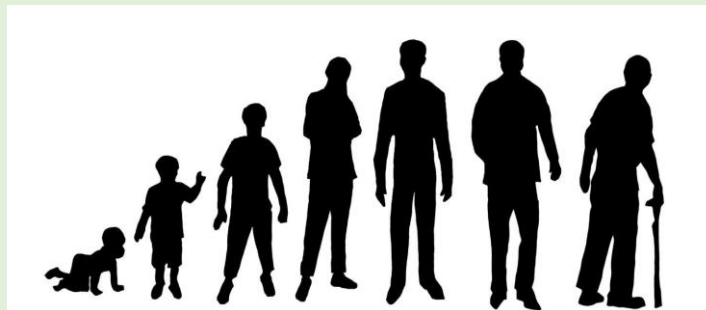


Life is a Journey

Introduction

In human life the longest journey is the journey within. When we are born, we are



absolutely new in this world and the world is absolutely unknown to us. The journey of life begins instantaneously with empty hands. We grow in body and mind every second in our journey of life. We learn slowly how to speak, how to eat, how to fight with evils, how to welcome all the blessed and the beautiful. We gradually get enriched with lessons, hardships, sorrows, joys, and special moments that ultimately lead us to our destination, our purpose of life. In the journey of life, we discover and learn, we evolve and mature with ages; and understand that life is beautiful but it also has harsh reality

embedded with it. In the journey of life, we understand that biological process is an essential component in life, but then the biological parameters need to be tuned in an appropriate way so that life journey has a smooth, uninterrupted and harmonious marching forward.

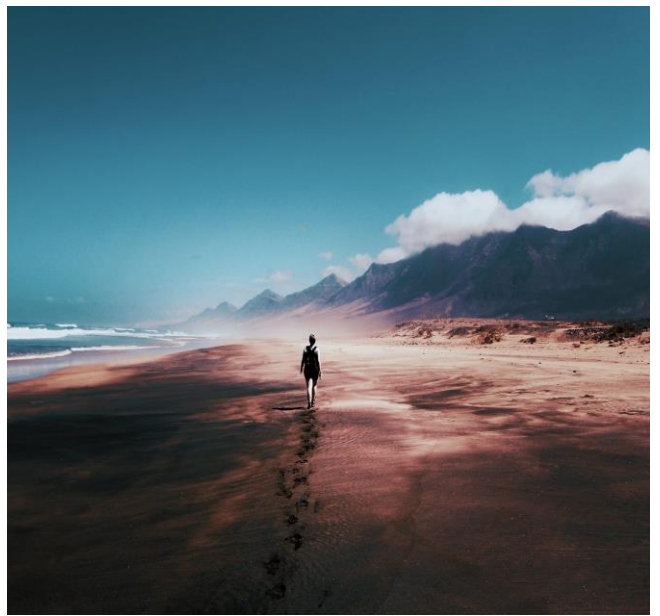
Purpose of Human Life

The most intriguing question which has mystified the human race since ancient time is *what is the purpose of human life?* Rishis, saints, philosophers had tried to answer the question

in various illuminating ways. Rishi Aurobindo had hit upon the truth that until one had discovered the inner most aspect of one's being, the soul, one will never know oneself, nor will one be oneself. Once we have the knowledge and realization of the soul, life could no longer be seen as a mere prisoner in the body. According to Swami Vivekananda, the ultimate purpose of human life is to realize one's true self. The soul of human body first comes down, and then begins a process of evolution through the stages called Prenatal, Adolescent, Mature adult and Ageing adult, each stage with a greater maturity, understanding and consciousness than the previous one.

Journey of Life : 'Walking' Approach

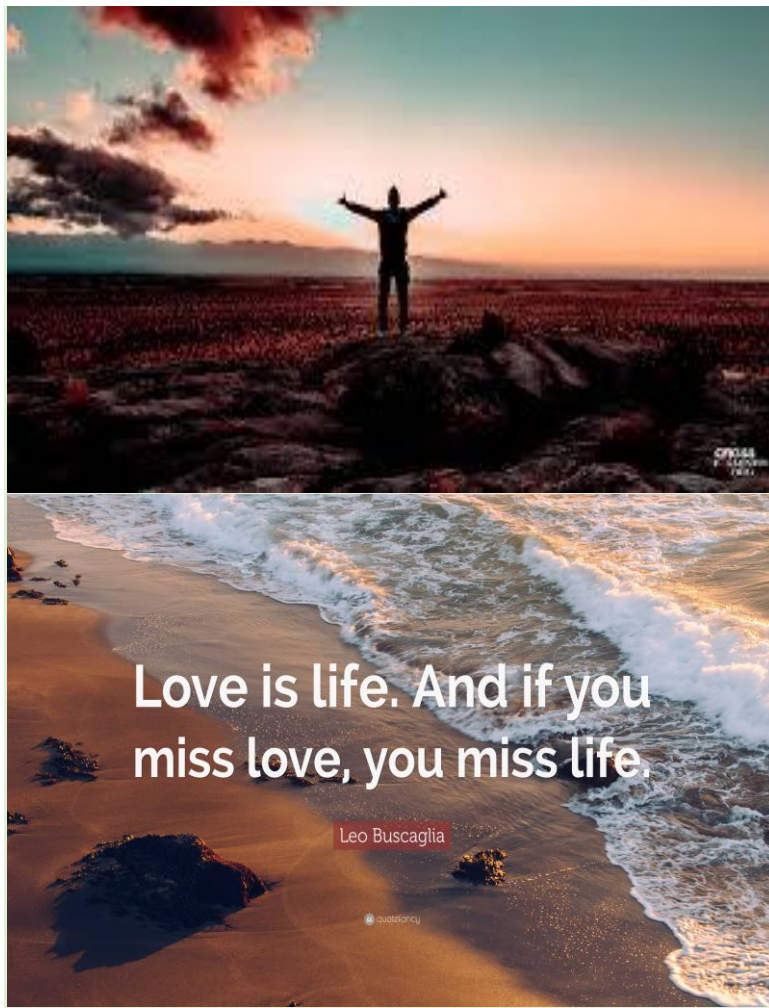
In his speech on life given by Shri Nipun Mehta in the university of Pennsylvania's 2012 graduation ceremony, he gave a wonderful exposition of the philosophic thoughts related to journey of life. According to him life is for Witnessing (W), Accepting (A), Love (L) and knowing (K) oneself. 'More we witness, accept, love and know others, our visions grow clearer'; 'multiplication of wants is replaced by basic fulfillment of human needs'; 'we



take what is given and give what is taken'; 'we cultivate equanimity and accept whatever life tosses into our laps'; 'we learn to give without even thinking of getting return'; 'we realize that true generosity does not start when you have something to give, but rather when there's nothing in you that is trying to take'; 'we learn how to still the mind in order to check our unconscious internal noise to pollute our ethics and our spirit'. Thus, according to him, in modern times, our challenge should be how to acquire 'walking pace' instead of 'running pace' in our marching forward in the journey of life.

The Joy of Living : To Love and to Accept

Selfless love and acceptance of challenges in life are the major weapons to achieve success. To move from ‘feeling’ happy to ‘actually’ being happy, western philosophers believe that ‘There is no formula for success except, perhaps, an unconditional acceptance of life and what it brings.’



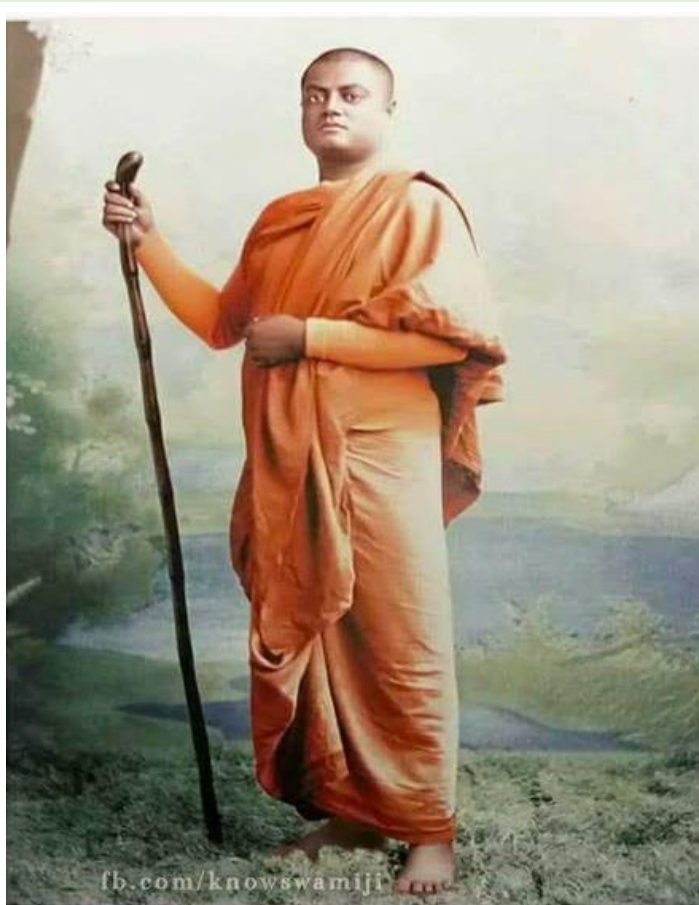
According to our Vedantic philosophy, man’s happiness is entirely a subjective phenomenon. When the mind is agitated, sorrow is experienced and when it is tranquil, there is joy. Happiness, therefore, comes from the tranquility of one’s mind. Man has the unique capacity of quieting his mind and he can do it if he desires. Happiness also comes if we can make our life more generous by offering helping and loving hands for others who are in need. When the power of love overcomes the

love of power, there will be happiness and peace in mind.

Conclusion

The journey in our life is pilgrimage. Real goal of pilgrimage is to gain knowledge of and feeling for oneself and everything around. There is no fixed destination. Man, in his pilgrimage from the wombs to the tombs, faces two impulses- revulsion to sorrow and a

craving for joy. As objects and environments keep changing, our life becomes a journey through many terrains from gardens of pleasure to deserts of pain; from ocean of love to a jungle of hate; from mountains of glory to canyons of fate. We start choosing our path wisely and at the end of the journey, we chase after happiness. We get permanent happiness only when we reach a state of mind which does not find any difference between agreeable and disagreeable things and between conducive and unconducive environment. In this state of stable mind, we derive happiness and our journey of life gets further



motivated by Swami Vivekananda's inspiratory command—

'Go forward without a path
 Fearing nothing, caring for nothing!
 Wandering alone, like the rhinoceros!
 Even as a lion, not trembling at noises
 Even as the Wind, not caught in the net,
 Even as a lotus leaf, untainted by water
 Do thou wonder alone, like the rhinoceros'

Please send your valuable feedback to us at
[sayantan.consultants@gmail.com](mailto:sayantantconsultants@gmail.com)

looking forward to hear from you