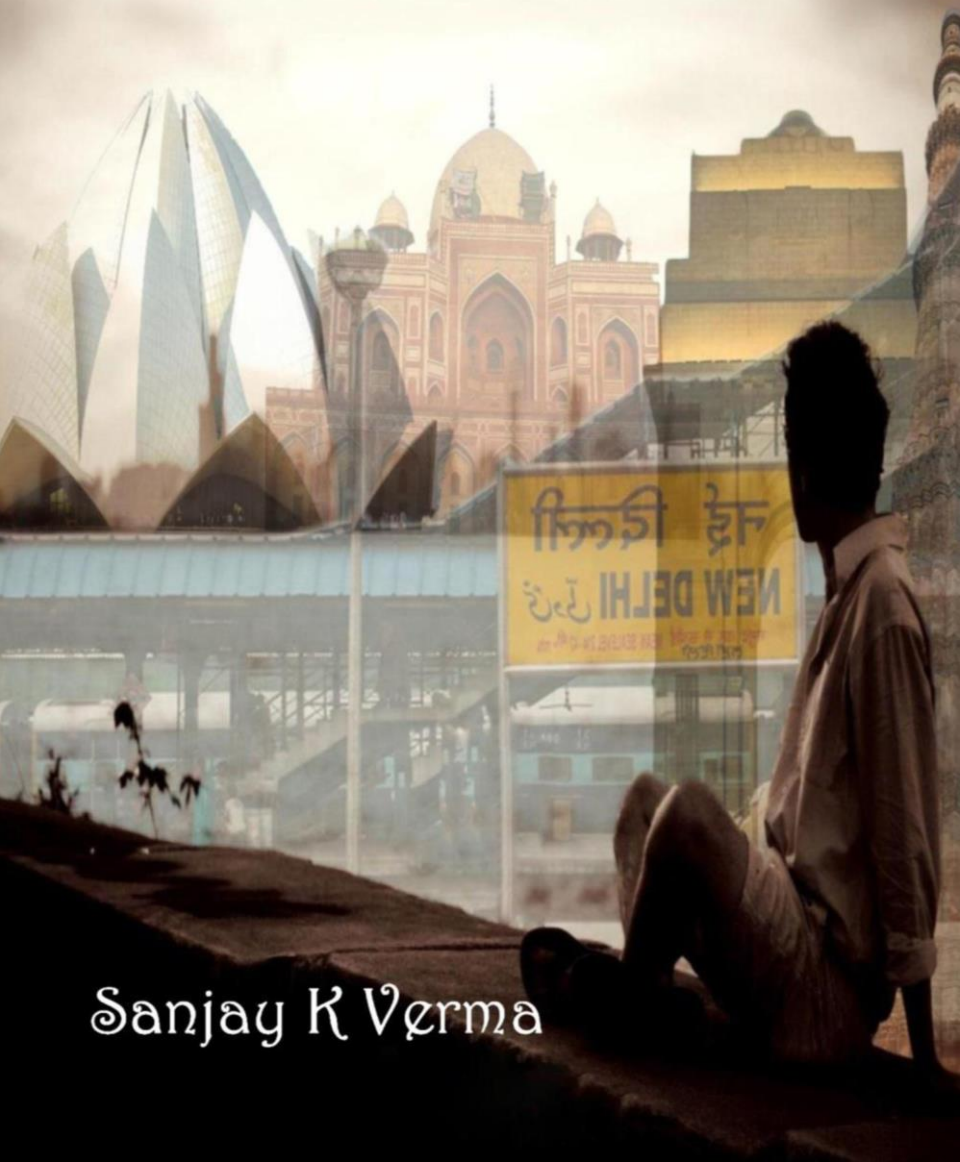


DELHI ETERNALS...



Sanjay K Verma

Delhi Eternals...

Publishing-in-support-of,

FSP Media Publications

RZ 94, Sector - 6, Dwarka, New Delhi - 110075
Shubham Vihar, Mangla, Bilaspur, Chhattisgarh - 495001

Website: *www.fspmedia.in*

© Copyright, Author

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted, in any form by any means, electronic, mechanical, magnetic, optical, chemical, manual, photocopying, recording or otherwise, without the prior written consent of its writer.

ISBN: 978-81-19927-37-1

Price: ₹ 353.00

The opinions/ contents expressed in this book are solely of the author
and do not represent the opinions/ standings/ thoughts of
Publisher

Printed in India

Delhi Eternals

(Practical approach towards daily disturbance)

Sanjay K Verma

About The Author



The author is an Engineering graduate by qualifications working with a private company and is based in Delhi. He has tried to find an answer to the grievances, happiness & sadness and perception of a common man of the surroundings. Through this book he has tried to put forth his vision of life objectively and beyond the defined parameters of any philosophy. He has imbibed upon the outlook of people who concentrates on 'I' 'me' & 'mine' and is the cause of deep negative feelings manifested in the form of hatred, abuse and destructions. The author nurtures the thought that practical application of mind without any influence of past beliefs can reduce the sufferings. The author believes that self-realization of true self is the major force that can help individuals in staying happy.

About The Book

Outer world keeps disturbing our inner. If something bad happens to us we react, we get angry and feel depressed. There is not a single day that we are at peace. Our ego gets wounded very easily. We don't know in life in which direction we should go. Our life is full of tension and worry.

To get out of this tension and worry we watch television, chat with our friends over the mobile, spend time on internet surfing, visit some mall, movie theatre and dine, go on holidays within country or abroad, smoke and drink with friends or alone, engage in sexual activities, attend some party, pray or visit holy places with false self, read some book, keep working for more and more money. Again after some time the tension and worry in some other form surfaces. We repeat the same chorus of act again to get out of this. We get old but the tension and worry are still there. What is the way out of this?

People fight with each other on trivial issues in home, office or outside. Every day there is violence in some part of the world. There is terror attack or there is some crime happening. Newspapers are full of these kinds of news. Violence has become an incurable disease.

Aim of writing this book is to understand the role of peace in our daily living and thereby making world violence free.

This book is full of life discussions which lead you to understand your false self and once the false self is understood, true self automatically flows in.

The language of book has been kept simple for better understanding.

**I dedicate this book
to my mother
'Kusum'.**

Acknowledgements

I would like to sincerely thank my sisters, Madhu and Meenu along with my wife who encouraged me while writing this book.

Special thanks to my daughter 'Yashasvi' for continuously motivating me to jot down my thoughts.

A very special credit goes to J.Krishnamurti who influenced my thinking by his philosophy when I was a child.

Lastly, I would thank one and all whose ideas or concepts might have inspired me and have been used here but not credited.

Unknowingly, if there is something in this book which needs to be credited kindly inform the same to me. It will be acknowledged in the future editions.

Preface

This book covers topics of life which we encounter in our daily living. Attempt has been made to discuss and understand these topics from pain to humour and sensation to thinker. Majority consider life a medium to derive pleasure. They run after comforts and do their best to earn money by which they can buy these. Life passes through compulsions, worry, tension and soon they turn old. Even after earning handsomely they feel frustrated and depressed. A small problem is enough to make them mad by anger. Irritation becomes their basic nature and they feel suffocated in the daily routine of life. They try to understand everything except themselves.

Mind in the 'ego' mode is the major concern and source of all negativity in life. Does it mean that ego is bad? Is ego a manufacturing defect made by the Almighty or it is an operational defect. Why the ego is created at all? Ego is an individual identity of the whole or universal phenomenon. In order to maintain the record, individual identification is self-created. When mind operates in ego mode this self-created identification takes charge of full machinery and functioning of mind. In order to maintain this self-created identity, the ego tries to pull all that is required to feed and enhance itself. Now this ego drives and gives direction to an individual. It operates the different

functions of mind in accordance to itself. In this hustle and bustle the health is affected and when one lands up in hospital, he tries to find an answer. He tries to find an answer to good health and not the cause of ill health which lies in him. Ego is hurt as now it understands that the collapse of machine will also collapse itself as it is also a part of this machine. The ego now wants to get rid of itself. Can the source of malfunction correct the function?

Is there any solution to this? The only way is to look and understand ego by ego. Ego has to be shown mirror like a spoilt child; realization has to be made that you have done a mistake and now be ready to pay for it, the sufferer will be you, none other, either correct yourself or punish yourself. Once the mistake is realized, ego gets wisdom. Ego comes on diet and starts reducing its weight; it becomes lighter and lighter. In 'vigilance' mode you can see how outer is affecting the inner. How ego is hurt and there is resentment by the ego. Once you can see the flow of anger you can see that anger subsides by itself because your 'I' in the 'vigilance' mode do not register the outer events, it only sees and as you see a child doing mischief, he becomes and behaves normal and tries to hide the mischief. The same happens here. When teacher is absent, there is noise in the class room. In a similar fashion in the 'vigilance' mode, mind monitors the activities of 'I' or 'ego'.

Inputs to the body are provided by ear, eyes, nose, mouth and skin whereas output comes from {tongue (talk and lick), hands (grasping), legs (moving), anus (defecation), mouth (spitting and

vomiting) and genitals (reproduction and urination)}. The external stimuli falls on the sense receptors of the sensory organs like eyes, nose, ear, tongue and skin. Through the sensory nerves it travels to the brain after being converted to the electrical and chemical signals. Then our brain interprets these external stimuli gives it a meaning and stores the information (data) into the memory slots. Thus, the perception is formed and registered or stored into the memory.

Stimuli through sense receptors present at the sense organs send a signal to the brain. Once a perception is formed of the external (new) current event or activity, it reaches the particular memory slots. Already old perception swallows the new perception and puts it into the particular memory slots and perception gets renewed. This is how the memory keeps updating. Since perception is always personal or individual, based on one's past experiences, thus is solely dependent upon how the things are being interpreted.

Mind constitutes of five things

1. Thinker: one who compares, plans and concludes
2. Memory: storage of input data
3. NatCon: Natural processor and controller
4. Ego: 'I'
5. Background: who sees (1) to (4)

How stimuli are hitting our sense receptors and how they are interpreted and put into memory slots? How then perceptions affect us physically and psychologically? How feelings are registered

and how emotions disturb us? Everything needs to be understood.

When we see something beautiful or attractive thing then this beautiful or attractive thing acts as a stimulus. This stimulus through light waves hit our sensory receptors of eye. Eye as sensory receptor converts it to electrical and chemical signals through the process of transduction. These signals are then interpreted and put into particular memory slots in form of micro tubes. Perception is created and updated. 'I' utilize this perception and gives rise to feelings. Now here comes the urge to fulfill these feelings. How desire is formed? This is the movement of stimuli → sensation → perception → feeling (from physical stimuli) → push and pull by mind → thought → imagination → feeling (from mind memory) → desire.

Contents

S.No.	Chapter	Page
01	Mind	01
02	Perception	05
03	Memory	11
04	Thinker	18
05	Observation	22
06	Belief	26
07	Ego	30
08	Pleasure	35
09	Drinking	40
10	Laziness	44
11	Health	48
12	Sex	52
13	Praying	56
14	Relax	62
15	Patience	66
16	Earnings	70
17	Honesty	74
18	Humour	78
19	Habit	82
20	Communication	86
21	Distractions	90
22	Success	95
23	Weakness	99
24	Depression	103
25	Fate	107
26	Courage	111

27	Suffering	115
28	Confidence	119
29	Resistance	123
30	Motivation	127
31	Jealousy	131
32	Listening	135
33	Tension	139
34	Pain	144
35	Greed	148
36	Joy	152
37	Love	156
38	Attitude	160
39	Interdependence	164
40	Confusion	168
41	Existence	172
42	Environment	177
43	Happiness	181
44	Form	185
45	Anger	189
46	Opposites	194
47	Problem	198
48	Impermanence	202
49	Peace	206
50	Freedom	210
51	Attachment	214
52	Change	218
53	Security	222
54	Desire	227
55	Fear	232
56	Time	237
57	Relationship	242
58	Death	247
59	Search	251

Life is full of tension and worry. To get out of this we watch television, chat with our friends over the phone, spend time on internet surfing, visit some mall, movie theatre and dine, go on holidays within country or abroad, smoke and drink with friends or alone, engage in sexual activities, attend some party, pray or visit holy places with false self, read some book, keep working for more and more money. Again after some time the tension and worry in some other form surfaces. We repeat the same chorus of act again to get out of this. We get old but the tension and worry are still there. What is the way out of this?



SANJAY K VERMA

Know more about Sanjay by visiting
delhieternals.blogspot.in

One can also reach him on his email id.
snjyverma@gmail.com



BOOK AVAILABLE



EBOOK AVAILABLE

ISBN 978-81-19927-37-1



9 788119 927371