

ECOLOGY OF CONSCIOUSNESS

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Two Realities

The expression Human Being has two components - Human and Being. Human refers to the body which is physical, material. The word Human comes from HUMUS. And the Being refers to the soul, which is meta-physical, non-material. It is the soul that gives life to the body. Without the soul, the body is dead. This Being, the soul, is also called Consciousness.

Consciousness manifests itself in the form of thoughts, desires, understanding, judgement, memory, feelings etc. These faculties of thinking and forming ideas, desiring and deciding, and all the different aspects which constitute our individual personality are non- physical, invisible, yet real.

We use two words 'I' and 'My' in our day to day conversations . The pronoun 'I' applies to the soul, the consciousness and 'My' applies to the body and everything that is connected to the body.

It is I, the soul, and not the body, who thinks, desires, decides, understands, feels, reacts and acts. Therefore It is I, the soul who gets the fruit of my actions. Of course through the body.

Ecology and Environment

Since a couple of decades there is growing concern about the state of Ecology and environment. Major environmental issues are Climate Change, Pollution, Environmental Degradation, Natural Resource depletion, Global warming etc. etc. All these are the effects of human activity. **To be more precise, these are the effects of degrading human consciousness.** And as per the inviolable Law of Karma, all these problems are affecting every human, every nation, every living being, on this Planet earth.

Hence, **the first thing required is to raise the level of human consciousness.** In other words, we need to raise the quality of our thoughts, desires, feelings and attitude.

Human consciousness has become weak and polluted because of having 1000's of waste thoughts and 100's of negative thoughts every day. Waste thoughts deplete the soul, the consciousness of its pure energy. And negative thoughts are even more harmful – these pollute the whole personality. And it is because thoughts get translated into words and actions which further create habits and character – Personality.

Secondly thoughts emit vibrations. As the thoughts, so the vibrations. Hence the atmosphere also gets polluted (heavy, stressful, tense, fearful) because of the negative vibrations.

Thirdly negative actions done because of harmful habits (getting angry, smoking, wasting food and other things, speaking too much, gossiping etc.) have direct effect on the surroundings.

When human consciousness becomes weak and diseased (polluted), it becomes limited and selfish. Man becomes cruel and begins to exploit other men and Mother Nature too for fulfilling his selfish motives. And then the Nature too reacts and there are Natural Disasters. Day by day these are increasing.

A man on an average has 50000 thoughts per day. There is need to ask the self – how many thoughts out of these are necessary, positive and pure. And how many are wasteful and negative. There is certainly the need to learn the way to create positive thoughts in different situations of life.

How to bring Mother Nature back to its Original Stage?

There was a time in the Human History when elements of Nature were in their perfectly pure stage because human consciousness was in its perfectly pure stage. There was complete harmony between Man and Nature. This period of Human History is called Golden Age or Heaven.

History repeats and so once again the same should happen. But to make it happen, we need to change our attitude towards life, towards Nature.

We need to serve the Nature.

The law is: When you serve, you will be served. Nature will be at your service and there will not be any calamities.

How to serve the Nature?

1. Change your inner nature and promise the self not to waste any Natural resources – water, paper, electricity, food, petroleum products etc.
2. Use the things provided by Nature and the things made up of products provided by Nature carefully, wisely and with attitude of gratitude.
3. Learn from elements of Nature. From water – learn coolness, flexibility, the ability to adjust; from fire – warmth; from earth – tolerance; and so on...
4. Speak less, soft and sweet. Loud music, loud conversations, too much talking create noise pollution.
5. Respect Life – your own and of others. Respect your body too. Do not be violent to your body by putting in the body that which is harmful.
6. Fill your inner world with positive information. As is inside, so will be outside.
7. Every morning spread the vibrations of peace, love and harmony to entire globe.

After getting up and freshening yourself, sit at a clean place in your home or outside in a park. Take a deep breath and calm down. Bring your attention in the center of your forehead because it is here that the life energy, the soul, consciousness, is focused. Create such thoughts:

I am a soul, a pure peaceful soul. I am a star of peace, a star of pure love. I am grateful to Mother Nature for its generosity towards me. I respect all. I respect myself too. The vibrations of peace, pure love are emanating from me, the soul and reaching out in the entire world...

Let us practice it now for a couple of minutes....

Thank you for your attention with the best wishes for the success of the Conference.

Many thanks to the organizers of the Conference