wrestling with your heart? What helps you grow a new heart out of the old one?

In response, Jagdish P. Dave wrote on Dec 02, 2022 ...

There are two sides of the Self: selfish and selfless; greedy and genreous; sinful and sinless. When we are born There is pure self. As we grow we are conditioned by outside sources which create an imbalance between me and the other. The innate oneness and wholeness is fractured or divided. So, we wrestle with ourselves, between the wrong side of ourselves and the right side of ourselves. We live in a divided inner house which drains our energy. When we wake up and see the light we see our Real Self-beyond dualism, beyond boundaries. And that's who we are. We become 'mewe'. Life is a journey with ups and downs. There have been times in my life when I lost the dynamic balance and harmony in my interpersonal relationships and cause suffering in me and in others who loved me. I learnt the right, the whlesome way of relating to me and to others close to me. There is HOPE for evolution and transformation. It is an intrapersonal and an inetrpresonal dynamics in relationships. Look within with open, clear, and unbiased eyes to discover our True Self, our pure consciousness and live life in accord with our True Self. Daily uninterrupted practice called nirantara abhaysa and non-attachment called anasakti, and of remaing awake and aware of my thoughts, emotions and actions helps me walk on the path of liberation and peace.

Namaste!

Jagdish P Dave

[*How Much Silence Is Too Much?*](#)

What does a genuine and deep communication mean to you? Can you share a personal story of a time you communicated after recharging in silence? What helps you reconcile seeking solitude with avoiding the trap of disengagement?

In response, Jagdish P. Dave wrote on Dec 09, 2022 ...

I always value a balance between talking and remaining silent; a balance between open mouth and closed mouth. I apply this principle in my communication with people in my daily life. When I do not have such balance, my communication with people becomes shallow, superficial, and inauthentic. In order to have a deep and authentic communication, we need to learn to listen attentively, to be silent to process our ideas, thoughts, and feelings. Between stimulus and response, there is a gap and in that gap of silence, deep and genuine communication is born. Silence, reflection and empathic understanding are the core ingredients of deep and genuine communication. I have learned to create dynamic balance between talking and maintaining alive silence. In my couple counseling sessions, I teach this balance, and I see how this practice helps the couple to be engaged with each other in deep and meaningful ways. When and why seeking solitude is very important. The purpose of seeking solitude is not avoid engagement with each other. The purpose is to take time out to have a quiet space to reflect deeply on what works and what doesn't work in remaining engaged with each other. This way seeking solitude is not a trap but to enrich relationships. It is a blessing.

Namaste!

Jagdish P Dave

[*Gamble On Humanity*](#)

How do you relate to the notion that love is the only revenge? Can you share a personal story of a time you gambled on humanity? What helps you commit to 'life unto life'?

In response, Jagdish P. Dave wrote on Dec 17, 2022 ...

Gamble On Humanity written by Ayisha Suddika presents a bold, brave, and courageous perspective on dealing with serious problems we have been facing in the world: problems like social injustice, racial and other forms of discrimination, and worldwide pollution. There are different ways of dealing with such problems. Such as ignoring them, having an 'ostrich mentality', or taking revengeful actions. Great contemporary leaders like Mahatma Gandhi, Martin Luther King Jr, Dalai Lama, and a few others have taken a different route: a route of non-violence, demonstrations, compassion, service, and unconditional love. Such leaders have taken road less traveled even at the risk of being assassinated. Under the leadership of Mahatma Gandhi India followed the path of civil disobedience and non-violence. He took a gamble, a bold innovative step. We followed his path of non-cooperation and non-violence and got liberated from the grip of the British rule. I have been following this path in dealing with social and political injustice. Building my "house" on this foundation and living in it with firm determination helps me commit to "Life unto life." Let me conclude with the words of wisdom spoken by Mahatma Gandhi: "Eye for an eye will make the whole world blind."

Namaste!

Jagdish P Dave

[*Be Vigilance*](#)

What does being vigilance mean to you? Can you share a personal story of a time you were being vigilance? What helps you be vigilant about what has not moved?

In response, Jagdish P. Dave wrote on Dec 23, 2022 ...

To me vigilance is to remain awake and aware of the reality unfolding right in front of my outward and inward eyes. When I keep my outward and inward eyes clear I make wise choices. Light of vigilance helps me see things as they are and not to be deluded. It is very important to me to remain awakened and aware of the physical, mental, emotional, behavioral, and relational dimensions of my life. When I am vigilant about how I relate to these dimensions of my life everyday living becomes joyful and blissful. As I have mentioned before, awakening and awareness helps me live blissfully. Light of vigilance helps me to live mindfully and fully.

Namaste!

Jagdish P Dave

[*Look Around In Wonder*](#)

How do you relate to the notion of the river running within? Can you share a personal story of a time you jumped into the river you saw running within? What helps you look around in wonder?

In response, Jagdish P. Dave wrote on Dec 30, 2022 ...

I love to read and re-read this beautiful poem Look Around In Wonder by Davis Griswold. It's a song of Wonderment, a song of Wow. The Wow experiences are happening in the Outside Natural World as well as in the Inside World, the world of the Mental, Emotional, and Spiritual dimensions. Both worlds offer gifts of surprise, wonderment, and inspiration. It's a dynamic world with its own rhyme and rhythm. The following four lines of the poem touch my heart and inspire me to live a life of wonderment: Look above and look below And look at last within. You'll see a river there, And when you do, jump in. The inner river is the river of delightful surprises, amazement, and fulfillment. I have been blessed to have such wow moments when I am in the midst of nature deeply enjoying the wonderful Divine creation and in the company of loving and caring people. It happens when I am walking on the spiritual path, receiving and offering gifts of unconditional love. Wonderment happens when I do not live in the past or worry about the future. Past is gone and future has yet to arrive. Living in the present moment mindfully with an open heart and practicing meditation regularly keeps the flame of curiosity and wonderment alive and unflickering.

Namaste!

Jagdish P Dave

[*What Exactly Is Love?*](#)

How do you relate to the notion that finding love is only possible when thought comes to understand itself and comes naturally to an end? Can you share a personal story of a time you were not seeking, wanting, or pursuing, and experienced love? What helps you go beyond the turmoil of thought and root in love?

In response, Jagdish P. Dave wrote on Jan 07, 2023 ...

Where there is no fear, no doubt, no hesitation, no conditions there is love. Such love unites us and creates unbroken and undivided oneness. As I understand from my own experience, such love creates unity and oneness within and without, personal and interpersonal. My mother used to tell me, "You cannot love others if you do not love yourself." She was a living example of such deep, pure, truthful, and blissful love. My mother planted the seeds of such pure love and the seeds, and they grew into a fragrant and flowering plant. I have been blessed to be with people who has opened their arms to welcome me with deep affection and love. Mind can be our friend, and mind can be our foe. When I use my mind to understand what causes disunity and what causes unity, my mind is my friend. I also have come to understand the power of heart, the power of kindness, compassion, and love. We need three H's to live fully: Head, Heart and Hands. We need to cultivate intellect, love, and skillful hands to live a life of selfless service, unconditional love and purity of heart. These are the foundations of intrapersonal, interpersonal and communal wellbeing. And we all can do this. Namaste!

Jagdish P Dave

[*An Ode To Low Expectations*](#)

How do you relate to the notion that the dearest freshness and dearest shoddiness both live deep down things? Can you share a personal story of a time you were able to revise your expectations downward and extend forgiveness to yourself and others? What helps you rest in actuality?

In response, Jagdish P. Dave wrote on Jan 14, 2023 ...

I expect success or good results from what I do. The same way I expect success or good results from what others do. There are times when my expectations from me and from others were not realized. When my expectations from me and from others were realized I felt happy and gratified. And when they were not realized I felt disappointed and unhappy. What have I learned from my reflections on my satisfaction and dissatisfaction is to have realistic expectations from me and from others. This is better than being bound by my expectations from me and from others. However, the best way is to do the best I can without expectations of any kind. To do what I can do without being attached to the expectations of my own actions or the expectations of other's actions. This way of living brings fulfillment, peace and happiness. It helps me to live in actuality and in freedom. Namaste!

[*Welcoming The Stranger*](#)

What kind of lifestyle have you subscribed to, and how does your physical life harmonize with your internal life? Can you share a personal story of a time you took stock of your inner world and then harmonized your outer action? What helps you truly welcome the stranger at the door of your heart and the one at the door of your home with no strings or judgements attached?

In response, Jagdish P. Dave wrote on Jan 20, 2023 ...

I like the way the mother of the three year old daughter relates to her daughter welcoming the strangers. She is supporting her open-mindedness and open heartedness. She is also concerned

about strangers taking advantage of her daughter's welcoming the strangers. Her concern is valid as we know there are people who may take advantage of her innocence. She came up with a compromise. She found a way to teach her to "read" the room inside her heart, to tap into her natural intuition to sense real safety versus real danger. I trust my intuition for making the right choices in relating to strangers in my life. I do not either knively trust strangers or shun them and stay away from them. I become aware of what kinds of vibrations I feel in my body and mind and act accordigly. Have I been always successful in relating to strangers? Of course not. My philosophy of relating to strangers with an open mind and an open heart has caused me suffering. I have learned valuable lessons from my suffering: Not to trust strangers blindly. I trust my intuition in relating to strangers and it has helped me to enrich my life. Authenticity, intuition, open mindedness, and open heatedness have helped me to truly welcome the stranger at the door of my heart with no strings or judgements attached. There is a joy in welcoming strangers.

Namaste!

Jagdish P Dave

[*Reclaim Your Chicken*](#)

What does reclaiming your chicken mean to you? Can you share a personal story of a time you were able to experience peace throughout your whole nervous system? What helps you feel harmony even with imperfection?

In response, Jagdish P. Dave wrote on Jan 27, 2023 ...

Who is running your life chicken or you? Are you like a chicken running around with your head cut off or are you a head running around with your chicken cut off? Who runs your life? Does your desire run your life, or your thinking clear mind runs your life? From my own experience whan I let my desire run my life I get into trouble. This is the way I relate to the metaphor of chicken and head. My nervous system gets disturbed when my desire, intention and action are not in harmony or in sink with my thinking. I do not like this tug of war within myself. Life teaches us lesson if we are aware and open to see when I get off the track. I know I am not perfect. I have learned not to get imprisoned by my unrealisic desire and that way suffer. Since I am not fighting with my own self I feel more free and do the best I can. I do not want to be my own enemy. I want to be my friend and live in harmony, in accord with my desire, intellect and actions. Self-examination and following the inner voice of wisdom have helped me live a harmonious life. May I live in harmony.

Namaste!

Jagdish P. Dave

[*The Cauldron Of Time*](#)

What does 'the empty well of original bliss' mean to you? Can you share a personal story of a time you took the invitation to go beyond inspiration and illumination? What helps you reorient toward the dark night where nothing and everything are one?

In response, Jagdish P. Dave wrote on Feb 03, 2023 ...

I love the way James O'Dea expresses the spiritual way of filling the empty well of original or Divine

bliss. As Gautam Buddha announces his awakening and attaining the original bliss: Gate, gate, paragate, parasangate, Bodhi swaha: Gone beyond, gone beyond, gone beyond the beyond. What an awakening? What a bliss? When we go beyond what binds us to the material things and what we get attached to, we taste the freedom, unconditional love, and bliss. I have learned the for Noble Truths of Buddha's teachings. The first noble truth is suffering. The second noble truth is there is a cause of suffering. The third noble truth is that suffering is transitory. It comes and goes. The fourth noble truth is there is a way to end suffering and be liberated. Whenever I have gone through deep emotional suffering I have accepted it with self-compassion and self-work. This way I have gone through darkness and go beyond it to be blessed by the Divine Light. In that light I see the oneness where nothing and everything are one. It is where the self becomes the Self. Where individual consciousness becomes Unitive Consciousness.

Namaste!

Jagdish P Dave

[*Being Nice Isn't The Same As Being Kind*](#)

How do you relate to the distinction between being nice and being kind? Can you share a personal story of a time you truly endeavored to make an interaction rich and meaningful? What motivates you to extend yourself when it's terribly hard and tremendously inconvenient?

In response, Jagdish P. Dave wrote on Feb 10, 2023 ...

I like what Dr. Dale Turner used to hand out little green cards with two simple words printed on them: "Extend yourself." Going beyond oneself and helping someone who needs help without any expectation in return is kindness. Kindness comes from the caring heart. Being nice is superficial and not deep like kindness. It is easy to be nice. It does not require genuine efforts to be nice. In kindness, we offer our hand to someone to lighten his heavy emotional burden and soften his heavy heart. We all go through suffering. When I see agony of pain and suffering in someone's eyes I compassionately listen to him and reach out to do whatever I can do to reduce his suffering. Such actions enrich my heart with deep gratification. I would like to conclude my reflection with the words of the author Donna Cameron: "That's when the need is greatest and transformation dances on the edge of possibility. That is the time to take a deep breath and invite kindness to dance"

Namaste!

Jagdish P Dave

[*Presence Of Things Beyond Flesh*](#)

How do you relate to the notion of finding one's voice in a space where no one knows you? Can you share a personal story of a time you shifted from intellectual knowing to genuine caring? What helps you expand to fit the limitlessness of the wild world?

In response, Jagdish P. Dave wrote on Feb 17, 2023 ...

Usually we are in the world filled with agenda of what to do. We hardly find a space of aloneness, a place of noiselessness and a place of quietness. We live in the world of having more, doing more, talking more, hearing more, and going after more. There is hardly any place where the mind is not buzzing and where the mind is empty and is in the present moment. I love to be in a place where the

wordly noises fade away and there is the presence of the present moment. Head is for intellectual knowing and heart is for emotional being. We need both head and heart. We need to have a dynamic balance between head and heart. When I want to know something new, something unknown I use my head. When it comes to genuine caring either for myself or for others I get connected with my heart. Intellect is the language of the head. Loving and caring is the language of the heart. When I read something new I use my mind to get it. When I listen to poems or music or walk in nature or see the smile of a child I feel joyful feelings and a sense of deep connectedness. When I meditate I feel the flow of blissful energy or blossoming of a flower. or hear the sound of silence.

Namaste!

Jagdish P. Dave

[*I Have What You Need*](#)

How do you relate to the notion that our original nature is a treasure waiting to be discovered? Can you share a personal story of a time you let the world go and connected with the purity of your original nature? What helps you let go of your addictions to objects and experiences?

In response, Jagdish P. Dave wrote on Feb 24, 2023 ...

It is indeed an irony that we lose ourselves by our own selves. We lose our own freedom by letting our hands be tied by our own addictions to certain objects and experiences that can never bring deep and lasting satisfactions in our life. We are chasing the shadows to find our original self. I love what Rumi says, "How long we fill our pockets like children with dirt and stones? Let the world go. Holding it, we never know ourselves, never are airborne." It is difficult to wake up and see the light. It is difficult to break the chain of addictions or unwholesome attachments to things and experiences that bring superficial and short lived pleasures. I have been working on myself to get rid of those temptations and to be free from those self-limiting attachments. Recognizing and accepting my own limitations and working on them to overcome has been very helpful to me. Seeing the rays of light diminishes the self-created darkness. Such awakening and awareness removes the dust covering my vision to see the purity and treasure of my original nature. Daily practice of mindfulness meditation has been one of the most effective and helpful ways for me to break the self-created chain of attachments to objects and experiences. Daily practice of meditation helps me discover the treasure of original nature and be airborne and free.

Namaste!

Jagdish P Dave

[*Integrity Is A Quality Of Being*](#)

How do you relate to integrity as the most intimate substance of our being? Can you share a personal story of a time you refused to dilute your inner sense of truthfulness to satisfy or appease anyone? What helps you avoid the temptation to compromise on your integrity?

In response, Jagdish wrote on Mar 04, 2023 ...

Who am I? Am I my authentic self? Am I my real self? Do I know myself and reveal myself as I am? Or am I projecting my image to be liked, appreciated or admired by others? I value myself as I am. Integrity is core of my being. Integrity is the core quality of my being. It is the important fiber of my

being. I do not have difficulty in accepting myself as I am. There have been times when I keep quiet about speaking the truth because I do not want to hurt feelings of people close to me. I am learning how to tell the truth without sugarcoating it. It's a challenge to tell the truth as it is without hurting the other person. I have learned to tell the truth in an empathic and compassionate way. I speak the truth gently and softly.

Namaste!

Jagdish P Dave

[*The Grand Predicament*](#)

How do you relate to the notion that our deepest experience can be re-known in a moment of surrender and non-seeking? Can you share a personal story of a profound experience of belonging when you stopped seeking and surrendered? What helps you stay rooted in the inner view?

In response, Jagdish P Dave wrote on Mar 09, 2023 ...

We are looking for the Reality or the Truth using our outer eyes and feel disappointed or lost. We keep on searching and seeking for something which is inside ourselves. It's a futile and never ending search. When we consciously let go of such seeking and striving and when we look within with inner eyes we instantly and effortlessly find what was already residing in our heart. It is a paradox: by letting go we get it. There have been times in my life when by surrendering my ego I have experienced profound love, nourishment, and fulfillment. I remember what my father used to say, "Look within and you will find what you're for. Look without and you will lose it." As I grew up I could see the wisdom in what he was saying. I regularly practice meditation to listen to my inner voice. Introspecting, looking within, is also very helpful to me to stay rooted in the inner view.

Namaste.

Jagdish P Dave

[*A Turtle's Silver Bead Of Quietude*](#)

How do you relate to the turtle's journey of change rooted in trust? Can you share a personal story of a time you took on a journey of change while trusting that your broader context was on its own trajectory of change? What helps you respect and reflect trust when designing change?

In response, Jagdish P Dave wrote on Mar 17, 2023 ...

Everything changes. Seasons change. Weather changes. Climate changes. Our body changes. Our mind changes. Our relationships change. Our energy changes. There is rhythm of change. The challenge is how do we relate to the wheel of changes. Acceptance of changes without resistance is a healthy and growth promoting way of coping with the changes. Taking a stand firmly, not rigidly, is another way of relating to and working on it without resisting and fighting against change. Denying, resisting, fighting, suppressing or giving up is not the wholesome way of relating to change. And that way we become agents of change. Life is a journey. In my life journey, I have encountered many small and big challenges. Some challenges were very difficult to go through. Changes like deaths of people whom I loved and admired. I distinctly remember the evening when I heard on the radio the announcement of Mahatma Gandhi's assassination. I was 21 years old. I was shocked, profoundly saddened and very worried. Since then, I have witnessed deaths of many people whom I

loved dearly. The serenity prayer has helped me go through ups and downs of life. Practicing mindfulness meditation has been very helpful to me for working on my pain and suffering. Implementing the three steps recommended by Dr. Rick Hanson in his book Making Great Relationships are also very helpful to me. The three steps are: Let In. Let Be. Let Go. Allow distressing emotions come. Process them mindfully and be free from them by letting them go. Another way that helps me go through twists and turns of my life is not to be bound by my expectations. It is like freeing myself from myself and by myself.

[*Interbeing*](#)

What does Interbeing mean to you? Can you share a personal story of a time you were deeply aware of a giant 'all' participating in action through you? What helps you remember the entire lineage that lives through you?

In response, Jagdish P Dave wrote on Mar 24, 2023 ...

To be is always to "inter-be. This is good awakening call for me. It is a guiding star for me. We are all connected with each other. We do not have a separate existence. We are intrinsically connected not only with other human beings but also with animals and with nature. We are an intrinsic part of the whole. We do not have an independent and isolated existence. We are connected with each other, and we are all one. I was born by the union of two different human beings having two different identities. For creating a new person in their life, they got united with each other and created a unified identity. I was raised in a family in which we felt deeply connected with each other. I never felt lonely. That was my experience, and it built the foundation of my identity. Though we were relatively poor, we had inner abundance. I am grateful for receiving such precious gift coming from their hearts. There have been times when I have missed the steps of living as an interbeing person. Living that way caused suffering in me and I others related to me. Suffering helped me walk on the path of inter being. I have learned to look within to be aware of my limitations, to go through them with mindfulness and loving kindness. Living this way is a blessing.

Namaste!

Jagdish P Dave

[*You Gotta Wobble Before You Stand*](#)

What do you make of the notion that everyone of us is a child and also ancient? Can you share a personal story of a time you became aware that everything lives inside you? What helps you let life take you by the hand?

In response, Jagdish P Dave wrote on Mar 31, 2023 ...

A child's mind is open and curious to know and explore. A child's mind is not stuffed and stuck with the past which is gone and the future which is yet to come. Living fully in the present moment is the way of living freely. Each one of us has the potential to live life with contentment. This is an eternal message given and lived by ancient wise and enlightened people. The door of living this way has been always open. We need to have an open and unbound mind to walk through it and embrace life fully. I feel fulfillment and deep contentment when my mind is free from self-created noises; when my mind is not hijacked by what happened in the past or thinking about future. I pay single-pointed

attention to the present moment when I am reading, writing, walking, listening, and observing. It is called The Beginner's Mind, the mind, which is open, free, fresh and awakened. I realize that this is the way of living. However, there are times when my mind dwells in the past or worries about the future. Mindfulness helps me to walk on the path. Wakefulness helps me not to go back to "sleep". Awakening, awareness and acceptance are my everhelping friends and I am grateful for keeping me on the spiritual path.

Namaste!

Jagdish P Dave

[*Don't Waste A Curse On The Universe*](#)

What do you make of the notion of wasting a curse on the universe? Can you share a personal story of a time you bent to a storm and let it go over you? What helps you make peace with the fact that some things must go wrong our whole life long?

In response, Jagdish P Dave wrote on Apr 08, 2023 ...

Life is not always a bed of roses. It has also painful thorns. The Buddha makes a wise reflection on suffering. He calls it a noble truth. Why do we suffer? What or who causes suffering? Once we know the cause of suffering, we can learn about suffering and when we apply this knowing, we can be free from our self-created suffering. Then there is no blaming, no fighting, no denying. We free ourselves from the grip of suffering. This is the way of being enlightened. Knowing the cause of suffering is the way of reducing or becoming free from the self-caused suffering. Knowing is one thing. Practicing and implementing is another thing. I know the path of ending the suffering. However, there are times when I have missed the mark and caused suffering to me and to others who have loved me unconditionally. I have related to my suffering compassionately and this knowing has helped me not to create my own suffering and that way I do not cause suffering in others who love me. Being honest and authentic with my own self, being loyal to my own self, and relating to myself and others who might have caused suffering to me compassionately has been liberating me from my pain and suffering.

Namaste!

Jagdish P Dave

[*Being Acted Through*](#)

How do you relate to the notion that order is implicit in life without needing a hierarchical external power? Can you share a personal story of a time you found yourself empowered to act through those for whose sake you were acting? What helps you see synergy as grace?

In response, Jagdish P Dave wrote on Apr 14, 2023 ...

Nature has no hierarchical external power. There is an intrinsic order in nature like the rising and setting of the sun or ebb and flow of the water of the ocean. Nature has her own rhythms. Seasons of nature change naturally. Our bodies and minds change as we grow through life cycles. There is an implicit order. If we shake our welcoming hands with natural changes life moves gracefully. When I hold the tired hand of someone with empathy and compassion I feel deeply connected with that person and feel empowered to help. My helping hand is filled with joyful energy for helping

someone who needed help. There is an alignment of head, heart, and hand. We are no more strangers. We are brothers and sisters. We are soul mates. And that is the synergy of grace.

Namaste!

Jagdish P Dave

[*The Extraordinary In The Ordinary*](#)

What do you make of the trap of inflation in spiritual life? Can you share a personal story of a time you resisted the temptation of inflation and saw the extraordinary in the ordinary? What helps you serve without effort?

In response, Jagdish P Dave wrote on Apr 21, 2023 ...

This passage reminds of me of one line of a song I used to sing. It is in Gujarati, my mother tongue. Namaste' dodatu ave'. Translation: It comes fast if you don't ask. It stands for spiritual blessings- Divine Gifts. Spiritual gifts do not come to us when we have selfish desires, self-interest and self-serving mindset. "In giving we receive" as St Francis of Assisi says. Or as The Rishi of Ishavasya Upanishada says in Sanskrit, "Ten tyaktena bhunjitaha". Renounce and rejoice. Sadly, the world we live in values more the merrier, and there is no end to possessing and grabbing more and more. We were born in a relatively poor family, but we didn't feel poverty in our heart. My mother was very hospitable and generous. My friends who were brought up in rich families would come to see me at lunchtime. My mother offered them very simple food to eat. They enjoyed eating simple food with great joy. They loved to cherish the simple food as it was made with the sweetness of her heart. I still feel the sweet presence of my mother in my heart. I was blessed to have such a loving mother in my life. I am very grateful to her for planting the seeds of spirituality in my heart. The more I fertilize them with selfless service and unconditional love, the more my life blossoms with fragrance of deep joy and contentment.

Namaste!

Jagdish P Dave

[*Our Practice Is To Close The Gap*](#)

How do you relate to the notion that enlightenment is the absence of pursuing any goal? Can you share a personal story of a time you saw through the mirage of the subject being separate from the object? What helps you close the gap?

In response, Jagdish P Dave wrote on Apr 28, 2023 ...

Being has no -time and no- space boundaries. Being is ONE and WHOLE. Being is UNIVERSAL. I have read this truth and heard about it many many times. And I also know that TRUTH needs to be realized, to be lived. And when I live this way, the dividing walls of me against you break down and we spiritually become one. There is oneness in manyness. In fact, there is only ONENESS and that is who I am and that is who you are, and that is we are. There is no subject object duality. Enlightenment is seeing this nondual existence and living it. I feel the light of enlightenment when I love someone unconditionally, when I serve someone selflessly, when I feel unitive consciousness in meditation. Wakefulness, awareness, looking within and practicing mindfulness meditation have been very helpful to me to see through the mirage of the subject being separate from the object,

closing the gap between the subject and the object.

Namaste!

Jagdish P Dave

[*End Of The World*](#)

How do you relate to the notion that the end of the world is about the end of a way of knowing the world? Can you share a personal story of a time you rediscovered the importance of encounters that are proportioned to the kind of creatures we are? What helps you remember that you are not alone, but a part of many worlds?

In response, Jagdish P Dave wrote on May 05, 2023 ...

The end of the world is the beginning of the world. The death of the world is the rebirthing of the world. As Dougald Hine says, "It is a work of midwifery" facilitating the birth of a new life with an open heart and with the support of the head. Whenever an innovative and creative idea arises in me, I welcome it with open hands, an open mind, and an open heart. For the new idea to be born, I need to let go of the attachment of the old and worn out ideas. There have been times in my life when I have embraced the uncertainty of the outcome of a new idea by letting go of the old, safe, and familiar ideas. It is an adventure worth taking. A few years ago, I had spent a month in a community where we were encouraged to listen to our unconditioned voice and follow it without societal inhibitions and prohibitions. This experience helped me realize how I had built walls within me. Reconizing such walls and taking bold steps to overcome them made me free from the self-created bondage. It is up to me to be aware of such walls and obstructions and have courage to transcend them. It is a journey. What helps me to walk on the path is open mindedness, open heartedness, mindfulness, and courage. This is an ongoing journey, and I am happy to travel on this path with fellow brothers and fellow sisters.

Namaste!

Jagdish P Dave

[*Shape Of Silence*](#)

What does listening to the shape of silence open up for you? Can you share a personal story of a time you became aware of different silences? What helps you listen deeply to the different shapes of silence?

In response, Jagdish P Dave wrote on May 12, 2023 ...

There are many shapes of silence. Silence in the mind. Silence in deep sleep. Silence when I am fully present without being distracted by the past or hijacked by the future. There is meditative silence when the mind is here and now. There is relational silence, silence of attention. Silence of oneness. Silence in nature when the human voices are quiet. Silence in deep dreamless sleep. Reading this passage reminds me of a story I had read some time ago. It is an old story. Lao Tzu, the chinese philosopher and author of The Tao, was passing by a village. It was nighttime. He was invited by the village chief to spend the night at his place. Early in the morning Lao Tzu was ready to go for a meditative walk. The chief requested that he walk with Lao Tzu. Lao Tzu welcomed him to walk with him. After a while, the sun started rising filling the clouds with beautiful colors. The chief

expressed his wonderment by saying, " Look how beautiful the sky is looking!" Lao Tzu rebuked the chief by saying these words, " You talk too much." He taught him a good lesson of silence and a lesson of mindfulness. I have learned to listen to silence by practicing mindfulness meditation. The clouds of agitated thoughts and disruptive emotions fade away, and I see the sky of clarity. The noises in the mind go away and I feel the presence of silence. Such experiences are very profound, and they help me to realize my true identity. May we all cultivate openness, clarity and silence! This is the way of being.

Namaste!

Jagdish P Dave

[*Letting Someone Know They're Not Alone Is No Small Thing*](#)

How do you relate to the notion that you never know what can make a difference to someone? Can you share a personal story of a time you let someone know they're not alone? What helps you stop thinking about yourself?

In response, Jagdish P Dave wrote on May 20, 2023 ...

If and when I relate to someone without preconceived notions and prejudices I get connected with that person easily. I need to keep my mind open to relate to the other person openly. There is freshness and openness in being with that person. My mind needs to be free from my preconceived ideas and notions about that person. This way of relating to the other person keeps our relationship flowing. Empathic listening with non-judgemental attitude is the key to creating and sustaining rich and nurturing relationship. We all need to be connected with others empathically and compassionately. Sadly, we feel lonely in a crowd with people relating to others as strangers or sometimes as adversarial. It is a lonely crowd syndrome. When I came to America in 1959 to study at the University of Chicago. I felt like an alien on the campus. The weather was very cold. I was away from my family. I felt lonely and depressed. There was a Polish student who lived on the second floor. I was on the first floor. As I was walking out to attend my class, I heard a voice of that student. He put his hand on my shoulder, looked at me empathically and told me that I looked very sad. I told him that I was sad and somewhat depressed for leaving my family and having no friends. He held out his hand and told me, "Consider me your brother". He was 6 and a half feet tall. He was white. He was Catholic. I am a brown colored Hindu, 5 and a half feet tall. He held my hand and told me: "Consider me your brother." When my family came to Chicago from India, he drove me to the airport to welcome my family. He became uncle Paul in my family. We will never forget him. He dwells in our heart. As human beings, we all can relate to each other as brothers and sisters, uncles, and aunts regardless of color, caste, and creed. In the world we live in which is torn by divisiveness, alienation and hatred, we need to wake up and relate to each other with empathy, compassion and open-mindedness and open heartedness.

Namaste!

Jagdish P Dave

[*Irony Of Marriage*](#)

How do you relate to the notion that love is all about freedom? Can you share a personal story of a time love inspired you to remove restrictions on someone? What helps you create a relationship with someone that fuels the engine of their experience?

In response, Jagdish P Dave wrote on May 26, 2023 ...

Marriage which takes away freedom to be oneself, to be an authentic loving self creates imprisonment for both the man and the woman. Such marriages make each other's life miserable and breaks up intimate relationships. According to my experience unconditional love enriches and deepens relationships. Sadly, many marriages have caused heart aches and head aches, and they result in separation and divorce. According to me marriage helps each other blossom and makes life fragrant. I also believe that freedom without responsibility is conducive to failure and unhappiness. I remember Carl Jung's pronouncement when he came to America,. He said,," America needs two statues: Statue of Liberty on the East coast and statue of Responsibility on the West coast. Freedom without responsibility is license to do whatever one wants to do. It is a sign of self-will and immaturity. Namaste. I married Vanleela who showed true love and courage to marry me born in a poor family. She married me though her father was against her choice. Both of us loved deeply and our love flourished our life. Such loving relationship fuels the engine of our experience. She passed away a few years ago but she lives in our heart for ever.

Namaste!

Jagdish P Dave

[*The Simplest Meditation: Waiting*](#)

What does simply waiting without expectation mean to you? Can you share a personal story of a time you leaned into waiting with an open mind? What helps you be present in a relaxed, innocent, and undirected way?

In response, Jagdish P Dave wrote on Jun 03, 2023 ...

Reading this passage reminds me of a song written by Rabindranath Tagore: A lover tells his beloved: Jaisi ho veshioho ajao shringarko rhenodo. Come as you are without any outward special decorations. He is waiting for her with no expectations. His mind is open, unclouded, relaxed and unconditioned. I love you only if-such conditioned mind creates expectations causing disappointments, hurt, grief, distress, and misery. Such a mindset works both ways. It causes disappointment and grief intrapersonally and interpersonally. I have learned from my personal experiences to relate to people and situations with an open and empathic way without building up a huge tower of expectations and that way causing my own disappointment and depression, and frustration and anger. Waiting with an open mind has been very helpful to me. A mind that's closed has no chance to be happy and peaceful. A mind that is open and relaxed opens the portal to joy, happiness, love, and peace. Cultivating such a clear, compassionate, and authentic mindset takes time, patience, and perseverance. I am grateful to my parents and teachers who became role models for cultivating empathic, compassionate and mindful ways of relating and loving people in my life unconditionally and joyfully. What a blessing!

Forgiveness

What does forgiveness mean to you? Can you share a personal story of a time you let go of the language of blame and self-pity? What helps you choose love over hatred?

In response, Jagdish P Dave wrote on Jun 09, 2023 ...

As a child and as an adult I have heard many times the wise statement "To err is human, to forgive is divine." I see the value of forgiving others in all dimensions of my personal well-being: physical, mental, the emotional, interpersonal, and spiritual. To me, forgiveness is letting go of judgemental attitude that comes in the way of being a healthy and happy person. It means letting go of hard and judgemental thoughts, feelings, and actions. I call it purification of my internal demerits and making my consciousness free from the past hangovers. Lack of forgiveness hurts both persons in relationships. Blame game and self-pity game drains my energy and comes in the attainment of the well-being of myself and of others in my life. I know an important person in our extended family who has been holding her grudges from a couple of past events. I would like to clear up heavy clouds of misunderstandings and ask her forgiveness for causing grief in her life. She has been holding on to the wall of the past grudges and wounds and not letting them go for her own well-being as well as the well-being of others related to her. I have let go of the past sad and painful experiences and that way I live in peace. I deeply value empathy and compassion in my relationships with people in my life, recognize and accept my own shortcomings and mindfully work on them, let them go and that way be free from the hangovers of the past. I find this way of working on myself liberating. Namaste.

Jagdish P Dave

Radical Optimism

How do you relate to the notion that only a radical optimist can bear witness? Can you share a personal story of a time you were able to act without thoughts of outcomes? What helps you avoid the trap of spiritual materialism?

In response, Jagdish P Dave wrote on Jun 16, 2023 ...

The philosophy of Radical Optimism deeply resonates in me. The concept of radical optimism looks identical with the concept of Karma Yoga in the Bhagavad Gita. Karma Yoga is a spiritual path of doing actions without any expectations of outcomes. The input and the output, the action without expectation of a reward is radical optimism-selfless action, a path of selfless service. To me Bearing Witness means serving others with no expectation of a reward for my action, free from attachment to the outcome of my action. It becomes a mantra for radical optimism, a light house that enlightens my path of daily living. Spiritual materialism is very seductive, very tasteful, and possessive. Having deep trust in the spiritual way of living and following the spiritual path faithfully is very helpful to me for avoiding the trap of spiritual materialism. Practicing mindfulness meditation keeps me on the path of Radical Optimism. And it is an ongoing pilgrimage for me.

Namaste.

Jagdish P Dave

[*Beginner's Mind Vs. Expert Mind*](#)

How did you relate to the raft analogy and its connection to knowledge? Can you share a personal story of a time you were able to bring a beginner's mind to a situation you had encountered many times in the past? What helps you retain your wonder?

In response, Jagdish P. Dave wrote on Jun 23, 2023 ...

I love the analogy of the raft used by the Buddha. The raft is needed to cross the river of life. We carry the raft while crossing the river. We drop the raft after crossing the river. We walk carrying the burden in our minds and we get exhausted by dwelling on the past which is already gone. We need to relate to the past wisely. We are asked to make wise choices in our life. We need to learn to cultivate wisdom by letting go of the past and not worrying about the future. Wisdom would be to leave the raft behind and to walk on unencumbered, untethered. A few years ago, I read the book *Be Here Now* authored by Ram Dass. The theme of this inspiring book is like the theme of the raft analogy: to learn to live in the present, in the Beginner's Mind. The past is gone, and we do not need to hang on or be fixated on it. The future has yet to come, and we do not need to fill our minds with anticipation, worry and anxiety. I know it is difficult to break the chain of the past and the chain of the future. What has been helping me to live in the present and welcome the moments of wonderment, is the practice of Mindfulness, the practice of non judgemental awareness and daily practice of meditation. These practices have been very helpful to me freeing myself from the grips of the past which is already gone and worries about the future which has yet to come.

Namaste!

Jagdish P Dave

[*Pain Expands Our Capacity For Joy*](#)

How do you relate to the notion that brokenness is not something to be hidden but unveiled as a thing of beauty? Can you share a personal story of a time when pain expanded your capacity for joy? What helps you expand in love?

In response, Jagdish P Dave wrote on Jun 30, 2023 ...

The notion of brokenness is not something to be hidden but unveiled reminds me of Buddha's four Noble Truths. The first noble truth is that suffering is inescapable. As human beings we all go through sufferings. Accept that truth. The second noble truth is to know the cause of suffering. The third noble truth is accept it and work on it diligently. The fourth noble truth is that there is a way to be free from suffering and that leads to liberation from suffering.. When we accept the brokenness and we do not hide it, fight or deny it, than that brokenness becomes a doorway to be free from it, to heal it, and grow from it. Like other human beings, I have gone through brokenness of my heart. It hurt me deeply and caused deep emotional wounds in me. I have learned not to deny my brokenness, my hurt and pain, not to blame others for it but to accept it. When I relate to my suffering this way my emotional energy doesn't get stuck or drained and it opens up my capacity to enjoy life. First of knowing and realizing what love is very important. Unconditional love and love without expectations of what I am going to get out of my relationships with especially people close to me is the first step. When I go beyond my expectations of getting something for loving people in my life, I experience abundant unselfish love and joy.. It takes time and efforts to move from selfish love to selfless love. Studying spiritual books, reflecting on the spiritual teachings, and putting

these teachings in practice helps me immensely to walk on my spiritual path. Awareness of my cravings and mindfully working on them also helps me stay on the course. And the joy I experience following this path reinforces my endeavours. It is a joyful journey, and I am not in a rush. I walk on my path slowly, gently, and mindfully.

Namaste!

Jagdish P Dave

[*Sound Of The Genuine*](#)

What does the sound of the genuine mean to you? Can you share a personal story of a time you heard the sound of the genuine and followed it? What helps you discern between your inner voice and your ego's voice?

In response, Jagdish P Dave wrote on Jul 06, 2023 ...

Is there soundless sound? Yes. When the noises are created in the noisy mind and by the noisy mind I do not hear my genuine voice. When I and the person are talking with noisy mind we do not hear the genuine voice. According to my understanding, when I listen to my genuine voice as well as the genuine voice of the other person there is genuine understanding of myself and the genuine understanding of the other person. Genuine listening with a quiet mind creates the sound of the genuine. The sound of the genuine has depth in it, the realness in it, the authenticity in it. There is a word in my native language that describes the noisy and meaningless sound as bakavas. Such communication causes headaches and frustrations. I have experienced and I experience genuine sound when my mind is calm and clear. These are the precious moments when I am able to think and act clearly and wisely. Mindful listening helps me hear my self-created noises and it creates genuine, enriching, and wholesome relationship with me and with others. Keeping my mind and heart open, clear, and free and relating to others mindfully helps me create and sustain genuine relationship with me and others in my life. I love this short, sweet and thought provoking passage authored by Howard Thurman.

Namaste!

Jagdish P Dave

[*Praying With The News*](#)

How do you relate to the notion of hatred becoming the operating principle when we lead with rage and fear? Can you share a personal story of a time you were able to return to compassion, love, joy, and possibility? What helps you acknowledge grief, anger, and fear without being controlled by them?

In response, Jagdish P Dave wrote on Jul 14, 2023 ...

Offering forgiveness, compassion, connection, and love to the people who hate us is the antidote to hatred, scorn and disdain. Acknowledging the waves of anger and revenge and letting them go helps me maintain my equilibrium. It takes time to cultivate such mindset. Patience and perseverance help me to navigate my life course. Sadly, sometimes people have thrown arrows of hatred towards me. They are judgmental and cynical. I have learnt not take their behaviors personally. Becoming aware of what's going on inside me, process it and let it go.

Namaste.

Jagdish P Dave

[*Shadow Cannot Drive Out Shame*](#)

How do you relate to the notion that shame calls us to inner greatness through humility? Can you share a personal story of a time you accepted yourself fully, shadow and all? What helps you avoid the trap of comparing yourself with others on the spiritual path?

In response, Jagdish P Dave wrote on Jul 21, 2023 ...

What is real me? Real me is "inner greatness" which nobody can destroy or diminish it. When I accept myself fully and not my egoistic self, When I take care of me and others selflessly, I feel deep peace in me, deep joy in me, and deep fulfillment in me. Everybody is unique. There is no need to compare oneself with others. When I do that I lose my real self. What a loss! Selfless love, self-acceptance, loving others unconditionally. and accepting others as they are opens the portal of peace, joy, and happiness.

Namaste!

Jagdish P Dave

[*Tale Of The Ringless Ring*](#)

How do you relate to the notion that emptiness may actually be full of value in a tangible way? Can you share a personal story of a 'non gift' or an empty gift that truly opened hearts? What helps you see fullness in emptiness?

In response, Jagdish P Dave wrote on Jul 28, 2023 ...

This passage reminds me of a poem composed and sung by Saint Kabir. " Dhundhe kahan mere bande, main to teri pashun" It is a dialogue between God and the devotee. God asks his devotee: Where are you looking for Me? I am already within you. Awake. Open your eyes and see that I'm within you." All wisdom traditions teach us that by emptying the cup of selfishness it is filled with fullness. It is a paradoxical truth. I have been reading, reflecting, and chanting such spiritual mantras. It keeps me awake and helps me to loosen and eventually let go of the grip of selfishness. It is a slow and steady journey. And I am not in a hurry. Light of awareness helps me awake to see the light of the truth.

Namaste!

Jagdish P Dave

[*Compulsion To Closure*](#)

What does being at home with the absence of closure mean to you? Can you share a personal story of a time you were able to overcome the compulsion to obtain closure? What helps you stop searching for certainty and focus instead on the immediacy of present experiencing?

In response, Jagdish P Dave wrote on Aug 04, 2023 ...

This passage authored by Joan Tollison reminds me a simple song I used to listen and sing. It is

written in my native language Gujarati. "Na mage dodatun away." Do not run after you crave for. It will come on its own." There is deep truth and wisdom in this simple saying. How much energy and time we spend to see what is in our hand and looking for it somewhere else. What I am searching for is right here and now. Truth, Joy, Loving Kindness, Fulfillment and Peace abide right within me. It is my conviction based on my personal experience that we do not need to look for getting blessings of life outside of us. They are born in unconditional love and selfless service, and they thrive for ever. We do not need to look for it outside of ourselves. They dwell within us. Awareness of what is helping me to remain awake and practicing mindfulness meditation regularly help me to walk on the path. Namaste!
Jagdish P Dave

[*What You Are Is Perfect Imperfection*](#)

How do you relate to the notion that insistence on perfection precludes growth? Can you share a personal story of a time you felt a release after accepting what was truly there? What helps you be comfortable but not complacent with your imperfections?

In response, Jagdish P Dave wrote on Aug 11, 2023 ...

It's my opinion based on my understanding that we all strive for Light, Light of unconditional love, Light of truth, and Light of deep fulfillment. First I need to see with clear eyes that my eyes are filled with darkness, with imperfections. Seeing the darkness and accepting it is an essential step to see the light. I need to be comfortable in accepting it but not complacent with it. When I sincerely accept this truth I am moving in the direction of Love, Light, Joy and Fulfillment. Genuinely asking questions like what my Dharma is, the True way of living, the selfless ways of serving others and loving others unconditionally is essential for living a full life. Remaining awake and aware of my inner world, recognizing and accepting the darkness of ignorance and working on seeing the Light within is the way of liberating myself from me. It is the way of my inner transformation. I realize this truth. I know it. However, there are times when I go back to sleep. Gratefully, the time of sleeping is getting shorter and the time of remaining awake is getting longer. And I am not in hurry to reach the end of this pilgrimage. I am happy to invite you to travel with me, contemplate and meditate with me. As the Rig Veda rishi invites us to walk together, talk together, and live in harmony with each other. Sam gacchadvam, sam vadadvam, samono mantraha, samini vaha akutihi.

Namaste!
Jagdish P Dave

[*A Flame In A Dark Cave*](#)

How do you relate to the notion that every blundering stumble of ours actually feeds the flame that illuminates our cave? Can you share a personal story of a time you became aware of just how little you could see? What helps you be open to the possibility that you might be wrong?

In response, Jagdish P Dave wrote on Aug 17, 2023 ...

Reading this passage A Flame In A Dark Cave authored by Colin Walsh reminds me of a song my mother used to sing in my native language Gujarati "Dilman divo karo, divo karo." Let the light of the lamp shine within your heart. There were times when I used to find fault in what others were saying

or doing. And my mother lovingly would sing this song reminding me of looking within to see the light coming from uncluttered, calm and clear inner space. I learned that there is light of wisdom radiates from within when I keep my heart and mind open to receive it. It is an unconditional gift and I bow gratefully for receiving it. I am a human being sometimes doing wrong things. The Being component of human being helps me keep my eyes open to see the light of the truth and follow it. This is the path of Liberation, and I am happy to follow it. It is a journey of shifting the inner gear from human doing to human being.

Namaste!

Jagdish P Dave

[*An Ode To Imagination*](#)

How do you relate to the notion of colonization of imagination and the need to cultivate our human capacity for imagination? Can you share a personal story of a time you became aware of a world full of intelligent 'Others'? What helps you develop embodied awareness of 'Others' as alive and intelligent?

In response, Jagdish P Dave wrote on Aug 24, 2023 ...

We all imagine. I do not know about animals. Imagination is the source of creativity. New ideas are created by imagination. When we allow new ideas arise with an open, free, and imaginative mind life changes for better. We do not become possessive. We share our ideas with others for the benefits of others. Sharing our ideas with others unconditionally benefits all. I consider such creating and sharing a spiritual gift to me as a giver and to others as receivers. I do not possess such ideas and copy right them. They are to share with anybody willing to receive them and pass them to others as gifts. As Saint Francis of Assisi says giving is receiving. As the ancient Hindu Rishis say in Ishavasya Upanishada in Sanskrit-tena tyaktena bunjithah my phalesu kadachana-Renounce and rejoice with no expectation of rewards. Every morning when I wake up I see in my back yard mother or father sparrows feeding seeds first to their little ones and then they pick up and eat the leftover seeds. This may be an instinctive behavior. To me it is a spiritual act. And we all can do it when we do not have a colonial mind, a possessive mind, or a controlling mind.

Namaste!

Jagdish P Dave

[*The Vessel And The Filter*](#)

How do you relate to the metaphor of the vessel and the filter as a way of describing how we navigate through our immense world of data? Can you share a personal story of a time you became aware of how you were misperceiving data? What helps you restore an innocent state of wonder and appreciation not tethered to utility or survival?

In response, Jagdish P Dave wrote on Sep 01, 2023 ...

Each one of us has our unique vessel or container, mind which gets filled with our thoughts, feelings, and emotions, and dreams and aspirations. The content in the container-in the mind-changes as we grow. Sometimes we hold on to the contents in the container and restrict our freedom to grow. We may be bound by the past contents and hold on to the worn out impressions.

The challenge for us is to let go of the past impressions and keep our mind free, flexible, and open. It is up to us to be tethered for survival and utility or let go of our self-created bondage and expand our consciousness. As far as my self is concerned, I have gone through understanding myself, my world, and understanding and relating to other's viewpoints by learning from myself and learning from others whom I trust and admire. They were my role models. As I grew up I expanded the window of my world view and the views of other people with an open mind and open heart and learned how to discriminate between right, wrong and in-between. I get rid of either- or- mindset like either you are with me or not with me. Living this way has expanded and enriched my life. As I mentioned before role models like my father and mother, reading books authored by writers like Rabindranath Tagore, Mahatma Gandhi, Thich Naht Hanh, Leo Tolstoy and the Bhagavad Gita and many spiritual books have helped me to deepen and expand my world view. Living what I learn is very crucial for my mental, emotional, social, and spiritual development. I deeply value the gift of Meditation which I received from my father and some great teachers of Mindfulness Meditation. I am very grateful to them.

Namaste!

Jagdish P Dave

[*The Practice Before The Practice*](#)

How do you relate to the notion of 'the practice before the practice'? Can you share an experience you've had of 'the practice before the practice'? What helps you make deep progress?

In response, Jagdish P Dave wrote on Sep 07, 2023 ...

The title of Mark Nepo's book *The Endless Practice: Becoming Who You Were Born To Be* is like a mirror for me to see the reflection of the spiritual journey of my life. We are pilgrims of light to discover the purpose of life. It's a long journey. It requires the practice of knowing where I'm going and the practice of remaining awake, alert, and steadfast as I'm walking on the path. As the author says, "I need to meet life head-on and heart-on" and "reveal the gift." It took time for me to figure out the purpose of my life. Why am I here? I had read about it by reading spiritual books and talking with advanced spiritual seekers and teachers. I sincerely walked on the path head-on and heart-on. I took two steps forward on the path of spirituality and one step backward. As I had seen the glimmers of light I continued my journey. The light of my faith never got extinguished. Patience and perseverance, practicing meditation, and seeing the light coming from within have been very helpful to me in the pilgrimage of my life.

Namaste!

Jagdish P Dave

[*Gratefulness Happens Before Thinking*](#)

What does gratefulness mean to you? Can you share a personal story of a time you were aware of feeling grateful before thinking? What helps you grow in gratefulness?

In response, Jagdish P Dave wrote on Sep 21, 2023 ...

As I am under from my heartfelt experience of gratefulness, it arises from my heart, not from my head. When a moment of gratefulness arrives, it surprises me, and it makes my heart filled with awe

and joy. And the beauty of this wonderful arrival of the gratefulness is that it comes without formal invitation and without looking for it. It is spontaneous. I loved one of Rabindranath Tagore's short poems. He was looking for beauty in the colorful clouds on the Himalayas, and in the flowing water of Mother Ganga, the Ganges. A blooming flower in his front yard looks at the poet and says. "O Great poet, you're looking for beauty far away though it is so close to you smilingly looking at you!" These are moments of gratefulness. I experience gratefulness in small things such as dust of snow falling on my head, sparrows looking for seeds and feeding their little baby birds, a child in a grocery store smiling and waving his hand, and someone taking care of me as I am getting old and weak. They are Divine blessings and my heart is filled with joyful gratitude. Keeping my heart open to receive gifts of gratitude and without seeking gratitude helps me grow in gratefulness. I am blessed to having handful of gracious people in my life and I am very grateful to them.

Namaste!

Jagdish P Dave

[New Forms Of Religion](#)

How do you relate to the notion that inner experience must be connected to and be of benefit to others or else it degenerates? Can you share a personal story of a time contemplation and action came together for you? What helps you feed your longing for wholeness?

In response, Jagdish P Dave wrote on Sep 28, 2023 ...

This reading is very important not only for the young generation but also for the old generation. The traditional conventional orthodox and dogmatic religions are not relevant to the young generation. The great ship of the fundamentalist religion seems to be sinking and as Laurence Freeman says, "the resurgence of an unprecendented scale on the contemplative scale of the contemplative dimension -indeed heart-of religion." Though I am of the old generation, I am on the same wavelength. We all have hunger to walk on the spiritual path, a path of awakening and actualizing of human potential - self-actualization, self-realization. The traditional dogmatic religions cannot quench our fulfill our hunger and quench our thirst. Spirituality lights up our inner light. It is beyond praise and blame and has no space and time boundaries. It dwells in all of us. Contemplative practices open the inner door to see it. It brings all people together and creates brotherhood and sisterhood- harmony. Contemplation by itself is not enough. It has to join hands with action. I know it and try to live my life by implementing contemplative practices. It is an everyday practice. I experience heartfelt joy and contentment. I love how Dalai Lama responded to a question asked by a reporter, "What is your religion?" Dalai Lama answered, "Compassion and loving kindness is my religion and I live by it." This reminds me of Mahatma Gandhi's response to a question, "What is your message?" And he said, "Life is my message." As the author says, "We all seek wholeness". We all feel longing for wholeness. I relate to these wise statements by doing selfless service, by holding a hand of someone feeling pain, by relating to someone compassionately and kindly who is suffering, and by unconditional positive regard. By practice it gets easy, effortless, and natural. And I feel fulfillment and gratitude. Life is a blissful journey, a pilgrimage.

Namaste!

Jagdish P Dave

[Coddiwomple](#)

How do you relate to the notion of 'coddiwompling'? Can you share a personal story of a time you found peace of mind because you were not waiting to 'become' someone or for something else to happen? What helps you to arrive at fresh clarity about your values and priorities?

In response, Jagdish P Dave wrote on Oct 06, 2023 ...

Life is in flux. It is moving in the direction of uncertainty. I love the paradoxical truth: the only certainty is uncertainty. By embracing the unknown purposely we come to know what is true, what is real, what is the purpose of life. I love the definition of 'coddiwompling'. Coddiwompling means travel purposely towards a yet-to-unknown destination. As the author says: "Making it" and "getting there" are constantly evolving, everchanging, and that is the essence of life." To me, life is a pilgrimage with twists and turns. Faith in the unknown is the guiding light. I do not know the way, but I have deep and unchanging faith in the light within. It illuminates my path, guides me in the right direction. When I was in my teen age I had a friend. We lived by a river. One morning he came to see me and invited me to walk by the riverside to see unknown scenery. It was an adventure for us. We decided to watch the unknown scenery. We saw colors and configurations of clouds changing. For the first time in my life, I witness such a display of changing colors. And that journey still continues. The inner journey takes me to wonderful places, and it brings joyful awe and enriches my life. In the journey of life, we need faith, courage, and curiosity. We receive many surprising gifts and we are grateful for receiving such wonderful gifts.

Namaste!

Jagdish P Dave

[Humility](#)

How do you relate to the notion that we might attain a lasting awareness of our arrogance as opposed to humility? Can you share a personal story of a time you experienced the world more directly without projecting your beliefs onto the experience? What helps you experience directly without projection?

In response, Jagdish P Dave wrote on Oct 13, 2023 ...

Seeing things as they are is not easy. Sometimes I have a tendency to perceive and interpret what I see by my judgemental eyes that block or come the way to see the reality as it is. My judging thoughts are the blocks that prevent me seeing things as they are. My perception gets distracted from seeing the reality as it is. Projections of my ideas, my views create delusions in me. When I keep my mind free from my distorted perceptions I am able to see what it is like. Awareness of my own self-created distortions allows me to see things as they are, in their true colors. This awareness helps me to recognize my own limitations and be free from them. I realize that it is to say what I need to do but it is not easy to change what binds me. I know it requires patience and perseverance and it helps me. To let go of arrogance is also not that easy when we think as better than others or superior to others. This egotistic stance creates and continues our arrogance. As I have mentioned before, practicing non judgemental mindfulness has helped me from being caught up from the arrogance syndrome. Beginner's mind idea that comes from Zen Buddhism is also very valuable to me. Not to be bound by the past and fear and anxiety about the future is a great way to be free from our self-created bondage. Yesterday is gone, tomorrow has yet to come, Now and here is the

reality. Let us have the "beginner's mind" to see things as they are and break our self-created bondage.

Namaste!

Jagdish P Dave

[*En-Lightening*](#)

How do you relate to the poem's notion of seeing a separation between you and your thoughts? Can you share a personal story of healing through being able to separate yourself from your thoughts? What helps you be a witness to your thoughts and dreams?

In response, Jagdish P Dave wrote on Oct 20, 2023 ...

The last stanza of En-Lightening written by Tash Shadman is englightning to me. This is what the author writes: As I return to the now, to the silence, to the knowing that all experience can be amusing and knowing that all experience can be amazing and adored, I return to myself, and I suffer no more. This the final step as I am walking on the path of knowing who I am, my Real Self. This is the last step in my self-discovering and self-realizing pilgrimage. What a joy! It's an awe experience, an experience of wonderment, and an experience for adoration, and an experience of fullness. The boundary that I create by my self-serving behaviors, the boundary created by focusing on me alone at the cost of others well-being. When I become aware of my self-created boundary, the wall I have created between me and others, I feel liberated, and the words come out of my mouth: Freedom at last! When I love people in my life unconditionally, when I welcome them with my open hearts, when I display my unconditional positive regard I get deeply connected with them. And it becomes natural, effortlessly with practice. Such experiences happen frequently, and I bow to the teachers of my life for showing me the path of liberation, the path of my spiritual journey. The concept of being a witness has been profoundly helpful to me. Witnessing is being fully present, fully attentive, fully mindful of what is going in me physically, mentally, emotionally, relationally, and spiritually. It is a wholistic way of living mindfully.

Namaste!

Jagdish P Dave

[*When Winnie The Pooh Was Scared*](#)

How do you relate to the notion of holding space as an authentic response to a difficult problem? Can you share a personal story of a time you held space for someone? What helps you commit to being there for someone as a witness without judgment?

In response, Jagdish P. Dave wrote on Oct 26, 2023 ...

The dialogue between Pooh and Piglet offers many lessons to me. When someone is anxious, worried and fearful like Pooh, it does not need advice but the authentic and solid nonjudgmental presence and wholehearted support. The wise words of Piglet are worth paying attention to. "I will be always be here to listen and support you and for you to know that you are heard. I can't make these anxious feelings go away, not really, but I can promise you that all the time I have breath left in my body, you won't never need to feel those anxious feelings alone." There have been times when I felt worried, fearful, and anxious like Pooh. Advice that I should not be anxious, worried, and fearful

did not help me. But when someone heard me empathetically, patiently, and lovingly I felt deeply supported and relieved from anxiety, helplessness and hopelessness. I learned the value and power of authentic presence and support. Experiential learning is a great tool for deep change and transformation.

Namaste!

Jagdish P Dave

[*The Empty Boat*](#)

What does emptying your own boat mean to you? Can you share a personal story of a time you saw the wisdom of being simple, without distinction? What helps you avoid judgment of others?

In response, Jagdish P Dave wrote on Nov 02, 2023 ...

"Emptiness is Fullness" sounds paradoxical. This is the Tao - the way of living with no burdens of possessions, power, prestige, pride and prejudice. As I was growing I used to get messages from elderly people to work hard to outshine others, to earn name and fame. My boat of life was loaded with aspirations and ambitions without realizing that I was becoming my own enemy. Self-awareness, open-mindedness and cultivating courage to be my real and authentic self opened the doors to be myself. I felt light as the boat of my self was slowly getting empty of self-created burdens and feeling the fullness of living a simple but fulfilling life. It is indeed paradoxical: By renouncing we rejoice; by emptying we become full. I know knowing is one side of the door and living is another side of the door. We need to open both sides of the door to walk freely, to live fully. What helps me walk and stay on this path? Non-judgemental Self-awareness, openness, humility, loving kindness and remaining awake have been very helpful to me. It is a slow journey. No need to hurry. Follow the Tao gratefully!

Namaste!

Jagdish P Dave

[*Mistaking The World We've Made For The Real World*](#)

How do you relate to the notion that we mistake the world we've made with our thoughts for the real world? Can you share a personal story of a time you became aware of your thoughts being within a narrow, survival-enhancing range? What helps you see and hear more than your projection?

In response, Jagdish P Dave wrote on Nov 10, 2023 ...

"Yatha drushti tatha srushti" is an old wise saying in Sanskrit. As is my vision, so is my world. What is my vision made of? If it is made up of my self-interest, self-serving purpose then my world view will be narrow. If my vision of the world is shaped by going beyond my self-serving purpose, then a transformation takes place in my outlook, actions, and ways of living my life. I transcend my ego - what is in for me, and I go beyond my self-serving narrow world. I feel others are me. My consciousness becomes larger and higher. I go thriving beyond surviving. I feel a part of the larger world, a citizen of the universe. A universe in which we relate to each other as brothers and sisters. Going beyond oneself is a spiritual journey. It has not been easy for me to go beyond myself. My parents were good role models for me. I learned from them how to live spiritually, how to serve others unselfishly, how to go beyond my self-serving thinking and behaving. How not get attached

to my egoistic desires, thinking and behaving. It took time for me to internalize this teaching. I slowly and gradually acquire these spiritual qualities, and I am very grateful to them for helping me to walk on this less traveled road. Spiritual practices like Mindfulness Meditation and Mindfulness living have been very helpful to me for staying on the course. My inner life is getting filled with kindness, compassion, contentment and joy.

Namaste!

Jagdish P Dave

[Sympathy, Empathy And Compassion](#)

How do you relate to the notion that compassion does not require sadness, sorrow, or even the desire to help? Can you share a personal story of a time you experienced compassion as a moment of life to be lived in its fullness? What helps you grow in compassion as a way of life?

In response, Jagdish P Dave wrote on Nov 17, 2023 ...

According to my understanding of empathy, sympathy, and compassion, they all are threads of the texture of spirituality. I do not think of these spiritual qualities in my mind but feel them in my heart and manifest them in my daily life. There are two aspects of these qualities: self and other. Two sides of the same coin. Self-care, self-empathy, self-sympathy and self-compassion and empathizing, sympathizing and feeling compassion for others. I cannot give others what I don't have within myself. As Thich Nhat Hanh says, "Loving oneself is the foundation of loving others." Others regardless of caste, color, race, gender, and religion. These spiritual qualities are like seeds in the soil of consciousness. They need to be cultivated and nurtured. When I am that state of consciousness I feel uplifted, enriched, and fulfilled. Being alert and aware of my thoughts, feelings, emotions, and actions helps me to walk on this spiritual path. It is a blessing. May we all cultivate and nourish such spiritual qualities in our life.

Namaste!

[Gratitude](#)

What does gratitude mean to you? Can you share a personal story of gratitude for a kindness you have received? What helps you recall the good of even those you consider a 'wrong-doer'?

In response, Jagdish P Dave wrote on Nov 24, 2023 ...

Reading this passage reminds me of David Thoreau who wrote about gratefulness, "I am grateful for what I am and what I have. My thanksgiving is perpetual." When I help someone in distress I do not expect anything in return. My heart is filled with deep joy. When someone offers a helping hand to me my heart is filled with deep gratitude. As the author Tiruvalluvar says, "A good turn done is a heaven-born gift you cherish... Ask 'Will (they) repay it?' and it will perish." I always gratefully remember the person who has helped me and has been kind to me. I forget right away who has wronged me. Kindness is not measured by size and shape. Small acts of kindness are as valuable as big acts of kindness. Kindness whispers quietly in my ears, "I am here for you." I have been blessed by having people who have extended their helping hands joyfully whenever I need their help. And the same way I am very happy to hold somebody's hand when he is in distress. It is a very fulfilling and

enriching experience for me. I will never forget kindness of someone who financially helped me when I was studying in a collage. Such experiences have enriched my life and have inspired me to be helpful and kind to others who are in distress. I have learned from my experiences of kindness and compassion not to hold on to hold to my grudge against the "wrong doers." As human beings we are not perfect. We all have our own limitations. From my personal experiences of "wrong-doing" I have learnt the value of forgiving myself for my wrong-doings and the wrong-doings of others. I practice the age-old wise saying, "To err is human, to forgive is divine". This light of wisdom keeps me awake, and aware to walk wisely on the path of my life.

Namaste!

Jagdish P Dave

[*Three Mystical Powers*](#)

What does the notion of receiving your next breath open up for you? Can you share a personal story of a time you were able to abandon your mind when you were sad or angry or confused? What helps you listen to the space beyond the faintest sound?

In response, Jagdish P Dave wrote on Dec 01, 2023 ...

I deeply appreciate reading Three Mystical Powers written by Fred LaMotte. Reading this article, I got three precious gifts of living a full life. First gift: Abandon noise making mind, noise of anger, fear, frustration, and resentment. By letting go of the noise in my mind I hear the sound of silence. In that silence I listen to my heart beats of love, compassion, and kindness. Second gift: The joy of giving, of seeing the light of my Real Self. Third gift: Liberating myself from the bondage of craving and lightening my self-created load. When I let go of my growth-binding breath, the door of my heart opens up to see the light and be free from deep darkness. Walking on the path of awakening is not an easy journey for me. Sometimes I run into self-created walls, the walls that obstruct seeing the light of truth. I stumble and fall down and hurt myself and others in my life. Such stumbling wakes me up and I see the light of awakening and resume my pilgrimage of living fully and selflessly. This is a journey of Self-awakening, of Self-realization. From my falling I learn to get up and resume my path of Self-awakening. There have been times when my mind is filled with lots of noises of fear, frustrations and agonies. Daily practice of meditation and mindfulness helps me to listen to the space beyond the faintest sound. Self-discipline helps me to stay firm and steady in my journey of life.

Namaste!

Jagdish P Dave

[*Voluntary Simplicity*](#)

What does voluntary simplicity mean to you? Can you share a personal story of a time that you chose simplicity in small ways? What helps you slow everything down?

In response, Jagdish P Dave wrote on Dec 08, 2023 ...

Choosing simple living is a master key to contentment, fulfillment, peace, and happiness. This sounds simple and easy to attain, However it is not that easy to attain it. Our mind is attracted to get acquire more things than we really need. I am bombarded everyday with the message "buy one and

get one free". Accumulating more and more results in garage sales. And there is no end to acquiring more and more. "More is merrier" becomes a mantra. By implementing this mantra in our life we lose our freedom, our precious time to enjoy simple things in life such as walking in a park, watching sunrise and sunset, spending quality time with our beloveds or offering a helping hand to someone who needs support for remaining steady. Such simple acts mindfully bring lots of joy, serenity and fulfillment in my life. The notion of voluntary simplicity keeps me mindful of what is important in my life and makes wise choices and to life an element of freedom. It offers many opportunities to discover that "less may actually be more" as Jon Kabat-Zinn says. It took time for me to realize that less may actually be more. It's a paradoxical statement of truth and realizing such truth has liberated me from myself-created prison. Gradually I came to realize that Voluntary Simplicity fills the cup of my life. Mindfulness is the mirror for me. It helps me to see my mistakes and helps me to be aware of my mistakes, take a U turn and walk back on the right path. It is a journey. I walk on the path slowly and steadily without rushing. Patience and perseverance and mindfulness help me to realize my vision.

Namaste!

Jagdish P Dave

[*The Process Of Understanding*](#)

How do you relate to the notion that the process of understanding anything requires both holding and releasing? Can you share a personal story of a time you emerged with deep understanding through concentration and release? What helps you simultaneously hold and release?

In response, Jagdish P Dave wrote on Dec 14, 2023 ...

The full breath has two complementary processes: inhalation and exhalation. No inhalation is possible without exhalation and no exhalation is possible without inhalation. Inhalation is like holding and exhalation is like releasing. If I want to understand another person's perspective, I need to really listen to the other person's voice and letting go of my voice. Otherwise two voices collide creating discord in our relationships. Sadly, this way of communication results in relationship breakups. Relationship is not a oneway street. Conflicts arise and result in deadly wars and many innocent people get killed. In counseling sessions, I often see such patterns of communication in couples resulting "I am right, and you are wrong". When they learn how to listen to each other in a reciprocal way, relationships get better. They acquire the skill of creating a wholesome balance between holding and releasing. What helps me create such a balance is by being fully present and quietly listen empathically to what the other person is saying. Such communications clear up clouds of misunderstanding and creating a bridge of wholesome relationships.

Namaste!

Jagdish P Dave

[*Limitation Becomes Space*](#)

How do you relate to the notion that even the worst thing to happen to us can become a doorway into transcendence? Can you share a personal story of a time when you found grace behind suffering? What helps you deepen in inner freedom without falling into the trap of passivity?

In response, Jagdish P Dave wrote on Dec 21, 2023 ...

This passage authored by Eckhart Tolle reminds me the wise teachings of the Buddha. We all suffer. This is the noble truth. Suffering arises in our mind and heart by remaining attached to and bound by the past. Awareness of suffering becomes the doorway into transcending suffering. Awareness of what binds us and following the light of awareness makes us free. This is the noble way of living. It's a journey from darkness to light, from bondage to freedom. We as human beings go through self-created darkness. We create our own suffering by clinging on to the past. I was in deep loving relationship with a person whom I loved very deeply and dearly. When she passed away I felt emptiness in my life. I deeply suffered emotionally. I felt like doing nothing and stay in the cave of darkness. My staying in the dark nights of the soul lasted for a long time. Practicing mindfulness meditation woke me up and helped me to see the light. My suffering became a doorway to inner freedom. Facing it mindfully with loving kindness and compassionately helped me to be free from my self-created bondage. Waking up and remaining awake requires inner work, diligence, patience, and perseverance. Such awakening has brought deep joy, happiness, and fulfillment in my life. May we all keep the inner light shine and be blessed by awakening!

Namaste!

Jagdish P Dave

[May Your Cup Always Overflow](#)

How do you relate to the notion that when everyone helps bear another's load, our cups will collectively overflow? Can you share a personal story of a time you realized that you were rich enough and your cup had overflowed? What helps you see that your cup is always overflowing?

In response, Jagdish P Dave wrote on Dec 30, 2023 ...

The cup of my happiness Overflows when I hold someone's tired hand to lighten their load. The cup of my happiness doesn't get empty. It overflows and continues overflowing with joyful gratitude. It's by giving we receive. As the poet says, "I am reaping better than I've sowed." The cup of happiness overflows when I give a gift of pure love to someone unconditionally. My cup of happiness never gets empty when I hold someone's tired hand as if it's my hand. When my hands were tired by the heavy burden I was carrying, one of my friends noticed it and lightened my burden by holding my hands compassionately. Selfless service lightens heavy emotional load we carry in our life. Lightening such heavy loads is a spiritual way of living. Living life this way, the world becomes a family, a nest, and life becomes a blessing. May we all hold each other's hands like brothers and sisters and make this world an abode of peace and harmony. This is my New Year's Prayer. Let us fill the cup of our life overflowing.

Namaste!

Jagdish P Dave

[An Awe Walk](#)

How do you relate to the notion that practicing awe expands our capacity to be in awe? Can you share a personal story of a time you found awe in the mundane? What helps you be in awe?

In response, Jagdish P Dave wrote on Jan 05, 2024 ...

A moment of surprise with an open and curious mind creates awe to me. Seeing a child smiling, a flower blooming, watching the cloud sailing in the vast blue sky, seeing a lotus smiling in the muddy water, children giggling with no reason, and a friend showing up unannounced brings surprising and joyful feelings of awe in my heart. I welcome them as guests gratefully. When I keep the door of my mind and heart open, a new arrival comes with a gift of awe and wonderment. I sit near a window in my study room, and I see clouds coming and going, birds chirping, leaves changing colors. When my mind is free and is unoccupied by past thoughts and feelings and not worrying about the future, I am in the here and now consciousness. I see the panorama of natural sights and sounds and it offers me gifts of awe, joy, and wonderment. There is a beautiful saying in Sanskrit: kshne khshe yat nanvatam upeti tadeva roopam ramanniyataha: Beauty is that brings newness every moment. It is not easy to live in the here and now consciousness. Mind gets occupied by past pleasant and unpleasant memories and imaginations or worries about the future. Mindfulness of what is going in the mind and heart without being bound by these thoughts and judgements creates witnessing consciousness and it helps me to see wonders of the present moment. In such moments, the dividing line between you and me fades away and it creates moments of here and now wonderment.

Namaste!

Jagdish P Dave

[*Effort Does Not Change The Person*](#)

How do you relate to the notion that effort does not change the person? Can you share a personal story of a time you were able to go beyond a transactional mindset of achievement and open into grace? What helps you be aware of your reactions and your relationships?

In response, Jagdish P Dave wrote on Jan 12, 2024 ...

Spirituality or holiness or selfless love cannot be obtained by making efforts. They are states of Being, not becoming. Becoming is like a behavior that can be acquired, changed, or modified. Spirituality is isness, presence, reality, truth, tathata as the Buddha says. It is formless, shapeless, sizeless, nameless and timeless. It is eternal. It is transcendental. We cannot purchase it or sell it. It is not a commodity. It is beyond a transactional mindset. Spirituality is always present. It is like light that always shines. It is like love that never dies. I need to be awake to see it and experience it. When I get binded by my self-centered and selfish eyes, I lose it. When I crave for it and try to hold it, I lose it. It is always present in my inner home, inner being. What helps me remain aware of this reality? When things do not go the way I want I become aware of how I am affected by not acquiring what I wanted. I create a space between the triggering stimulus and my response. I take a few deep, slow, and gentle breaths that helps me not to react impulsively. It quiets and clears my mind, and it helps me to respond wisely. As the Buddha says, when an arrow of hurt is thrown by somebody, do not throw a counter arrow of hurting the one who throws the first arrow of hurting you. Sadly, many arrows of reactions are thrown at each other in relationships that hurts and bleeds the heart of each other. Non-judgemental awareness, loving kindness and insight of wisdom has helped me to be free from my reactive behaviors. Practicing mindfulness is like a mirror that allows me to see my face and to open my eyes to see the truth and act accordingly.

Namaste!
Jagdish P Dave

[*Starlings In Winter*](#)

How do you relate to what appears beautiful in nature and yet, comes with no articulated instruction, and only the silent confirmation of notability? Can you share a personal story of a time observing nature reminded you to get past grief and be light again? What helps you want to think again of noble things?

In response, Jagdish P Dave wrote on Jan 18, 2024 ...

Nature offers so many noble gifts of wonderment, joy, and beauty. In order to enjoy and appreciate these noble and wonderful gifts we need to be silent as Mary Oliver says, "In order to be light and froilsome" we need "only the silent confirmation." Reading these words "the silent cofirmation" reminds me of the Taoist path of silence. Once Laotzu, the author of Taoism, was walking with his friend silently deeply enjoying the gifts of nature, birds welcoming the rising sun and the sky displaying wonderful colors, his companion uttered "Vow! Waht a beautiful sight!". Lao Tzu asked him to witness the beauty of nature without uttering a word. When my wife passed away, I felt deep grief and sadness. Remaining silent helped me to go through the grieving process, the "dark night of the soul." I have also enjoyed the bright rays of the sun and the thick darkness of the night. I have learnt to go with the flow of life without resistance. When I have resisted the flow of life I have suffered more. Mindfulness of what's happening inside and letting it come and go helps me realate to the phenominal world freely without any bondage.

Namaste!
Jagdish P Dave

[*The Difference Between Knowledge And Understanding*](#)

How do you relate to the difference between knowledge and understanding? Can you share a personal story of a time you had an awareness uncontaminated by approval or condemnation? What helps you build understanding?

In response, Jagdish P Dave wrote on Jan 25, 2024 ...

Knowledged is acquired from past experiences. Knowledge is subjective and objective. It has duality. Me and you, this, and that. Past and present. Knowledge has divisiveness. Understanding has non-dual consciousness. Beyond me and you there is we, there is us. Understanding is nonverbal. Understanding is existential awareness. Undersranding is non-argumentative. Understanding has wholeness. Understanding is not bound by the past and is not captivated by the future. It is here and now consciousness. Understanding has emptiness, free from likes and dislikes, free from the grip of attachment and aversion. I have multiple unconditional relationships. When I relate to myself, to my family members, friends, and strangers, and nature with an open mind and an open heart, I feel oneness. Being fully present helps me create understanding of myself and others. Being aware of what is happening in my body, mind and heart without judging helps me understand myself. Being mindfully present with others and nature helps me cultivate understanding. Spiritually speaking it creates unitive consciousness, oneness.

Namaste!
Jagdish P Dave

[*When My Father Faced An Emergency*](#)

How do you understand love that stems from complexity, or complexity that stems from love? Can you share a personal story of a time you were able to respond to a dangerous situation with warmth and genuine curiosity? What helps you 'see more than just the tip of the knife'?

In response, Jagdish P Dave wrote on Feb 02, 2024 ...

Life is complex. Life has many threads. Life has many beads. Life has many levels. Life has many colors like a rainbow. The musical instrument of life has seven sound notes. When we see these differences without eyes covered by separateness, we see the underlying oneness or indivisible unity or harmony. And that is pure love. Thus, there is oneness in manyness. Pure unselfish love stems from complexity. Likewise, complexity stems from love. It's like branches stemming from a deep rooted tree. When we look at differences with colored eyes the differences divide us and cause violence and destruction. It all depends upon how clear our vision is. How we view others differently from us. When we relate to others with clear mind and clear heart life becomes harmonious. It has taken time for me to move in the direction of harmony and unconditional love and acceptance. Walking on the path brings deep joy, fulfillment, oneness and bliss in me. There are two ways of looking at the knife in our side. One way is looking at the knife as a means of violence. The other way of looking at the knife is looking with compassionate eyes at the hitchhiker as a desperate poor and hungry man. Nora Bateson's father looked at the man with knife and compassionate eyes. His focus was not on the knife. His focus was on the poor man desperately struggling for survival. He felt warmth and care for the traveller. I am ending my comments by asking me a question: how would I have reacted to the traveler?

Namaste!
Jagdish P Dave

[*Equanimity Of Doctor, Hunter, Warrior*](#)

How do you relate to the notion that equanimity is the opposite of apathy and indifference? Can you share a personal story of a time you experienced one of the three types of equanimity? What helps you avoid attachment to the 'good side'?

In response, Jagdish P Dave wrote on Feb 09, 2024 ...

Life presents challenges. There are times when I feel the glow of attainment and success. And there are times when I feel the gloom of loss and failure. I have experienced ups and downs in my life. How do I relate to such ups and downs cycles makes a significant difference in the quality of my life. Realizing that life is not a straight line, and it goes through small and big curves and accepting this fact without grudging and complaining is the right and wise way of living. I turn my face towards such happenings and face them with equanimity. This is the equanimity of a warrior. I believe in the wise saying, "A wandering mind is not a happy mind." I know the power of pranayama, maintaining a dynamic balance between inbreath and our breath for keeping the mind steady and focused. Regular practice of pranayama makes my mind clear and calm. I feel peaceful and happy. How to

sustain this flow is a big challenge for me. What helps me maintain that flow is mindfulness-a nonjudgemental awareness with an intention of staying in the here and now consciousness not bound by ruminating on the past and worrying about the future. I consider this an illustration of concentration equanimity. All wisdom traditions emphasize the value of non-attachment. We all know attachment to anything, good or bad, creates obstructions on the path of our spiritual journey called yatra. In the spiritual journey, there are neither likes nor dislikes. Likes and dislikes come and go. Both likes and dislikes are two sides of the same coin of attachment. We get bound by them. Self-awareness transcends this duality and creates oneness. I would consider this state as transcendental equanimity. May we be free from attachments and aversions and attain the bliss of equanimity in our life!

Namaste!

Jagdish P Dave

[Conscious Complaining](#)

When you find yourself in a bad mood, as a victim of external circumstances, how do you regain your center? In a moment of complaining, what practices help you reduce the time you spend in anguish? In your experience, how do positive affirmations differ from conscious complaining?

In response, Jagdish P Dave wrote on Feb 16, 2024 ...

We have a spectrum of emotions. There are times when we are glad, joyful, and happy and there are times when we get mad, sad, and unhappy. When I experience positive and negative emotions I let them come and let them go. I do not waste my energy in suppressing, repressing, denying, fighting, complaining or getting stuck. This way I do not waste my energy. When I become a victim of external circumstances, I get upset and angry and process my feelings and work on myself rather than complaining or bitching about it. I do not let myself be a victim of adverse external circumstances but find a way for working on them. The author of this passage Karla McLaren uses an interesting phrase "Conscious complaining". To me it means recognizing and understanding what causes negative feelings in me. Becoming aware of my feelings, understanding the cause of my feelings, and doing whatever I can to be centered and strong to face the external circumstances. This way I won't waste my energy by complaining or dwelling on the causes of my suffering. I have learned the way of reducing my distress and anguish by practicing mindfulness. Mindfulness helps me understand the causes of my suffering and to be free from the impact of suffering. This practice helps me to be centered and grounded. I see the value of "conscious complaining" as described by the author. I also see the value of doing positive affirmations. It is like looking at the bright side of the issue or situation rather than dwelling on the negative side of the situation. When I have stomachache, I do not dwell on it or complain about it. I try to find out what caused my stomachache and learn a lesson from it so that I may not cause my stomachache again. This way I do not find fault in somebody or complain against someone else in my life. What good, constructive, and positive things I can do is in my hands. And that is freedom.

Namaste!

Jagdish P Dave

[Three Supports For Turning Towards Mystery](#)

What does nonconceptual awareness mean to you? Can you share a personal story of a time you experienced nonconceptual awareness through one of the three helpful supports: embodied presence, willingness to let go of the various ways we get distracted, and the willingness to not know? What helps you open up to mystery?

In response, Jagdish P Dave wrote on Feb 23, 2024 ...

I love this passage written by Martin Allyward. My understanding of living a holistic life is enriched by reading and reflecting on this passage. According to me, nonconceptual awareness is awareness beyond the knowledge acquired from books, teachers, and other sources. Nonconceptual awareness is cultivated by experiencing the unconditional Truth, the unconditional Love, and by living in here-now consciousness. It is beyond words, concept and theories. I consider it as living Truth. It goes beyond conceptual learning acquired from books, teachers, and other resources. It is an experiential learning gained by reading books or listening to teachers attentively with an open mind, reflecting on the teachings, practicing the words of wisdom, and incorporating the teachings in everyday life. The author describes three helpful supports for nonconceptual awareness. The first support is embodied awareness. Conceptual awareness by itself is not enough. Learning lessons from books or teachers is the starting point. Reflecting on what is orally or verbally acquired is very important for conceptual learning. I call it a curious and inquiring mind. The third step is applying the learning in life, integrating it in our life. The second helpful support for nonconceptual awareness. Mind has a tendency to think. It is mind's job. There is no need to fight the mind or let the mind do whatever the mind wants to do. Using discretion is very important for regulating our thoughts, emotions, expressions, and actions. We do not let our mind hijack us. We do not get hooked by the mind. We use our mind wisely. That is the sign of an awakened being. As the author says " Awareness is a more potent, luminous, and immediate than our mental prevarications. When you find yourself caught up in a thought, notice, and in the noticing unhook, unhook, unhook." I find this very wise advice for unburdening ourselves from the heavy load of unwholesome thoughts. The third support for nonconceptual presence, the willingness to not know- the willingness to put aside familiarity and the willingness to meet each new experience. As the author says, "to live aside inner or outer, pleasant or unpleasant, good or bad-all of them can be left aside." I take this as remaining unattached- nonattachment to good or bad keeps the mind free.

Namaste!

Jagdish P Dave

[Without Ourselves](#)

What does freeing ourselves by letting go of our SELVES mean to you? Can you share a personal story of a time you took the risk of going beyond the limits of your own self? What helps you have an identity of what you have learned without the burden of the world?

In response, Jagdish P Dave wrote on Feb 29, 2024 ...

Who am I? What is my true identity? Why am I here? What is my original face? What is my original voice? What is my authentic self? What is my purpose of being in this world? What if nobody walks with me on the road with me? What is my vision? These are very important existential questions for me. There is one SELF. There is one FACE. There is one VOICE. There is one authentic ME. If I lose

my true identity, I become a multiple personality. I lost my real self. I lose my real voice. It is not that easy to be myself, but it is essential for me to listen to my voice and sing my own song. As I am reflecting on this question Rabindranath Tagore's song Ekla Cholo Re comes to my mind. Walk alone if no one is standing by. Open your mind and speak all alone to be in harmony with all existence. This kind of authentic identity is not against universal identity. I am a part of the whole, not apart from the whole, oneness in manyness. There have been times when I have served people going beyond the limits of myself. I follow the spiritual path of living called Karma Yoga. As a counselor, I provide my free service to people who do not have money to pay for getting counseling from me. Doing such selfless service brings deep joy and fulfillment in me. As I was growing up, I saw my parents doing selfless service and living a truthful and simple life. We were outwardly poor but inwardly rich. They showed me the path of living without the burden of the world, living lightly and fully. I am deeply grateful to them for teaching me the spiritual path of living, Karma Yoga.

Namaste!

Jagdish P Dave

[As Way Opens](#)

How do you relate to the notion of living by the dictum 'as way opens'? Can you share a personal story of a time you avoided rushing and waited for the way to open? What helps you wait for the way to open?

In response, Jagdish P Dave wrote on Mar 07, 2024 ...

The first sentence of the passage written by Carrie Newman says a lot about keeping the mind and heart open to the unfolding reality. "Proceed as the way opens." This Quaker saying is an encouragement to live with a kind of intentionality and willingness to "be" with intention and willingness to "be" with a question or decision rather than jump to a rash action out of panic or pressure." This is a counter cultural idea of jumping to a rash action or decision out of panic or pressure. It is a wise way of living to listen to the music birthing in our quiet and awakened mind with an open and compassionate heart. As Parker J Palmer says, "Let your life speak and you listen." An open and closed door are the same. They both send us a direction. It's up to us which way to go. Proceeding as a way opens means that life has a holy rhythm that brings us together to sing a song of humanity. When I walk in nature connecting myself quietly with the natural wonders of the world, when I pay my attention to the drop of the rain falling on a tender leaf, when a mother holding a crying child in her soothing hands and when two lovers becoming one by uniting their hearts I proceed the way as it opens. These are precious gifts of living in the presence. Patience, perseverance, loving kindness, living mindfully and meditation help me live with an open mind and a loving heart.

Namaste!

Jagdish P Dave

[Organizing With Love](#)

What does organizing with love mean to you? Can you share a personal story of a time when the goal of your work was to increase the love instead of winning or dominating an opponent? What helps you go deeper in your relationships?

In response, Jagdish P Dave wrote on Mar 15, 2024 ...

Love is the foundation of all thriving and deepening relationships. When we join our hearts, heads, and hands together our life thrives and flourishes intrapersonally and interpersonally, in our families, communities and in organizations. As the author says, "When we are engaged in acts of love, we humans are our best and most resilient." Love is the core foundation of all relationships not only to survive but also to thrive. What I am saying is based on my personal experiences at all stages of relationships in my families, friends, in my intimate relationship, societal and professional relationships. I have lived and grown in extended families all my life. I learnt the art of relating to differences by listening to each other with open ears, open mind, and open heart. I have learnt to let go of my irrational, inflexible and rigid opinions, and ideas and to be fluid and flexible and appreciative of ideas and opinions of other members of the family. I also learnt how to appreciate somebody's opinions and ideas which would be better than mine. Such a stance helped me grow mentally, emotionally, relationally, and spiritually. From my experiences I have learned how to grow deeper in my relationships. The core qualities of growing in my relationships are unconditional love, empathic mind, compassionate heart, nonviolent communication, telling the truth and accepting my mistakes, forgiveness, gratefulness, and patience. It takes time and effort and mindfulness to cultivate deeper and fulfilling relationships. It is wise to take time and be patient to enjoy the gifts of such deeper relationships. May we all have such precious gifts to flourish and deepen our relationships!

Namaste.

[*Grace In The Classroom*](#)

How do you relate to the notion that grace is what makes hard conversations possible and productive between people? Can you share a personal story of a time you were able to affirm the dignity of someone who wasn't succeeding in their endeavor? What helps you honor the dignity of those who aren't doing well?

In response, Jagdish P Dave wrote on Mar 21, 2024 ...

I love and value this thought provoking passage written by Francis Su. When I was studying in a college my teacher who was also a poet was teaching us the difference between the sinful action of a person and the person who did that action. He cited a line from his poem in my mother tongue Gujarati: Tu papasathe nava papi marto..Condemn the sin, not the sinner. We all make mistakes. Nobody is perfect. How do I relate to my mistake, my shortcoming makes a big difference. Do I put myself down and humiliate myself for the mistake I have done, or do I assess my mistake and do not equate my mistake with me as a person? In the same way how do I relate to the mistake made by someone like my family member or my friend or by my student? I would assess what the other person did, his action, and not him as a person. Relationships break down when we condemn the other person. Relationships survive and thrive when we relate to our mistakes and the mistakes of other persons truthfully, empathetically and compassionately. As a teacher I have assessed my students coming from all kinds of cultural and economic backgrounds. I want to be an impartial teacher. I want to be fair in assessing my students. When my student gets a low grade or a failing grade from me, I spend my office hours with such a student and offer my help to work on his academic deficiencies. I cannot have two different standards for assessing my students. I relate to

such students with an empathic mind and compassionate heart. This way of relating to people in my life has enriched my heart and my relationships with others. When I relate to people who are not doing well, with open mindedness and open heartedness, with empathy and compassion I honor their dignity. I would like to conclude my reflections with the wise words of Mother Teresa: Not all of us do great things. But we can do small things with great love.

Namaste!

Jagdish P Dave

[*The Dilemma That Faces Us All*](#)

How do you relate to the notion that forgiveness must be muscular and alive in order to be a virtue? Can you share a personal story of a time that you experienced forgiveness as the glue that holds the human family together? What helps you build bridges of forgiveness?

In response, Jagdish P Dave wrote on Mar 28, 2024 ...

Virtues weave the tapestry of our life and make us virtuous, make us human and contribute to the wellness of life. Virtues connects us and creates harmony in the world. One of the core virtues is forgiveness. I love the famous wise saying: To err is human, to forgive is divine. We all have small errors and big errors. I forgive myself for making a mistake. Such forgiveness comes from the heart. And such forgiveness elevates my consciousness. Forgiveness has two sides of the coin connected with each other: self-forgiveness and forgiveness of others. Both are essential to complete the circle of virtuous living. As the author of the article Kent Nerburn writes, "It is the glue that holds the human together. It is the way to bridge the loneliness that often surrounds us. Genuine forgiveness is a way to build that bridge." As a human being I have made many mistakes. That way I have hurt myself and others close to me. I cultivate truthfulness courage and boldness to recognize such mistakes and forgave myself for hurting me and others related to me. With kindness and compassion, I have forgiven myself. And there are people who have hurt me. I lit the light of forgiveness for me and for others. This way I am building the brides of loving kindness. How about people who do not raise their voice against injustice and take a stand? They are afraid of retaliation. We must not act out of fear but act with courage. And those who have courage to act eventually succeed. Mahatma Gandhi, Martin Luther King Jr and Dalai Lama are living examples of living courageously and bravely for fighting against injustice. Let us enkindle the light of forgiveness and remove the darkness within and without ourselves. Let join our hands and be the torchbearers of forgiveness.

Namaste!

Jagdish P Dave

[*The Inward Sea*](#)

How do you relate to the notion that we can only touch our sacredness with our inner authority and consent? Can you share an experience you've had making an offering to your inner altar? What helps you realize the power of your inner authority and consent?

In response, Jagdish P Dave wrote on Apr 04, 2024 ...

We all have the potential source of Inner Light to see the Reality, the Truth, the Sacredness. Such

inner light shines when our eyes do not get blinded by the power of hungry and self-centered people in our life. We are witnessing such authoritarian, power hunger, and self-centered leaders in many parts of the world creating divisiveness, hatred, and destruction. How do we create a world where we can relate to each other as highly evolved human beings? How can we create light in darkness? We have been blessed to witness highly evolved leaders like Mahatma Gandhi, Howard Thurman, Martin Luther King Jr and others mentioned in the introduction of the passage. This is a call for all of us to wake up, to remain awake, to join hands with our brothers and sisters and take a firm and strong stand for peaceful coexistence. Cultivating inner qualities of knowing the truth, listening to it with an open mind and open heart, and taking a courageous stand and joining hands with others is my way of going through such difficult times. When I am walking on this path I remain alert, awake and aware of not taking a wrong step. I am blessed to have people in my life who provide a clear mirror to see my blind spot. I am very grateful to them for helping me to walk clearly on my path of serving others. Studying and following the Eightfold Path of the Buddha has been very helpful to me in my journey of life. May we all awaken and walk on the path of authenticity, compassion, and selfless service!

[*Longer Ladders Don't Get You To The Moon*](#)

How do you relate to the need for new principles for evolving our economic thinking? Can you share a personal story of a time you discovered new principles to make a non-incremental leap in your endeavor? What helps you listen deeply to discover new principles?

In response, Jagdish P Dave wrote on Apr 12, 2024 ...

If we want to flourish personally and socially we need to replace old paradigms by innovative ideas and approaches. Adam Smith is considered the Father of Western Capitalism. His philosophy has given rise to capitalism. There is nothing wrong in creating wealth when it creates wellness not at the cost of the wellness of others who do not have adequate wealth for survival and maintenance. Communism and socialism provide an antidote to self-serving capitalism with their own shortcomings. A new movement called Sarvodaya has been launched in India by the enlightened teacher Vinoba Bhave, a close companion of Mahatma Gandhi. His movement is based on the spiritual concept of Dana-gift from the heart. It is a way of serving others with no selfish desires and aspirations. Going beyond oneself and serving others is the spiritual foundation of liberation or salvation. This is a spiritual call not only for survival but also for enhancement. Research shows that capitalist countries are not on a higher scale of happiness. Materialistic prosperity does not lead to contentment, peace, and happiness. Wisdom traditions have shown the ways of living happily, peacefully, and consequently. We need to be free from the conditioned mind. Wake up from the sleep of ignorance and follow the wise and right path. It is not easy to be free from the grip of the old, conditioned mind. It requires open-mindedness and open heartedness. I am happy to walk on this spiritual path. Following the path of selfless service, Nishkama Karma Yoga has been a blessing to me. Reading writings like this article, reflecting on uplifting ideas, sharing them with like-minded people, satsanga, and walking on this path mindfully have been very helpful to me. Walking on this path is Yatra, a spiritual journey for me. May we wake up, remain awake, and walk on this path.

[*Achieving Peace*](#)

What does achieving peace mean to you? Can you share a personal story of a time you felt peace? What helps you cultivate individual and collective inner peace?

In response, Jagdish P Dave wrote on Apr 19, 2024 ...

Reading this article authored by A.T. Ariyaratne deeply touched my heart. Peace is the foundation of survival and sustenance of our life. All spiritual traditions sing the song of peace. Inner peace is the foundation of outer peace. We cannot create and sustain outer peace without creating and sustaining inner peace. The challenge for all of us as humanity is to learn, practice and apply ways and means of creating and sustaining peace. Meditation is one of the most effective ways for creating and sustaining peace and harmony at all levels: intrapersonal, interpersonal and collective. Peace is the sumam bonum of life. Without peace, there is no survival, no security, and no safety. Upanishadic mantras end with these inspiring and uplifting words: Aum! Shantihi, shantihi, shantihi! Aum! Peace: intrapersonal, interpersonal, and universal. My father was an ardent follower of Mahatma Gandhi. When I was a five- year old child, my father used to take us to attend evening meditation and prayer meetings in Gandhi Ashram in Sabarmati, a suburb of Ahmedabad, I will never forget these spiritual gatherings. Attending such gatherings laid a spiritual foundation in my life. Daily meditation has been my spiritual practice in my relatively long life. Practicing mindfulness meditation has been very helpful to me for leading a peaceful and fulfilling life. Every Saturday evening, I meet with a group of meditators. We do Mindfulness Meditation regularly and share our experiences in the group. We have become a family and have created a strong, enriching, peaceful and nurturing foundation. May we all join our hands to pray and meditate for a peaceful and loving world to live in and flourish!

[*From Me To We: True Love Is A Process Of Humility*](#)

How do you relate to the notion that community building is the most precious work a monk, nun or layperson can do? Can you share a personal story of a time you were able to appreciate the insight and vision of the collective body of the community? What helps you build awareness that you are a cell in the community body?

In response, Jagdish P Dave wrote on Apr 25, 2024 ...

I love and appreciate the work of building spiritual communities or communes by the Buddhist monk Thich Nhat Hanh. We are social beings, and we need to build spiritual communities not only for our survival but also for the enhancement of the members of our community. This is everybody's calling. Spiritual leaders, monks and nuns play a significant role in creating and sustaining spiritual communities. However, lay persons like me and you have a responsibility to create and sustain spiritual communities. Survival and enhancement of our precious life is up to all of us. We all need to join our hands together to protect and enhance the wellness of each member of our community, not only for a special group of people. It is a call for inclusion, not exclusion. I deeply appreciate the contribution of the Dalai Lama, Thich Nhat Hanh and other spiritual leaders for creating harmony and peace in the world which is dangerously divided. What is my part as a lay person in creating such a community? I have created two small communities with different spiritual orientations where we get together once a week to explore different ways of working on diiferences to create and sustain inner peace for living holistically. It is a relatively small community. We hope and wish we all

play our part in working for peace. If we do not make our sincere effort to work on this task of building a harmonious community, I see dark clouds of divisiveness, discord, and destruction. I hope and urge that we all do our best to create and sustain harmony and peace. Reading and discussing such writings and figuring out ways of building and sustaining such spiritual communities is our responsibility. This is a way of moving from Me to We.

Namaste!

Jagdish P Dave

[*Suffering Is Never Alone But Shared*](#)

How do you relate to the notion that suffering is never alone but shared? Can you share a personal story of a time you moved beyond distractions and faced the elemental forces of creation? What helps you let go of pretenses and deceptions and regain memory of your nature?

In response, Jagdish P Dave wrote on May 02, 2024 ...

I would like to begin my reflections on suffering by quoting the last sentence of this awakening article written by Richard Flyer: Suffering and supreme peace fit together like hand and glove. There is no light without darkness and no darkness without light. They are twins, not opposing each other but by joining hands together, they create wholeness and oneness. I am writing this from my personal experiences. Like others, I have had a belief that by denying my suffering I will be blissful and happy. It took time for me to come to realize that suffering and peace are two wings of the bird of life. By acknowledging and accepting my suffering without resistance I can create space within me to learn from my suffering, the cause of suffering, and how to be free from suffering. I have learned to listen non-judgmentally to my inner voice to understand the cause of my self-created suffering, the way of going through it and beyond it. In our weekly Mindfulness Meditation satsanga group we share our joys and sorrows, what causes these emotions and how to work through them mindfully. Sharing our thoughts, emotions, and behaviors with others without judging them, we have created a spiritual family where we relate to each other empathetically, candidly, and compassionately with an open mind and open heart. Learning and practicing how to be fully aware and attentive to my self-created distractions and noises has been very helpful to me. This process of self-awareness without judgment has been a strong foundation for a peaceful, joyful and service oriented living. Awakened life is like a lamp that creates light to dispel darkness of ignorance, prejudice, self-serving cravings and attachments and leading to enlightenment. May we all have this light shining within us to keep us awake and walk on the right path.

Namaste!

Jagdish P Dave

[*A Jeweler's Eye*](#)

How do you relate to the notion of developing a jeweler's eye? Can you share a personal story of a time you could see the jewel in the rock of mundane experience? What helps you accept your circumstance instead of wallowing in sorrow and anger?

In response, Jagdish P Dave wrote on May 09, 2024 ...

What is a jeweler's eye? A jeweler's eye is willingness and open-mindedness to look at the situation

with fresh, sharp and clear eyes. Normally when I suffer physically, mentally, and emotionally I tend to minimize it or try to ignore it, deny it or wallow in anger or sorrow. Ignoring or denying or suppressing my suffering has not helped me. I have been learning to accept my suffering mindfully, compassionately, openly and with equanimity. Going through suffering with this open and curious mindset has taught me the value of my suffering and relating to other's sufferings with empathy and loving kindness. We all suffer physically, mentally, and emotionally. The question is how we relate to our suffering and what we learn from it.

Namaste!

Jagdish P Dave

[What Is Prayer?](#)

How do you relate to the notion that there is no room for the finite in the infinite? Can you share a personal story of a time you felt wholeness by returning to stillness? What helps you return to wholeness, perfection, and peace?

In response, Jagdish P Dave wrote on May 17, 2024 ...

The infinite is beyond the limits of the finite. The finite is bound by time and space. The infinite transcends time and space. In that sense there is no room for the finite in the infinite. They cannot coexist. It is like light and darkness. They are different phenomena. Light is absence of darkness and darkness is absence of light. I feel the presence of the infinite when my mind is completely silent and clear. In that state of consciousness, I go beyond time and space and feel the presence of the unitive state of consciousness, wholeness and divinity. It is a transformative experience, an experience of the infinity. Prayer and meditation are the wings of the bird of the unitive state of consciousness, the experience of wholeness. When I love someone unconditionally, when I serve someone selflessly and silently, I feel the presence of Divinity, the presence of Infinity. It is an experience of Truth, Reality, and Unitive Consciousness-Sat, Chit, Ananda, and experience of wholeness, perfection, and peace. This is my prayer: May we all experience Sat, Chit, Ananda-Wholeness, Perfection and Peace!

Namaste!

Jagdish P Dave

[Is There A Real World Out There?](#)

How do you relate to the notion that we might be seeing the same thing that we always do in spite of a major shift in our underlying model of reality? Can you share a personal story of a time you realized you had very different eyes toward the same external reality? What helps you dig deeper into your model of reality to go beyond how things seem?

In response, Jagdish P Dave wrote on May 23, 2024 ...

How do we perceive reality, the things as they are or the people as they are? Is my perception of things and people changing or remaining the same? This is a profound existential question. According to me, my perception of things and people changes depending on the condition of my mind. When my mind is quiet, clear and open, my perception of the external world of things and people becomes clear. But when my mind is clouded by my past experiences, biases, and

prejudices, my perception and understanding of the external world changes. The past has an impact on the present. As is my vision, so is my vision of reality. If my vision is blurred so is my vision of reality. If my vision is clear like the clear blue sky my perception of reality is clear without any distortion. Letting go of my biases and prejudices is very important for me to see the truth. Clearing up and quieting my mind is very important for me for my mental and emotional health, for my relationships with people in my life. It took time for me to have clear perception of the external reality. One of the barriers to seeing the external reality as it is had my own insecurity. My relating to my beloved wife was affected by my jealousy which had an adverse effect on our relationship. It causes deep wounds of hurt and pain in both of us. Learning and practicing meditation helped me immensely to clear and quiet my mind. Our relationship began blossoming and continued blossoming until she passed away. I learned many important lessons from working on my self-created emotional wounds and creating emotional wounds in others close to me. I grew from my deep suffering. Understanding and working on my own suffering has taught me to live fully and help others going through emotional suffering. As mentioned before, knowing and accepting the cause of suffering and diligently working on it has opened the door of empathy and self-compassion, self-hopefulness and self-kindness and forgiveness in me. That is my inner wealth, inner happiness, and inner peace. May we all learn lessons from our own suffering and fill up the cup of our life with joy and happiness! This is my prayer. Amen!

Namaste!

Jagdish P Dave

[Genjo Koan](#)

How do you relate to the notion of enlightenment? Can you share a story of a time you understood the nature of something in its element? What helps you avoid assuming that what you realize becomes your knowledge?

In response, Jagdish P Dave wrote on May 30, 2024 ...

The opening statement of this article helps me understand the notion of enlightenment.

"Enlightenment is like the moon reflected in the water. The moon does not get wet, nor the water is broken." According to my understanding, when one gets enlightened, he does not get attached to that state of consciousness. There are no clouds of attachment. Enlightenment is like the open and clear sky. Enlightenment is not bound by space and time. It is a pure and free state of consciousness. When we get free from the boundaries of mine and thine, me, and you, we experience oneness. Enlightenment frees us from the egotistic and divisive mindset. An enlightened being is a member of the universal family, He has attained a unitive pure state of consciousness filled with eternal bliss. I experience glimpses of enlightenment when I am not bound by my self-created bondage. When I let go of my self-created attachments, my possessiveness, my righteousness. When I transcend my self-created boundaries. When I assume and declare that I am a self-realized being and I am not bound by my inflated ego. I am no longer trapping myself by myself. Awareness of my self-created egotistic mind frees from my self-created prison.

Namaste!

Jagdish P Dave

[Sacred Mess Of Nature](#)

As a seed is blooming, what helps you find the patience to stay still within the mess, while cultivating faith that it's ultimately a sacred and an "intelligent mess"? How do you balance leading with the profound while being inclusive of the profane? What has been an experience that gave you insight into your "untameable light?"

In response, Jagdish P Dave wrote on Jun 07, 2024 ...

The opening line of this passage "A seed eventually blossoms into the most beautiful flower." is a call for awakening the Self which cannot be realized by outside sources like prestige, possessions and power. We need to be awakened from the deep sleep of ignorance and illusion. Such an awakening takes time. It requires patience, perseverance, and willingness to clear up the innermost mess. The inner door of the temple of the heart is always open. We need to wake up from the darkness of ignorance and illusion and have willingness and faith for freeing ourselves from self-created bondage. The challenge for me is how to live in the world but not of the world. To live fully I need to empty my shack of possessiveness and attachments. I need to clear my eyes to let the Divine light in. And to let the clouds in my mind clear in order to see the luminous light shining within me. I need to create a dynamic balance between holding on and letting go. Sometimes I like to hold on to what pleases me even at the cost of my wellness. It is hard to let it go. The other side of the coin is my wellness. As a human being I like to grab what is pleasant and hold on to it at the cost of my wellness. I need to close that door to let the light shine in me. When my noisy mind is quiet and clear of the clouds of attachment, I see the light coming from within that helps me see my lifepath clearly. These are the precious moments in my life that enlightens me and keeps me walking on my path that fills the cup of my life. What a gift! What a joy! What a bliss!

Namaste!

Jagdish P Dave

[Listening Is A Great Art](#)

What does listening to the truth of something mean to you? Can you share a personal story of a time you became deeply aware that you were the world and the world was you? What helps you to radically change in response to an issue you perceive?

In response, Jagdish P Dave wrote on Jun 14, 2024 ...

We need to cultivate and embrace radical thinking to create radical changes in ourselves and in the world we live in. Everyday many of our political leaders are planting the seeds of hatred, violence, divisiveness, and disunity. We are in the self-centered destructive race without awareness of the possibility of causing worldwide destruction. Seeds of violence and destruction are planted in our minds. The same way, seeds of peace and construction are also planted in our minds. We need to pay our attention and be mindful of what kinds of thoughts and feelings are going on in our minds. It requires radical thinking to transform our vision to see the truth. Listening to the truth is not easy, especially the truth which may be unpleasant or bitter. We need to keep the window of our mind open to see the light of the truth to dispel the darkness of ignorance, bias or prejudice. As I was growing up my father used to tell me in Sanskrit: Yatha dristy tatha sristy: As is my vision is so is my world. This wise saying has been very helpful to me to walk on the path of Truth and Love which liberates us from ignorance and prejudice. Keeping my mind open and free has helped me to live

wisely in the world. It is an inner journey of light and liberty. May we all walk on this path of life mindfully and persistently. Amen! Jagdish P Dave

[The False Self From Childhood](#)

How do you relate to young people's need for safety such that basic wants and desires can be expressed with as much anti-social self-centeredness as humanly possible, and still be loved unconditionally? Can you share a personal story of a time you retained the connection to your authentic self due to unconditional acceptance of your need? What helps you balance the need for authenticity with the harm caused by unskillful expression of our need?

In response, Jagdish P Dave wrote on Jun 23, 2024 ...

A long time ago I had read that childhood is the fatherhood of a human being. How I am raised as a 2 to 3 year old child lays the foundation of my adulthood. Seeds of "true self" or authentic self are planted in early childhood. Our "true self" is naturally developed by the unconditional love and positive regard by our parents or care takers. If as children we were raised by adults who were raised in authoritarian ways our adult self will be shaped by such experiences. I was raised by parents who were neither authoritarian nor "do as you please"- laissez faire ways. They would let me follow my needs, wishes and passion if that way of behaving did not hurt me and hurt others. This way of being raised by my parents created wholesome balance in my life. There are many examples of narcissistic, self-centered and autocratic leaders in the world we live in. It is very important for us as parents to raise our children in loving, caring and authentic ways. This is a challenging task for us as parents or care takers of our children. Family dynamics is very crucial for the welfare of not only families but for the world at large..

Namaste!

Jagdish P Dave

[Sacred Vs. Survival Language](#)

How do you relate to the notion of the difference between survival and sacred language? Can you share a personal experience of a time you consciously redesigned how you used language? What helps you become aware of the kind of language you are using?

In response, Jagdish P Dave wrote on Jun 28, 2024 ...

There are two ways we use language. One way is for survival and the other way is for evolving our consciousness. The author of this article, Vyaas Huston, uses two different phrases to differentiate the two modes of communication: survival language and sacred language. According to my understanding, we need survival language to meet basic mundane needs such as food, water, clothing, shelter, and mate. We also need to evolve on a higher level of living, to evolve on a higher level of consciousness, from me to we, from mundane to sacred. The challenge is how to evolve from survival to sacred. According to my experience we need the helping hands of caretakers, to not fall down and hurt ourselves and others, and to slowly and gradually move up on our own. Parents can provide good modeling to their children. I was blessed to have such elders in my life. They would provide help when needed and let me walk on my path freely. My parents used to tell me in Gujarati, my mother tongue, 'Vicharine yar uchhar vani'. Think before speak. That was very

helpful advice which I still follow. In other words, this means to cultivate mindfulness of your inner world of thoughts and feelings before hurting yourself and others. Empathy and compassion for myself and others is very helpful to allow me to talk and relate to others in a sacred language. Life is a journey, and I have been walking on this sacred path with compassion and kindness, with patience and perseverance.

Namaste!

Jagdish P Dave

[*The Eagle And The Chicken*](#)

How did you relate to the notion of taking away the easy reminders of our past conditioning in order to help us be truer to our authentic selves? Can you share a personal story of a time you took away contextual reminders in order to step into a strength you always had? What helps you realize what's trapping you from spreading your authentic wings?

In response, Jagdish P Dave wrote on Jul 04, 2024 ...

Who am I is a profound question explored by spiritual seekers and mystics. Am I my body, Am I my mind, or I am beyond my body and mind? We usually identify ourselves with body and mind. My true self, my authentic self, my essence is beyond body and mind. Sadly, as we grow up, our personality is shaped by what the people close to us define our real and authentic selves by our looks, by our worldly possessions, our professions, prestige, and power. Sadly, we lose our authentic self, our true identity. The story of the eagle and the chicken narrated by Jamie Glenn is quite revealing: How the mighty and free eagle turns into a chicken, the eagle looking like a chicken and quacking like a chicken and becoming a chicken. Sadly, a majority of people in different societies and cultures tend to define their members by the external appearances, ranks, money and power. No wonder, why such societies and cultures create materialistic, power and prestige hungry leaders. I was blessed to have parents in my life who lived authentically and provided good modeling. They played a significant role in shaping my authentic personality. Forming eagle-like authentic self is not easy for us as we have to depend on and rely upon significant people in our childhood. It requires courage and determination to sing my song and dance my dance, to be an eagle and not a chicken. Namaste!

Jagdish P Dave

[*The Great Divide*](#)

What does business with a heart mean to you? Can you share a personal story of a time you were able to integrate both head and heart in a key decision in your life? What helps you remain aware of the need to integrate both aspects of the divide?

In response, Jagdish P Dave wrote on Jul 13, 2024 ...

I love the way Mark Vandeneijende shows the integration of Head and Heart. I will quote a couple of statements made by the author. One to listen and one to talk. One to think and one to feel. One to sense and one to see. One to Do and one to feel. This saying reminds me of the Zen Koan: What is the sound of one hand clapping? My response to this Zen question is that we need both hands to make the meaningful sound. They are together. By togetherness of sound and silence, a melody of

oneness is created. The greeting Namaste comes to my mind as I am reflecting on this writing. By joining my two hands you and I are becoming one, a Divine Union or Unitive Cosmic Consciousness. Like any new significant learning, realizing the Divine Oneness requires time, patience, and perseverance. With non-judgemental awareness I have been able to integrate both head and heart. Practicing Mindfulness Meditation has been very helpful to me to integrate both aspects of the divide. By holding my hands and touching my heart, I am saying Namaste to all!
Jagdish P Dave

[In Hardship, Choose Bewilderment Over Cleverness](#)

What has helped you bear witness while facing a fog of confusion? In times when you haven't been "hasty to make events of heartbreak meaningful", what new lessons did life reveal? Share a time when you fully grieved the grandeur of a loss and felt bewilderment in returning home after a long exile.

In response, Jagdish P Dave wrote on Jul 18, 2024 ...

I love the wise Statement of Rumi: "Sell your cleaverness and buy bewilderment". We are on a journey, and we need to keep our mind and heart open to see the bewilderment that unfolds spontaneously without preconceived notions. A mind free from the bondage of preconceived notions shines and helps us see the light. When I face a fog of confusion as I move on the path of life, I face it with clarity, calmness, and courage. When I bear witness to what is happening in my life, I do not get attached to and bound by my desires and wishes, by ups and downs in my life. It is very difficult for me to go through pain of several losses of people in my long life. Bearing witness to such losses in my life has been very helpful to me. Witnessing and accepting what is happening in my life has helped me to remain grounded and centered. Practicing mindfulness with loving kindness, patience and perseverance has been very helpful to me after a long exile.

Namaste!

Jagdish P Dave

[We Are Contextual Beings](#)

What does being contextually relevant mean to you? Can you share a personal story of a time you were able to act in solidarity with all Life? What helps you engage in the work without feeling the obligation to complete it?

In response, Jagdish P Dave wrote on Jul 26, 2024 ...

The foundation of all religions is spirituality. If our religious practices are not expanding our circle of empathy, compassion, love and care, what is their purpose? We need to join hands with each other to create Heaven on Earth. Living in Heaven is living a spiritual life here and now. Being contextually relevant means being relevant to the present times, people, and events, and the world at large.. Past is gone, future has yet to come. Living spiritually is practicing spirituality in the here and now.. According to my understanding spirituality is responsive, not reactive to what is happening. Reactivity breaks bridges. Responsivity builds bridges. I daily do self-examination to be aware of my inner world: How am I responding to people different from me in many ways? Am I reacting or responding to people with different religious and cultural orientations? With different political

ideologies? The world we live in has been divided into different and opposite worlds generating frustration, anger, and hatred-Me against you. Spirituality, not religiosity, can build the bridges. History shows how many religious wars have been created in the name of religion? How many religious conversions have been made by religious leaders? Spirituality unites, religiosity divides. Heart-to- heart connections with open heart and open mind are the ways to build the bridges of compassion and kindness. May we join our hands with each other to create a peaceful and blissful world!

Namaste!

Jagdish P Dave

[Yodeling Above Freedom](#)

What does liberation of the meaning-seeking mind by the deep-now mean to you? Can you share a personal story of a time you had a sense of awakening beyond meaning? What helps you have the courage to step outside your echo-mind and go beyond a search for meaning?

In response, Jagdish P Dave wrote on Aug 02, 2024 ...

I deeply resonate with the wise words of the author David Bullon of this passage: " But a silent voice lures me inward. The deep -now seeks to liberate my meaning -seeking mind." I have been learning the value of silence. Our conditioned mind tends to oscillate between past and future and gets away from the deep flow of here and now. The past is already gone, and the future is yet to come. The challenge I face is how to remain centered and go with the flow of the here-and-now consciousness. I have been learning not to get attached to the past experiences and the future aspirations. I have learned to be awakened and say goodbye to the past and hello to the present. Such an understand of the deep now helps me to step outside of my echo-mind and go beyond a search for meaning. I realize it is hard to break the old pattrens of dwelling on the past and worrying about the future. I am gald to know that I am on the path of freeing myself from the grip of the past and the future. I have leaned how to live in the here-and-now consciousness. May we all learn how to flow in the river of here-and-now consciousness!

Namaste!

Jagdish P Dave

[Our Early Experiences](#)

What does taking your own mind-body unity seriously mean to you? Can you share a personal story of a time you became aware of the origin of patterns that caused stress in your life? What helps you investigate how you live your life and bring spiritual unity to it?

In response, Jagdish P Dave wrote on Aug 09, 2024 ...

Mind and body are united. They are two sides of the same coin. Believing mind and body are separate creates dichotomy, a big gulf between body and mind and creates psychosomatic division. I have been learning Functional Medicine or Holistic Medicine. I have been developing scientifc understang of the union of body and mind. What we do affects our mind and what we think affects our body. They are dynamically connected. If I see a medical doctor he or she asks me queations about my body. If I see a mind doctor, he or she asks me queations about my mind.

Believing and practicing Mind-body are disunited is sadly very prevalent. Glad to know that there is a movement to relate to body and mind in an integrated way. Ayurveda is an ancient holistic health paradigm which is based on the unity and interaction of body and mind. Stress affects body and mind. I learned about this as I was growing up. I learned from my father how Astanga Yoga and concentric meditation build a body-mind bridge, a union between body and mind. I strongly believe in this holistic paradigm and implementing it has extended my life span. Keeping my mind and heart open and practicing what creates and sustains my holistic-physical, mental, emotional, social, and spiritual well-being- has been very helpful to me. It is the action that counts, not just reading, writing, and talking.

Namaste!

Jagdish P Dave

[*No Longer Pray*](#)

How do you relate to the notion of prayer as finding an intimacy with everything? Can you share a personal story of a time you recognized intimacy with everything? What helps you feel your connection to all that is?

In response, Jagdish P Dave wrote on Aug 16, 2024 ...

According to my experience prayer creates intimacy and a sense of oneness with existence. Prayer has helped me to be one with me, a sense of wholeness with existence. Prayer helps me to see the truth. Prayer takes me to a place which is beyond right and wrong, a place of oneness. When I was a child every evening we were chanting Divine songs. we were doing what we call Kirtan. Chanting together created a sense of intimacy, a sense of oneness or "oneness". My childhood experiences have built a spiritual foundation of my life. This foundation has helped me go through thick and thin times of my life. It has helped me go through all seasons of my life. I love to read spiritual books and articles, reflect on what resonates in me, have discussions with friends and family members and regularly practice Mindfulness Meditation. We have created a spiritual community, a sangha where we virtually get together once a week for practicing Mindfulness Meditation and have spiritual discourses. Such weekly spiritual gatherings have helped us in our journey of life. May we all find our way to walk steadily in the journey of our life! This is my prayer.

Namaste!

Jagdish P Dave

[*What Is Mu?*](#)

What does passing through the gateless gate mean to you? Can you share a personal story of a time you woke up to see a living world? What helps you be in the world while being awake?

In response, Jagdish P Dave wrote on Aug 25, 2024 ...

There are two worlds we live in: one world is a world of sleeping; the other world is the world of awakening. The first world is a world of illusion, the world of darkness. The second world is the world of light. In the first world of sleeping. I am ignorant of my True Identity. Who is Mu? Who am I? The first world is a world of separation, a world of disconnection. The second world is a world of union, a world of harmony. The first world is the world of bondage; the second world is the world of

freedom. In the first world I am bound by a gate of separation. The second world is gateless, a world of union. In the gateless world I feel oneness and harmony. Life is a journey with ups and downs. When I am awake I realize the difference between freedom and bondage, Gate and Gatelessness. At times I lose my awareness of the Gateless Gate and create walls of separateness. When I get awakened I see the Gateless Gate and live with freedom. I live in the world of connectiveness and harmony. Awareness of the world of Gateless Gate and living with that awareness helps me not to be bound by the Gate of separation. This is my pilgrimage, and I am not in a hurry. May we all find our path of awakening, a path of Gateless Gate. Amen!

Namaste!

Jagdish P Dave

[*Inhabiting The Body*](#)

What does inhabiting the body mean to you? Can you share a personal story of a time you were able to see the connection between your perception and your physiological process? What helps you maintain inward contact with your human capacities?

In response, Jagdish P Dave wrote on Aug 31, 2024 ...

Who am I? Am I fully present with my body, with my breath, with my emotion? With my thought? With my being? All these parts of myself are inter-connected. This is an experience of unitive consciousness. In that state I feel one with myself, with nature, and with human beings. In such a state of consciousness, all man-made differences fade away and I feel oneness. When I do Yoga and Meditation I feel oneness with myself and with others. We are capable of having such experiences. Practicing nonjudgmental mindfulness helps me create and sustain the flow of unitive consciousness. It helps me to be connected with myself and with others in my life. It is a blessing.

Namaste!

Jagdish P Dave

[*Addiction*](#)

How do you relate to the notion that the body does not get addicted, but the mind does? Can you share an experience of a time you were able to feel that you were not an 'I' story? What helps you rest in the knowing that you are beyond the 'I story'?

In response, Jagdish P Dave wrote on Sep 06, 2024 ...

Our mind gets attached and addicted, not our body. The desire to eat sweet or fried foods arises in the mind, not in the body. We have five senses: smell, taste, touch, hear and see. The mind may make harmful choices and cause problems for the body. Mind is the cause of physical problems. So it is up to Buddhi, the intellect, to discriminate between what is helpful and what is harmful. Discretion is the key that opens or closes our mind's doors. Mind is the cause of freedom or bondage. We need to make wise choices for our physical, mental, emotional, relational, and spiritual well-being. It took time for me to go beyond my self-centered 'I story'. I have been practicing the path of going beyond "my me" walls and embracing my "us us, us us" self. Walking on this path creates a deep sense of oneness, a sense of unitive consciousness. Practicing

mindfulness in different areas of my everyday life helps me walk on the pilgrimage of my life. It creates and sustains joy, love, and serenity. May we all find and follow the path of liberation, union, and harmony!

Namaste!

Jagdish P Dave

[*Citizen Of Dark Times*](#)

How do you relate to the assertion that we have not arrived to explain, but to sing? Can you share a personal story of a time grief became the seed of your singing? What helps you prune back regret to let faith grow?

In response, Jagdish P Dave wrote on Sep 12, 2024 ...

Like a bird I sing my own song. it is natural for a singing bird to sing. I sing my song not for an audience. I sing my song because it delights me. A song represents me. A song sings my authentic self. When I sing a song from my heart, it expresses me. It is my own song. It's my own life story with different colors. Each color of the story represents different emotions. It's like different colors of a rainbow. Different but real. I like the phrase "unity in diversity." Each color represents its own unique and authentic story, yet each color has something in common. I describe it as "oneness in manyness." Like all human beings, I go through a wide spectrum of emotions-glad, mad, sad. I have learned that all emotions are sacred. I have learned to accept them without resistance. Accepting all emotions mindfully frees me from myself-created bondage and helps me fly freely in the sky. In my opinion we all go through ups and downs in life. Life is not like a straight line. It has its own curves. I have gone through many curves in my life. By the grace of people who love me unconditionally I have gone through difficult life cycles and my faith in the awakened self and in the goodness of people around me have helped me grow holistically.

Namaste!

Jagdish P Dave.

[*It's Okay To Be Perfectly Human*](#)

How do we relate to the notion that affirming and accepting ourselves purposely lowers the unattainable bar of perfectionism? Can you share a personal story of a time you were able to love yourself unconditionally? What helps you accept the good, messy, and teachable parts of you?

In response, Jagdish P Dave wrote on Sep 19, 2024 ...

Life is like a river flowing through ups and downs of living and I need to go with the flow. As a human being I have gone through many ups and downs in my life. Rather than fighting against the ups and downs of life I have learnt to accept both. When I accept both I do not block the flow of energy. I accept the ups and downs of the current of the river in my life. Maintaining a dynamic balance between ups and downs saves my energy and it helps me to go with the flow. As a growing human being I have learnt that to err is human and to forgive is divine. When I err, I do not deny my error. I forgive myself, learn from my errors and move on. I do not create a wall of denial, deceive myself and continue repeating the same cycle of misery. From my experience I have learnt the lesson of not to stop the river of life flowing. From my experience I have learnt to let the river of forgiveness

flow. Forgiving myself and the others in my life and loving myself unconditionally has lightened the burden of living mindlessly. I practice the art of living mindfully accepting the truth that I am not perfect and other people in my life are also not perfect. We are all on the path of learning and transforming ourselves from darkness to light. May we all join our hands and walk on the path of learning, growing, and relating to each other as children of God.

Namaste!

Jagdish P Dave

[Love Is The Highest Form Of Acceptance](#)

How do you relate to the notion that it is the momentary absence of desire that gives rise to the state of satisfaction? Can you share a personal story of a time you met desire with compassion and a satisfaction in momentary beauty? What helps you weed out the causes of suffering and choose love instead?

In response, Jagdish P Dave wrote on Sep 26, 2024 ...

We all have desires to achieve something, and we get disappointed and upset when our desires are not fulfilled. We may continue to fulfill our desires, or we may give up our desires. What kinds of desires do I entertain is another significant question for me. Is my desire for personal gain, pleasure, profit, or prestige or for the welfare and wellness of others? And the third question I ask is am I attached to my desires or am I not attached to my desires? Attachment to my desires may create temporary gratification but it may not last forever. There are two words I have learned: Asakti and anasakti. These words are in Sanskrit. Asakti means attachment and anasakti means nonattachment. Asakti may bring temporary satisfaction but eventually it causes suffering. I have learned the value of nonattachment called anasakti Yoga, the art of living without attachment. It is a matter of choice making. I can make a wise choice or an unwise choice. Gautama Buddha, the awakened being shows the path of nonattachment for personal wellbeing and the wellbeing of humankind. It's up to us to make a wise choice. Learning the path of nonattachment takes some time. It is like a tree. It needs to be nurtured by awakening, awareness, nonattachment, and compassion. I have been walking on this path of awakening and freedom for quite a while. Practicing mindfulness and nonattachment creates joy, gratification and fulfillment. This is a pilgrimage, and I am happy to walk on this path with loving kindness for myself and for others. I am very grateful to my teachers like Gautam Buddha and Jesus Christ, Mahatma Gandhi, and the Dalai Lama for teaching me the path of inner liberation. May this path bring joy, fulfillment, and nourishment to all. This is my prayer. Amen.

Namaste!

Jagdish P Dave

[Liberation](#)

How do you relate to the notion that liberation is NOT a new state of feeling good but rather an acceptance of 'what is'? Can you share a personal story of a time you were fully reconciled with whatever was happening in your life? What helps you accept what is happening and reconcile that with your impulse to act?

In response, Jagdish P Dave wrote on Oct 4, 2024 ...

We all want and aspire for freedom. Freedom from what? According to my understanding derived from my experiencing freedom, freedom is a state of mind. A noisy mind is not a free mind. It argues back and forth to prove who is right and who is wrong. There is no peace in my life if my mind is caught up in this right-and wrong game. In order to realize the truth of isness I need to keep the light of choiceless awareness, inner freedom which will not get caught up and bound by either or mindset. Realization of the inner pure truth makes me from a self-created prison. I am regularly practicing non-judgemental awareness, mindfulness and that helps me not to be bound by myself created blindness. When I lose my path of self realization I create clouds blocking my inner light and I go astray. I have learnt how to keep the inner light shining to keep me walking on the Divine Path. I know it takes time for self-realization. I am not in a rush. Last night I was listening to a beautiful uplifting song sung in Hindi- Dheeme dheeme means slowly slowly. I am not in a rush. Light comes and goes. And I have learned to walk on the path of liberation. It is a pilgrimage, and I am not in a rush. I am walking slowly. May we all be blessed to walk on the path of liberation.

Namaste!

Jagdish P Dave

[Live As You Like But Renounce Internally](#)

How do you relate to the exhortation to live as you like but renounce internally? Can you share a personal story of a time you were able to conclude all of your objective knowledge as untrue? What helps you disprove your ego's existence?

In response, Jagdish P Dave wrote on Oct 11, 2024 ...

Who am I? Am I my body? Am I my mind? Am my ego? Am I my breath? Am I an Indian? Am I a Hindu? Am I my breath? I have been exploring these existencial questions for quite some time. I have come to realize that I have many external forms, but my Inner Self is formless. I am a five dimensional human being: physical, mental, emotional, breathing and relational. This is my understanding of me. I also have come to realize that they are transient aspects of my life. And my Real Self is beyond all these dimensions. There is an ancient saying in Sanskrit: ekam sat vipra bahudha vadanti. There is OneTruth expressed in different ways. There is Oneness in Manyness. There is Universe in Multiverse. There is Unitive Consciousness that shines in all of us regardless of differentiating individual consciousness. Sadly, we get caught up in individual consciousness and walls between ourselves and others. I see the value of objective and scientific knowledge. Such knowledge is necessary for survival, worldly living and worldly progess. However, Knowing who I am is essential and valuable to all of us. Such knowledge builds bridges that bring us together and create oneness. I have been practicing Mindfulness Meditation that has helped me to realize the Truth that we all are children of God, and we all are connected with each other as children of God. Practicing Mindfulness Meditation helps me free from the egoistic living. Such freedom from my ego's existence makes me live fully and joyfully. May we all learn to live freely and fully! This is my prayer. Amen! Namaste! Jagdish P Dave

[Why Do We Send Flowers?](#)

How do you relate to the notion that the fleeting nature of life is what makes it precious? Can you share a personal story of a time you found life valuable precisely because of its fleeting nature? What helps you appreciate impermanence?

In response, Jagdish P Dave wrote on Oct 17, 2024 ...

Alisha Gorder's Article Why Do We Seed Flowers is very interesting and instructive. Reading and reflecting on this article makes me think about how to live wisely. According to my understanding, life is fleeting. We tend to live in the delusion and fantasy that life is eternal. This delusion keeps me abiding in darkness and I forget that life is fleeting and one day my body and mind will go away. This article makes me think and live with a clear understanding of how I live my life. My life is very precious. It is very important. Today I am here and tomorrow I may not be here. This is the truth. Realizing this truth makes me live mindfully. Every breath of my life is precious and to breathe wisely. Today is the day. I may not be here tomorrow. Knowing this truth helps me know how to live daily and fully. Each day is a good day. Each day is a God's day. Each day, each breath is very precious. Seeing many people passing away in my long life has taught me how to live my life everyday. I have come to realize how to live everyday and every night. Today I am alive. Tomorrow I may not be here. Knowing this truth I have come to see the value of living everyday mindfully. Realizing the impermanence of life keeps me awake and mindful of living my life meaningfully. May we realize how to live fully and gratefully. This is my prayer. Amen.

Namaste!

Jagdish P Dave

[A New Energy Grid](#)

How do you relate to the notion that language is a tool to invoke underlying energies? Can you share a personal story of a time you became aware of the energy behind your words? What helps you disrupt the inertia of inherited patterns in your life?

In response, Jagdish P Dave wrote on Oct 26, 2024 ...

We all receive gifts or blessings from nature and from human beings. Every day I get gifts from nature-the sunshine and the sunset, from the rainy clouds and from the mother earth. When I was born every day I got the milk from the breast of my mother that nourished me. Every night she used to sing sweet lullabies. They still resonate with me in my heart though she passed away many years ago. She lives in my heart. My father taught me valuable lessons to know how to live spiritually. And I was blessed by many known and unknown people during my long life. I am grateful for their loving gifts. They will reside in my heart until I say goodbye to the world. How can I forget their blessings? How do I express my gratitude for their blessings? I thank them from my heart for their priceless gifts. Such memories are precious and unforgettable. Sometimes I bow to them. Sometimes I express my feelings of gratitude in words but mostly silently. Sometimes I let my heart sing songs of gratitude. Sometimes I cry when I feel their presence in my heart. I am deeply grateful to all of them for being in my relatively long life. I have come across many people in my life who have extended their loving hands to help me, to take care of me and haven't abandoned me in spite of my blunders. How can I

forget them? And how can I forget mother earth and the natural elements for taking care of me day and night. Friends: Let us pay our homage to all living and not living people in our life. They have blessed our life and we are indebted to them.

Namaste!

Jagdish P Dave

[Between Knowing And Not Knowing](#)

How do you relate to the notion that intimacy with the world around us arises from the state of not knowing? Can you share an experience of a time you were able to experience such an intimacy? What helps you be aware that what's going on around you is unreliable?

In response, Jagdish P Dave wrote on Oct 31, 2024 ...

The difference Between Knowing and Not Knowing is a fascinating read for me. It helps me understand the difference between knowing and not knowing. The known is in the past and what is unknown is the future. The present is here and now, not there and then. The present is the reality. Like the authors say in the beginner's mind the possibilities are endless. I know the past, which is gone, and the future is unknown and has not yet arrived. If I hold on or am attached to the past there is no room for living freely and if I worry or think about the future then there is no possibility of living fully. The reality is in the here and now consciousness. Fresh and new ideas arise in the mind which is free from the past and future. As Swami Ramdass says in his book Here and Now, the reality is here and now. That reality is mysterious and true. The bottom line is to live in the world of the present, in the here and now consciousness. Such a way of living generates intimacy with me and with the mysteries of living. I have experienced such a mystery when I keep my mind and heart open, unbound by the past which is already gone and the future which is yet to arrive. I have such experiences when my mind and heart are open. Practicing mindfulness meditation, being fully present and awake in whatever I do such as walking in nature, washing dishes, brushing my teeth, taking a shower, listening to music, listening to me and others, doing Kirtan, chanting together and in my everyday life. Such experiences are very profound, and they resonate deeply in my mind and heart. Such experiences are real and reliable. They create deep joy, love, fulfillment, peace and happiness in my life. This is the Beginner's Mind as The Zen Master Shunryu Susiki describes.

Namaste!

Jagdish P Dave

[Gymnastics Of Attention](#)

How do you relate to the notion that what we practice looking at is what we care about? can you share a personal story of a time you got really curious about how much of what you saw was directed by habit or external influences versus your own personal practice? What helps you slow down to be curious about your choices?

In response, Jagdish P Dave wrote on Nov 08, 2024 ...

The title of this passage *Gymnastics of Attention* written by Menka Sanghavi drew my attention. Reading this passage drew my attention. A question arose in my mind: Do I pay full and undivided attention to what is going on in my mind? Am I aware of where my mind is when I make choices? Am I mindful and aware of me making my choices? This is an important question for me to ask. This question makes me aware of where is my mind? Is it fully present in the present moment or wandering in different directions? When I am awake and aware of my mind I become centered and fully present. In these moments, my mind is clear, free from the past that is already gone and free from the future that is yet to come. I have learned the significance of living in the present and not in the past or in the future. I know this is the right and wise way of living. Living this way makes my mind free from the grip of the past and the future. I flow in the river of self-consciousness which leads me to the unitive consciousness. It is a journey, and it helps me live fully and openly. We all are aware of what is happening in our country. We are not the United States of America. We are the Divided States of America. We all need to work together to go from Me to We. We need to build bridges and not walls. It is a call for all of us and we all need to listen to it with an open mind and an open heart. I believe we can do it. The light of awareness shines and we need to walk together, joining hands with each other. This is very important. It is time to remain awake and aware for all of us. And I believe we can do it.

Namaste!

Jagdish P Dave

[We Can See Only What We Can Think](#)

How do you relate to the notion that we can see only what we can think? Can you share a personal story of a time you were able to experience a reality beyond your concepts? What helps you become aware that your thoughts are shaping your experience?

In response, Jagdish P Dave wrote on Nov 15, 2024 ...

We all have a mind. How we use our mind is important. Mind can create bondage, and the mind can create freedom. Mind can create darkness, and the mind can create light. Our thinking can create hell or can create heaven. Mind shapes our destiny. The challenge for me is how to keep my mind open, clear, and non-judgemental. Our mind is like a two-edged sword. It can help us either to defend or to kill. Discretion between what is right and what is wrong is very crucial. We need to keep our mind clear and unbiased to see the reality, to see the truth. A free and open mind creates a bridge to connect us. A close or biased mind divides us. We need to keep our minds awake. Inner awakening helps us create harmony. Awakening helps me go through darkness. Awakening makes me free from the past that is already gone and from the future that has yet to come. Awakening helps me to live fully in the here-now world. Mindfulness, non-judgemental awareness of what's happening in the present moment creates here-now-consciousness. It takes time to awaken and to walk on the path of light and freedom. When I walk on this path of awakening it helps me live compassionately and kindly. I feel unitive consciousness in my mind and heart. Daily practice of non-judgemental mindfulness meditation helps me walk on the path of my life.

Namaste!

Jagdish P Dave

[The Best Day Of My Life](#)

How do you relate to our head being no mere nothing but a container for everything? Can you share a personal story of a time you felt you had lost your head and gained the world? What helps you reconcile stopping to think with stopping thinking?

In response, Jagdish P Dave wrote on Nov 22, 2024 ...

Mind plays a very significant role in making choices. Mind is like a double- edged sword. It can be used to protect or to kill. It can make us free or create bondage. It does depend on how we use it. In the Zen tradition, a distracted mind creates a lot of suffering. A mind that is fully present relieves us from pain and suffering. A mind that is present helps us make wise choices. It depends upon what kinds of choices we make. Wrong choices create bondage. Right choices create freedom. Discretion plays a significant role in making wise choices. A mind that is full of distractions creates suffering. A mind that is awakened causes peace, bliss, happiness and fulfillment. May we all remain awake and aware to walk on the right path.

Namaste!

Jagdish P Dave A mind that is in slumber of ignorance tends to go astray and hurts us and others. An awakened mind helps us walk on the right path. Our mind is like a double edged sword. It can kill us or protects us. From my experience i have learned that it takes time to learn to walk on the right path. There are times when I have walked on the wrong path which has caused suffering to me and to my dear one and near ones. I have learned how to walk on the right path from my self-created suffering. Daily practice of living mindfully and practicing mindfulness meditation have been very helpful to me for making wise choices. Practicing mindfulness and mindfulness meditation have helped me walking on the right path. It has filled the cup of my life for living fully. May we all remain awake and walk on the wise path to live fully.

Namaste!

Jagdish P Dave

[Embracing Deep Transitions With Wisdom](#)

What does wide-boundary intelligence mean to you? Can you share a personal story of a time you were able to support a deep transition with conscious closure? What helps you companion endings with reverence?

In response, Jagdish P Dave wrote on Nov 30, 2024 ...

Life goes on through ups and downs, highs and lows, losses and gains. Birth and death. We need to embrace both realizing they are two parts of the same reality. What is born is going to die and what is dead is going to be born again. They are two sides of the same coin. Getting attached to both continues the cycle of suffering. I know this truth, but I am not awake to see it all the time. I go to sleep again. I get blinded and repeat the same cycle. In order to wake up from my sleep of ignorance, I set the alarm of awakening. When I get fully awakened, I see the light of the truth. Such light helps me remain awakened and I start walking again on the wise path. The word awakening is my mantra. It keeps me awake to walk on the right path. Namaste! Jagdish P Dave

[Sharing Someone Else's Wound](#)

How do you relate to the notion of sharing someone else's wound with courage and moral clarity? Can you share a personal story of a time you took a hit to improve the lot of someone less fortunate, or someone took a hit for you to improve your lot? What helps you push against pressure and see another person as a person when everything around you is telling you not to?

In response, Jagdish P Dave wrote on Dec 06, 2024 ...

This is heart touching real story. Yes, we need courage and moral clarity for sharing someone else's wound. Sadly, the world I live in, many people discriminate against others on the grounds of race, color and religion forgetting the we all are children of God regardless of differences. I deeply believe in equality and oneness regardless of differences. This attitude of equanimity and compassion helps me to be connected with people different from me. It is not always easy for me to stay on this path. But I am sincerely trying to follow this spiritual path. I need to keep the light of empathy and compassion shining to help me walk on the path. Gratefully I was raised by my parents who followed this spiritual path in their lives extending their hands to help others, to serve them. My brothers and sisters and my better half offered their hands when I fell down. I am very grateful to them for teaching me how to serve others. It is not always easy for me to stay on this path. Others may join their hands with me, and I am grateful for that connection. If they hesitate to walk on my path, I keep on walking on my own. Walk alone on this path, on this path of awakening. I listen to this inner call and keep on walking. My prayer everyday: May we all discover our spiritual path and keep on walking on it. Amen!

Namaste!

Jagdish P Dave

[Gratitude Is More Than Thank You](#)

How do you relate to the notion that viewing the world as gift gives us a sense of happiness and accountability to reciprocate a gift? Can you share a personal story of a time you deepened a relationship through the motive force of gratitude? What helps you see all that you have in your life as a gift?

In response, Jagdish P Dave wrote on Dec 13, 2024 ...

How do I see the world and how do I relate to it is very important. If I view the world with a sense of ownership I am going to suffer and make others suffer. If I view it as an unconditional gift I am going to be happy. Giving is receiving seems like a paradoxical statement. When I give something to somebody from my heart I feel deeply content. My heart gets filled with joy, happiness and fulfillment. How do I reciprocate such a gift unconditionally? When someone loves me unconditionally I offer my gift to him or her with no conditions, with no expectations in return. Such gifts bring a deep joy in me. I was born in a relatively poor family but rich in heart. I had a few friends who were born in affluent families. When they came to our house my mother used to offer them homemade bread made with love. And they loved to eat it. My mother used to tell me, "Bread made with love tastes better when it is offered to others as a gift from your loving heart." God has given us many free gifts without conditions. Gifts such as the earth, water, air, heat, light and sky. Without

such gifts we cannot survive. How do I reciprocate such gifts? According to my understanding, we keep such gifts clean and do not pollute them. This is our sacred responsibility. If we don't take this responsibility seriously and earnestly we will pay a very heavy price. So, the time has come up for us to wake up and do the right thing. I practice mindfulness, awareness of my thoughts, feelings, emotions and actions walking on the path of awakening. That helps me stay on the course. May we all walk on this path and fulfill our sacred duty. Amen!

Namaste!

Jagdish P Dave

[Perfume Of Wholeness](#)

How do you relate to the notion that a psychic and psychological de-recognition of all manner of fragmentation is the beginning of positive social action? Can you share a personal story of a time you became aware of an exclusive viewpoint you held and were able to move beyond it to a space of wholeness? What helps you meet each moment with an awareness of wholeness?

In response, Jagdish P Dave wrote on Dec 20, 2024 ...

To go beyond fragmentation and divisiveness is essential not only for the survival but also for the fulfillment of our potential. Sadly, we see the world fragmented by religions, races, classes and colors of our skin.. God has created all beings equal regardless of man -created differences. This looks like a revolutionary idea. We all need to internalize it and to manifest it and put it into our daily actions. I agree with Vimala Thaker's assertion when she writes" In this era to become a spiritual inquirer without social consciousness is a luxury that we can ill afford, and to be a social activist without a scientific understanding of the inner workings of the mind is the worst folly." This is a big challenge as we have to revolt against our longheld beliefs of discrimination, prejudices, and preferences to expand our narrow mindedness outlook. The inner change leads to outer change. This way we become whole and embrace unitive consciousness. Such inner work takes time as the inner chains of divisiveness are strongly built. I was blessed to be in a relatively poor family, but my parents have cultivated inner wealth of love, compassion and kindness. They were role models for all of us in our family. My childhood experiences and learning to live with open mindedness and open heartfulness have enriched my life and I am very grateful to them for planting the seeds of unconditional love. Learning and practicing mindfulness and meditation in my everyday life and living mindfully has kept the candle of awakening shining in my mind and heart.

Namaste!

Jagdish P Dave

[I](#)

In response, Jagdish P Dave wrote on Dec 27, 2024 ...

Consciousness is without boundaries. It is like a clear sky with no egotistic clouds. It is "I" with no egotistic boundaries. It is defined as Brahman. When my consciousness is not bound by myself-created boundaries, I become the "Inness", free from my self-created boundaries. It is unbound,

limitless, free, ever shining light. A long time ago, we were on a pilgrimage to Amarnath located on one of the tops of the Himalayas. The sun was setting with no clouds in the sky. The air was pure with no pollution. There was total silence. There were no clouds of thoughts in our minds. We became one with existence, the divine existence without human made boundaries. I will never forget the Divine Presence. My daily practice of Meditation and Mindfulness have been very helpful to me. It keeps me awake from my self-created sleep. May we keep that inner light shining and walk on the path of Oneness and Awakening!

Namaste!

Jagdish P Dave

[Looking Through A Window](#)

How do you relate to the notion that we don't realize we are looking through the very thing that we are trying to find in every moment? Can you share a personal story of a time you became aware that your ordinary consciousness was already free of self? What helps you practice the recognition of intrinsic selfness of consciousness?

In response, Jagdish P Dave wrote on Jan 03, 2025 ...

Looking Through A Window authored by Sam Harris reminds me of Advaita, NoTwoness. We all are One regardless of apparent differences and divisiveness. It is an illusory, delusion of the Self. The Self is One regardless of apparent differences of me and you, us and them, black and white, rich and poor, me and you, and religious differences. Essentially we are one. In an ancient Indian book of wisdom called Kathopanishad it is described in three Sanskrit words Tat Tvama Asi-Thou art that-the Truth, That Unitive Consciousness. For worldly transactions we relate to each other with such differences. In the spiritual world we all are one. We know how many battles and wars are created by this divisiveness. We tend to forget that in the Divine eyes we all are children of God. An important question arises in me: Who created such divisiveness and dividedness? This inquiry needs to be made with an open and unbound consciousness. We have to keep the window open, and the mirror clean to understand and realize the Unitive Consciousness. Sadly, we remain blind and our mind closed. We need to awaken from our delusion to see the Divine Truth. The mirror of our eyes needs to be cleaned and cleared to see the Truth as it is. It is called Self-transcendence. When, how long are my eyes open and clear to see and realize the Divine Truth in my everyday living? How often do I keep the mirrors clear and clean? How long do I remain open, alert and awake? Often my eyes are open to see the Truth of oneness and harmony and unconditional love. It happens when I transcend my self-created and self-serving self. This is a spiritual journey, a road less travelled. At times I miss the road. I get up and start walking on my path. What keeps me awake? What keeps me on my path? This is the time for me to awaken and keep on walking on my path. If nobody walks with me, as Rabindranath Tagore says, Walk Alone, Walk Alone. I walk alone with my inner eyes open to see the Light of Love and Truth. Practicing non judgemental Mindfulness and Mindfulness Meditation helps me walk steadily on this spiritual path.

Namaste!

[Staying True To Your Heart Is The Essence Of Life](#)

How do you relate to the notion that truth is in the realm of the heart? Can you share a personal story of a time you felt truth through an absence of conflict, a lightness that required no defense and offered no offense? What helps you welcome a relationship with truth?

In response, Jagdish P Dave wrote on Jan 10, 2025 ...

This passage “Staying True To Your Heart Is the Essence of Life” authored by Kerri Lake opens the window of my Heart, the window of Unconditional Love, the window of Awakening. The mind has a tendency to divide and dispute. The heart unites us. Heart is the center of pure love, unfiltered truth. Love and Truth unite us and create a sense of Oneness. Truth is always open. There is no need to hide from the truth. Truth always unites us. Truth makes us the citizens of the universe, the children of God. When my mind is not filled with noises like right and wrong, mine and thine, rich and poor, black and white I see the Light of Oneness, Light of Unitive Consciousness, Light of Transcendental Awareness. I see Oneness in Manyess. This is my relationship with the Divine Truth. This is an awakened state of Consciousness. There are times when I go through the state of inner blindness, and I do not see the light of awakening. I go inwardly blind. I get divided within myself. This is a wake up call for me. Daily practice of non judgemental Mindfulness and Mindfulness Meditation helps me to walk on the path of awakening. This is my sadhana, the spiritual way of living my life.

Namaste!

Jagdish P Dave

[The Softening](#)

What does softening mean to you? Can you share a personal story of a time you softened and were able to release the natural wisdom within you? What helps you gently unfold instead of being in a constant battle?

In response, Jagdish P Dave wrote on Jan 16, 2025 ...

The passage The Softening authored by Richrd Rudd is very illuminating to me. It reminds me of the saying Simple Living And High Thinking. Our simple living can be enriching and fulfilling. Our basic needs to survive and enhance our living are very few. Sadly, we are not content with what we have. We ask for more and more material things and possessions. We believe the more we have, the more merry and happy we will be. The thirst for having more possessions is rarely quenched. The more possessions we have the less we become fulfilled. We need to be aware of this hunger and thirst for more material possessions. There is no end to this thirst. Before I came to the US, we were relatively poor. However, we had inward richness, inner wealth of peace, joy, fulfillment and gratification. When I came to the richest country in the world I saw inward poverty. I believe in living a balanced life. Living in a balanced way I feel happy, peaceful and fulfilled. I believe there is light of awareness within all of us. This light helps me walk on the path of natural wisdom. However, there are times when I do not remain awake and create suffering in me and others close to me. I wake up from my sleep, remain awake and walk on the path. As I am getting older, I remain more awake and walk steadily on the right path, the path of natural wisdom. May we all join each other's hands and walk

on the path of awareness. This is my prayer. Amen.
Namaste!
Jagdish P Dave

[The Future Is Unknowable](#)

How do you relate to the notion that in the worst of times, embracing uncertainty proves liberating? Can you share a personal story of a time you were able to move beyond the anguish of the present and with a belief in your capacity to adapt tomorrow? What helps you remember how quickly your fortune can change?

In response, Jagdish P Dave wrote on Jan 23, 2025 ...

This passage on not knowing the future makes me think about how I live my life. There is certainty about uncertainty. This is a paradoxical truth. There are a few certain things I know, and I feel sure of such things. However, a large portion of my living is in the uncertainty zone of my life. A great challenge that I face in my life is how to live with uncertainty. Living with uncertainty drains my energy and I get exhausted. Growing up in the twilight zone, the zone of light and darkness has taught me how to walk on the Middle Path without resistance. Accept what I can and do not employ my energy in combating what I can't and know the difference and have the courage to change. This serenity prayer helps me walk on the right path, the path of living a balanced life. Nothing in the world we live in remains the same. Seasons change. Life changes. Body changes. Mind changes. Heart changes. Fortune changes. Change is constant. Awareness of such changes and accepting them gracefully has been very helpful to me in the journey of my life.

Namaste!
Jagdish P Dave.

[Kernel Of Corn](#)

How do you relate to the difference between intellectual knowing and deep understanding? Can you share a personal story of a time you saw this difference play out in your life? What helps you move beyond an intellectual knowing and toward a deep understanding?

In response, Jagdish P Dave wrote on Feb 01, 2025 ...

Who am I? Am I my body? Am I my mind? Am I my heart? Am I beyond these three dimensions? Is there something invisible in me which transcends these three dimensions? Am I the fourth dimension which is free from the three dimensions-body, mind and heart? As the Buddha said when he got enlightened: Gate, gate, parasangate Bodhi swaha. Gone, gone beyond, gone beyond the beyond. It is nameless, formless, shapeless. And that's who I am, my true identity. What an awakening! This is enlightenment. Knowing the reality, suchness, cognitively, emotionally and relationally has limitations. By freeing oneself from oneself is real freedom. It is like an open sky with no clouds. I fly in that open and clear sky in which there are no man-made boundaries. By understanding and implementing such Reality in my daily life, my life blossoms like a flower with one thousand petals. And that flower does not wither away. This is a holistic way of living. It is

fulfilling. I need to remain awakened and not go back to sleep. May the light within help us keep walking on the right path. Amen!

Namaste!

Jagdish P Dave

[Isness](#)

What does 'isness' mean to you? Can you share an experience of a time you became aware of aspects of self that you were oblivious to previously? What helps you embrace body, mind and heart as a triadic form of intelligence?

In response, Jagdish P Dave wrote on Feb 07, 2025 ...

Isness means that something is. Isness is the understanding that everything that exists is not only infinitely alive, but it has its own particular vibrancy that connects our body, mind and heart as a triadic form of intelligence that is available to us all as humans. Sadly, we are taught or conditioned to focus on divisiveness on the basis of caste, color and creed. According to me this is not spirituality. Spiritually we all are children of God regardless of which religion we may follow. Real religiosity unites us as brothers and sisters. It doesn't hurt; It heals. To a real religious person, the whole universe is a family. Such a spiritual orientation does not believe in conversion, in a spiritual superiority. Unfortunately, and sadly, we have leaders who sadly have this kind of mental complex. I have heard some political and religious leaders proclaiming God is on the outside when we fight deadly wars. Understanding and practicing illness unites us, elevates us on a higher plane of awareness and consciousness. We transcend from Me to We, from personal consciousness to unitive consciousness. Daily Mindfulness practice and practicing Mindfulness Meditation helps me stay on my path.

Namaste!

[The Rooted Rock](#)

How do you relate to the critique on the human dismissal of the 'inanimate'? Can you share a story of a time you became aware of the aliveness in what others would consider inanimate? What helps you see and connect with the slow, deep life of the earth?

In response, Jagdish P Dave wrote on Feb 15, 2025 ...

Animate and inanimate look opposite of each other. It depends on our perspective. If I look at the reality with a narrow or close mind I see it differently than if I see it with an open and clear mind. There is wise saying in Sanskrit which says "Yatha drusti tatha srusti". The world appears as I see it. My perception is based on how I see the reality. A distorted perception will create a distorted reality. An important challenge for us is how to see the reality as it is. No perversion, no distortion. Sadly, we live in a world where differences create distances. How do I see the differences: differences in color, race, casts, and creeds? According to my understanding differences, are created by our narrow and prejudicial mind set. Our mind gets conditioned. We are conditioned to think in black or

white colors. And we all know how injustice is created by our black or white perspective. If we go beyond these walls we can see oneness in manyness. We realize unitive consciousness. A question arises in my mind. Is an inanimate the same as animate? Outwardly they appear different; but inwardly they are identical. Who or what has created such differences? According to my understanding, we ascribe positive value to those who are like us and consider them ours, and those who are not like us we consider them different from us, and lower than us. We have created these walls of differences and divisiveness. We may also consider inanimate objects not only different but distant. This is an illusion. The divine spirit doesn't have that divisiveness. People who are noble-hearted have gone beyond these walls and they accept others as the citizens of the same world. I remember an illuminating song written in Sanskrit by an enlightened spiritual teacher, guru Adi Sankaracharya: Ptatha smari hrudi sansfurit atmam, Sat chit sukham paramahansa gati turiyam. Yat swpana jagarat sushiptim aveti nityam, Tad brahmanishkalam na cha bhuta sangaha. Every morning when I get up I remember in my heart Brahma, the creator Satyam is truth. jagat-world mithya, an illusion. Every morning when I wake up let me remember in my heart, I am the divine - truth, Brahmaiava satyan, jagat mithya. The Creator the world is an illusion. Brahmaiava satyam na cha bhutasangaha- I am the Divine soul and not the collection of matter. This is a wake up call. This is the way we connect with nature and with each other.

Namaste!

Jagdish P Dave

[Keep Your Eyes On The Horizon Of Kindness](#)

What does keeping your eyes on the horizon of kindness mean to you? Can you share a personal story of a time you felt you were in a whirlpool and had to keep your eyes on the horizon of kindness to make it through? What helps you keep your eyes on the horizon of kindness?

In response, Jagdish P Dave wrote on Feb 24, 2025 ...

Love is a spiritual diet. Kindness is also a spiritual food. Both are essential ingredients of living a fulfilling life. How to create, enrich and sustain our kindness for our own happiness and happiness of others whom we love is a great challenge. Genuine love and kindness continue to thrive. We need to continue such light shining in our heart. Self-centeredness diminishes the light of our love and kindness, and it may extinguish if we continue living that selfish way. Body and mind grow old. Light of unconditional love and kindness continues glowing. According to my understanding, keeping an eye open on the horizon of kindness means true kindness will never extinguish. It is always shining and will continue shining. We need to remain awake and aware and not go back to sleep. Light of love and kindness does not extinguish. Light of unconditional love and kindness always shines. When I was growing up in India, I deeply fell in love with my dear friend Vanleela. We were different from each other class wise and caste wise. I was born and raised in a relatively poor family while she was born and raised in a very wealthy family. What brought us closer to each other and deepened our relationship? Unconditional love, compassion and kindness. Light of love and kindness was never extinguished. Her father did not approve of our loving relationship. We were separated from each other for four years. During those difficult years, light of unconditional love and kindness continues shining in our heart. It was never extinguished. That light still keeps on shining in my heart though she passed away fifteen years ago. Practicing mindfulness and

mindfulness meditation have helped me to keep the light of love and kindness shining in my heart. May we all continue shining such light of love and kindness in our heart! Amen.

Namaste!

Jagdish P Dave

[Inter-faith To Inter-Pilgrim](#)

How do you relate to the notion that truth is in vastness beyond all forms and formulations? Can you share a personal story of a time you felt this vastness? What helps you be alive in the search?

In response, Jagdish P Dave wrote on Feb 28, 2025 ...

Pilgrimage is a spiritual journey, a journey of truth, a journey of faith. It is a journey of light that helps us see the truth. All forms and formulations change. Truth is beyond the changing forms and formulations. Truth is without walls. Truth is vast and unbound. It is not bound by walls and divisiveness. Truth is universal. Truth unites us. Truth is One. There is no divisiveness between my truth and your truth. Truth is like light. Truth is universal. I have glimpses of Truth when my mind is free from mine and thine divisiveness. It is an experience of Oneness. What creates this Oneness? When do I realize such Oneness? When I love someone unconditionally I feel such Oneness. I realize it when I go beyond the walls of mine and thine and keep my mind and heart open, clear, and receptive in spite of apparent differences. There are numerous instances of experiencing such vastness and oneness in my life. I am blessed to be born in a relatively poor family but rich in heart accepting and embracing apparent differences. It is not easy to realize the Truth of ONENESS. At times, the noise of what is in for me stifles my inner voice, darkens my inner light. I have seen my parents welcoming people of different castes, classes, colors, and religions in my house. Practicing mindfulness, meditation and prayer has been very helpful to me walking on this path. Experiencing and practicing such truth has helped me to continue walking on this path. May we all walk on such a pilgrimage for inner transformation! Amen!

Namaste!

Jagdish P Dave

[Inner Voice Vs. Ego Voice](#)

How do you relate to the difference between the inner voice and the ego voice? Can you share a personal story of a time you dared to enact what your inner voice was saying? What helps you walk the path of sincerity?

In response, Jagdish P Dave wrote on Mar 09, 2025 ...

Personally, I have gone through such a struggle between inner emotional voice and rational voice. One voice says go for it. The other voice says don't go for it. This is a painful and exhausting experience to go through it. I was experiencing such a conflict in making a choice between getting a doctoral degree in medicine or in education. It was very difficult to make a decision. It was a painful struggle. I decided to spend an hour everyday for meditating until the clouds of inner conflicts faded away completely. My mind became crystal clear. I listened to my mind and heart and made a

decision: Go for getting my doctoral degree in Education. I am very happy for making that choice.
Namaste!
Jagdish P Dave

[We See Into The Life Of Things](#)

How do you relate to the notion of being laid asleep in body and becoming a living soul? Can you share a personal story of a time you saw with an eye made quiet by the power of harmony and joy? What helps you see into the life of things?

In response, Jagdish P Dave wrote on Mar 14, 2025 ...

When our body sleeps our souls are awake. Body represents our physical self bound by worldly desires. Physical self also represents birth and death. It represents a state of bondage- a state of blindness. It also represents attachment to desires. Our body is the first gift given by the Divine Being. It is up to us how we use this Divine gift. We may use our gift with discretion or without discretion. One way may cause physical problems. Then the body becomes a burden. The same body when used with discretion becomes a source of energy and vitality. It's up to us how we use this divine gift. The second gift is our mind. How we use this Divine Gift is up to us. Our mind may create a bondage or may create freedom, hell or heaven.. We need to make a wise choice. Wrong choice creates mental problems. It also creates emotional problems and relational problems. Like the first gift, the second gift needs to be used wisely. I am very fond of eating sweet food. I have learned the art of living holistically which creates a balance between body and mind. I think both body and mind are Divine Gifts. I am relating to both body and mind with discretion. This is the art of living. It brings harmony and joy in my life. Daily practice of mindfulness and awareness. Mindfulness Meditation helps me to walk on the path of living fully.
Namaste!
Jagdish P Dave

[Unexpected Strength](#)

Can you think of a time when something you saw as a weakness turned out to be a strength? If you could apply the lesson from this story to your life, what would you do differently? How have other teachers in your life influenced what you see as possible?

In response, Jagdish P Dave wrote on Mar 25, 2025 ...

My Reflections: This article has drawn my attention to the importance of the value of seeing objects, situations, people, relationships and above all my own self. There is a wise saying in Sanskrit: Yatha dristihi tatha sristihi: The world appears as we see it. People, objects, situations, relationships and above my own self are perceived according to my inner mind state: with a clear mind state like the clear sky or the cloudy state. We tend to project our inner world onto our world. Our perception creates the outer world. Our mind, our inner vision is the cause of inner freedom or inner bondage. As the Bhagavad Geeta says: Manaha eva manushyanam karanam bandhmokshayho. As I am advancing in age and as I am getting older, my inner world has been

getting more free from the inner bondage I myself have created. I have learned the significance of seeing and relating to people clearly, empathetically and compassionately. The first teachers in my life were my parents. My father taught me the value of mindfulness, awareness and meditation. My mother helped me follow the path of loving people unconditionally and acting selflessly-Bhakti Yoga- Yoga of Devotion and Karma Yoga- Yoga of Selfless Service. It is a path of serving people with no expectation of getting any reward for power, pleasure and prestige. It is a path of non-attachment called Anasakti Yoga. Both of my parents practiced different spiritual paths of living without any conflicts. Growing up this way laid the foundation of my spiritual life, and I am very deeply grateful to them. Practicing non- judgemental awareness and Mindfulness Meditation have been very helpful to me for living holistically.

Namaste!

Jagdish P Dave

[Don't Leave Me Raw](#)

How do you relate to the notion that we ourselves are the chickpea, fire and the mystic chef that pushes us back into the boiling water? Can you share a personal story of a time you committed to being cooked fully? What helps you distinguish between a process that will soften you from other processes that will harden you?

In response, Jagdish P Dave wrote on Mar 28, 2025 ...

The ultimate goal of all religions is freedom, liberation, salvation, moksha. Freedom from self-created bondage, freedom from self-created darkness, freedom from temptations. There are many ways of attaining freedom. Knowing oneself (Gnana Yoga). Freeing oneself from self-created temptations without expectations of getting any personal rewards (Karma Yoga). Path of devotion (Bhakti Yoga) and path of meditation Dhyana Yoga. Follow your own path according to your own disposition. Listen to your clear voice and follow it. Follow your self-chosen path and remain committed. Temptations will come that may take us off our path. We need to discipline ourselves. This will help us stay on our path. Our goal is to keep on walking until we attain our goal. If we have deviated from our path it will make it hard to achieve our goal. It will prolong our journey, and we may have to come back on our path until we get fully liberated and be united with the Creator. My path is the path of Meditation. This path has helped me in many ways: physically, mentally, emotionally, relationally, intrapersonally and interpersonally. I don't have to listen to others to continue walking on the path. My inner clear voice keeps me walking on my path. When I follow my path consistently and willingly I feel softness in my thoughts, emotions, in my voice and my relationships. When I am off my path I feel change in my thoughts, emotions, feelings and behaviors. When that happens, I slow down, listen to my inner voice and I am back on my track. When I do not listen to my inner voice I feel like I am in a different and strange world, a world of darkness. When I wake up inwardly, I feel awakened and go back to my path. I feel transformed. This is a long inward journey. I love my journey. I call it Yatra- a pilgrimage. I am a life-long yatri. And I am not in a hurry.

Namaste!

Jagdish P Dave

[To Pray Without Ceasing](#)

What does "prayer without ceasing" mean to you? Can you recall a moment when prayer arose not from discipline, but from deep longing? How did it change your understanding of prayer? Do you feel that good actions lead you into prayer, or that prayer leads you to good action? Has your experience ever flipped that logic? What does it mean to apply a "human standard to the divine"?

In response, Jagdish P Dave wrote on Apr 03, 2025 ...

Prayers are practiced in all spiritual traditions. Why do we pray? Whom do we pray? How do we pray? How many times do we pray?. When do we pray? Should we all pray? What happens if we do not pray? These are important questions. Prayers can bring people together for attaining a higher purpose or prayers can divide people and bring them down.. These are important questions for me. Prayers are for inner transformation leading to peace, joy and fulfillment, Prayers are meant to bring people together, to move on higher planes of living. Prayers are done to lead to good actions and good actions reinforce prayers. They are inclusive, not exclusive. My experience of the power of prayer was based on my experience of doing interfaith prayers with Mahatma Gandhi on the banks of the river Sabarmati. I was only five years old but what I experienced was very powerful. People following different paths felt united in their hearts. This powerful experience of interfaith prayers has laid my spiritual foundation. A month ago, we visited Gandhi's Satyagraha Ashram. I felt the same spiritual vibrations as I had experienced when I was five years old. My beloved wife Vanleela had a different religious background. She used to recite Jain prayers, and I used to recite Hindu prayers. Different prayers helped us live together harmoniously. Such is the power of prayers. Open-mindedness and open-heartedness bring people together. Hope and pray people of diversified religions join hands and hearts with each other for personal and world peace. This is my prayer. Namaste!
Jagdish P Dave

[The Fish, The Net, And The Water](#)

How do you relate to the notion that reality is not a problem to be solved but a mystery to be experienced? Can you share a personal story of a time you were able to go beyond maps of reality and surrender to it instead? What helps you become aware that your belief in concepts has spontaneously collapsed?

In response, Jagdish P Dave wrote on Apr 11, 2025 ...

Mystery is to be experienced and not to be solved. Mystery is a holistic experience and it cannot be divided into fragments. It is like love. Authentic and pure love cannot be fragmented and divided. It is like an ocean. It has its wholeness. We may think about love and try to analyse it. When we try to do it, we lose the holistic experience of love. I love to listen to classical Indian music. When I listen to a melodious song my experience is holistic. I listen to a song with my full and undivided attention. I get deeply get absorbed in it. I become music and music becomes me. It becomes a spiritual and mystical experience to me. It becomes a devotional experience, being united with Divinity. My "I-ness" melts away and I become ONE. When I meditate, I also experience wholeness of the soul. All dividing lines go away, and I experience oneness. There is a natural state of consciousness. "There

is a Sanskrit word for nonviolence Ahimsa. "It means "not" or " without"; himsa, without violence. This may sound negative, but in Sanskrit a word constructed in this way stands for both perfect and positive. Ahimsa implies that when every trace of violence is removed from the mind, what is left is our natural state of consciousness: pure love. Unfortunately, that love has been buried under layer upon layer of ill will and selfish conditioning. To have love bubble up to the surface of our life, all we have to do is systematically remove all those layers." -Eknath Easwaran Namaste! I bow to the Divinity within you. We become ONE.

Jagdish P Dave
