



Something is Missing

* Madanmohan. M. Dange

* Assistant Professor of Communication Skill, Department of English, Bhonsla College of Engineering, Akola

ABSTRACT

J. Krishnamurti's teaching is for all mankind. He often said you can learn much more from looking at life around you than from books. He wanted you to question everything, find out and learn for yourselves directly and not depend on others. That way you can learn about your feelings, your fears and anxieties, your hopes and joys, and all that goes inside you. An attempt to understand the philosophy of life and to observe the actions and reactions in each and every moment.

Keywords : human being, thought, mind, behavior, identity, balance

Happiness lies in the coexistence of each and every creation of nature. There is sufficient for everyone's need but not for greed that is the rule of nature and willingly or unwillingly we are firmly bonded with it. It is human nature not to be satisfied in what he has or what he is. His wants, desires or his greed for materialistic identity is never going to be fulfilled or satisfied. That is the main cause why human beings are not happy and calm. Internal restlessness, chaos, conflict are spontaneously emerging and mixing with thought process affecting its peace and purity which in turns pollutes the whole thinking process and gives rise to self-centeredness. Your desire, wants wrap you in such a way that you are forced to act according to your desire which affects your personality both internally and externally damaging severely your thinking process. Depending upon the success parameters of your desire the seeds of sorrow, depression, tension, anger, anxiety, fear, expectation etc. are sown in human mind which ultimately corrupts it. This in turns gives rise to multiple personality. Human beings are gifted with an art of using their personality according to the circumstances favorable or suitable to them.

Human beings are expert users of multiple personality without thinking about its deep internal impact on subconscious mind. They are masters in hiding their drawbacks, weakness and shortcomings which may be necessary in materialistic world. This leads to overlapping of various personalities in one person which in turns affects the functioning of real appearance of original personality. It is the root cause of mental problem. It is human nature to runaway from reality which lies deep within their souls. They do this skillfully by involving themselves in other activities by becoming selfless (according to their belief). Are they really selfless? It is half truth. They neither are free from the basic cause of the thought nor are they involved in any work with 100% efficiency. Their mental state is like a person who is eager to go somewhere and going nowhere standing in a square in a confused state. To overcome this problem you must think in the right direction without having any external or internal influence. Remember that your mental state should be impartial i.e. well balanced. Equilibrium of mental health must be maintained. You can reach that state by looking inside yourself by becoming a third person. Just observe the thought process without getting involved physically, emotionally, or mentally in it. Just observes the process as a spectator. Whatever desire you are having without becoming diplomatic you must have direct approach towards your desire. Without having any expectation or presumptions from your desire.

Be true to yourself and your desire, wish i.e. keep positive approach and give your best, if fulfilled be satisfied and end it there itself. If not fulfilled try again and again till you realize that the end point is failure at this juncture i.e. at the point of realization of failure leave it and forget it forever. It is easy to say leave it and forget it. But it is very difficult for an individual to implement the process. If any of your desires are unfulfilled tell yourself that you have left them. Cut off all the channels by which you are connected with your unfulfilled desire. Root out that particular thought from your mind by involving yourself in some constructive program of your personal choice which will give you relief and mental freshness. Change in work is one method of relaxing.. You will be mentally energetic, fresh and stable.

In the court of your body you yourself are the Judge, Criminal, Accused, Convict, Defender, Prosecutor, Lawyer, Spectator and Society as a whole. You need to visualize the picture impartially to get the right judgment & it 's solely in your hand. But maximum times what you do is that you become partial and purposefully divert you're thought towards your desire. You will get right judgment only when you are impartial with your thought. Then there is a need to implement on the right judgment without getting involved in any desire or becoming partial for any reason. Swami Vivekananda said, "Trust thyself and the hearts of the whole world will vibrate towards you." It means trust yourself, your thought, and your soul in its purest form. The trust can only be confirmed when the thought is impartial and in purest form. Each one of us realizes the necessity of truth. But at the last moment the inclination of thought is in the direction of our selfish desire and the process continues endlessly. To avoid this overlapping of personal desire over pies and pure soul one needs to practice spiritual morality with each and every thought. This is the missing factor and its fulfillment should be the goal of life.

The Almighty has gifted us with the qualities of love, sacrifice, forgiveness, honesty, truthfulness, loyalty etc. Use them effectively on unconditional bases without any expectation. Because each quality is correlated to other. If we honestly implement these qualities there will be mental stability, mental happiness, mental satisfaction and mental peace. Therefore be true to yourself. True to your thought. True with your soul. Listen to your inner voice and implement on it for internal peace and satisfaction. If you want the society should improve then there is a need to improve yourself. Something must be done to find out what is missing.

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