

MILITARY INSTITUTE OF
TECHNOLOGY (MILIT), PUNE,
INDIA : 22 JULY 2017

Presentation

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BHARTIYA ?

ANCIENT INDIAN WISDOM

&

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ITS APPLICATION IN PRESENT TIMES

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BHARAT & INDIA : WHAT'S THE DIFFERENCE ?

WHAT OTHERS REFERRED TO US AS

ETYMOLOGY : "INDIA"

- Old Persian references (*Sindhu, Indu, Hindos-tan*) : 300 – 600 BCE
- Greek references (*Indos, Indike, Inde*) : 425 – 484 BCE
- Chinese references (*Tianzhu*), Japanese (*Tenjiku*), Korea

WHAT WE HISTORICALLY ARE

ETYMOLOGY : "BHARAT"

The Three Bharata's of the Puranas

- ✓ 1. Bharat, son of Rishabh, in line of Priyavrata Manu
(**After whom this country is called Bharat**)
2. Bharat, son of Dashrath (Suryanvanshi king)
3. Bharat, son of Dushyanat (Chandravanshi Kuru king)

When Did Our Manu Live ? (My Calculations)

Sat Yug	:	28,000 yrs
Treta Yug	:	96,000 yrs
Dvapara Yug	:	64,000 yrs
Ongoing Kali Yug	:	3,102 BCE
	:	2,019 CE

TOTAL 3,893,121 yrs ago

???

GENEALOGY : KING BHARATA

Swayambhuva Manu

(The First Man / Manav / Manush of the 7th Manvantara)

“Bhaa” means Light. in Sanskrit. “Rta” is the past participle of “Rati” which means both ‘Cosmic, Eternal Truth’ & ‘Immense Love & Passion’. The ones born here have immense love/passion for the eternal truth or enlightenment, hence the land of the Bhaa-ratas is called BhaaRTA Varsha. Vishnu Purana : वर्षं तद् भारतं नाम भारती यत्र सन्ततिः

SOURCE : VISHNU PURANA
(1st millennium BCE - early 2nd millennium CE ?)
(<https://Hinduism.stackexchange.com>)

MANUSMRITI (1250 BCE – 300 CE ?)
mentions **AryavaRTA**: the land between the Himalaya & Vindhya Ranges, from the Bay of Bengal to the Arabian Sea (Wikipedia)

King Nabhi got **Hima** - the land South of the Himalayas. Also called **Nabhi-Varsha**

(Nabhi's Wife : Meru)

King Rishabha

100 Sons

Eldest was **BHARTA**, who became King. His kingdom called **BhaRTA / BhaRTA-Khand / BhaRTA - Kshetra**

QUESTION :

**WHY DO MANY
INDIANS STILL
THINK & BEHAVE
THE WAY THEY DO
?**

ANSWER :

**LARGELY THE IMPACT
OF
COLONIAL
RAPACIOUSNESS,
HUMILIATION,
BRAINWASHING
& DELIBERATE
DISTORTION.**



"I have travelled across the length and breadth of India and I have not seen one person who is a beggar, who is a thief such wealth I have seen in this country, such high moral values, people of such caliber, that I do not think we would ever conquer this country, unless we break the very backbone of this nation, which is her spiritual and cultural heritage and therefore, I propose that we replace her old and ancient education system, her culture, for if the Indians think that all that is foreign and English is good and greater than their own, they will lose their self-esteem, their native culture and they will become what we want them to be, a truly dominated nation".

Lord Macaulay's Address to the
British Parliament on 2nd Feb 1835

DO YOU ?

2-2-1835

TO DEFEAT THE DEVIOUS MACHINATIONS OF
“MACAULAY-ISM”
IT IS IMPERATIVE THAT WE KEEP
RE-DISCOVERING & RE-EDUCATING OURSELVES
AS WELL AS THOSE AROUND US
OF THE TRUE ESSENCE / THE “VERY BACKBONE OF
OUR SPIRITUAL & CULTURAL HERITAGE”,

OUR BHARTIYTA

---- hence the relevance of this presentation

PREVIEW

1. **THE DEFINING FEATURES OF TRUE BHARTIYTA** ✓
2. **THEIR RELEVANCE TODAY**



BHARTIYA



1. ANTIQUITY & SURVIVABILITY

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ANTIQUITY OF OUR CULTURE

242 YEARS OF USA

TRUE BHARAT

10,000 YRS OLD

742 YEARS OF FOREIGN RULE : INDIA

8,000 YRS OLD

TRUE BHARAT

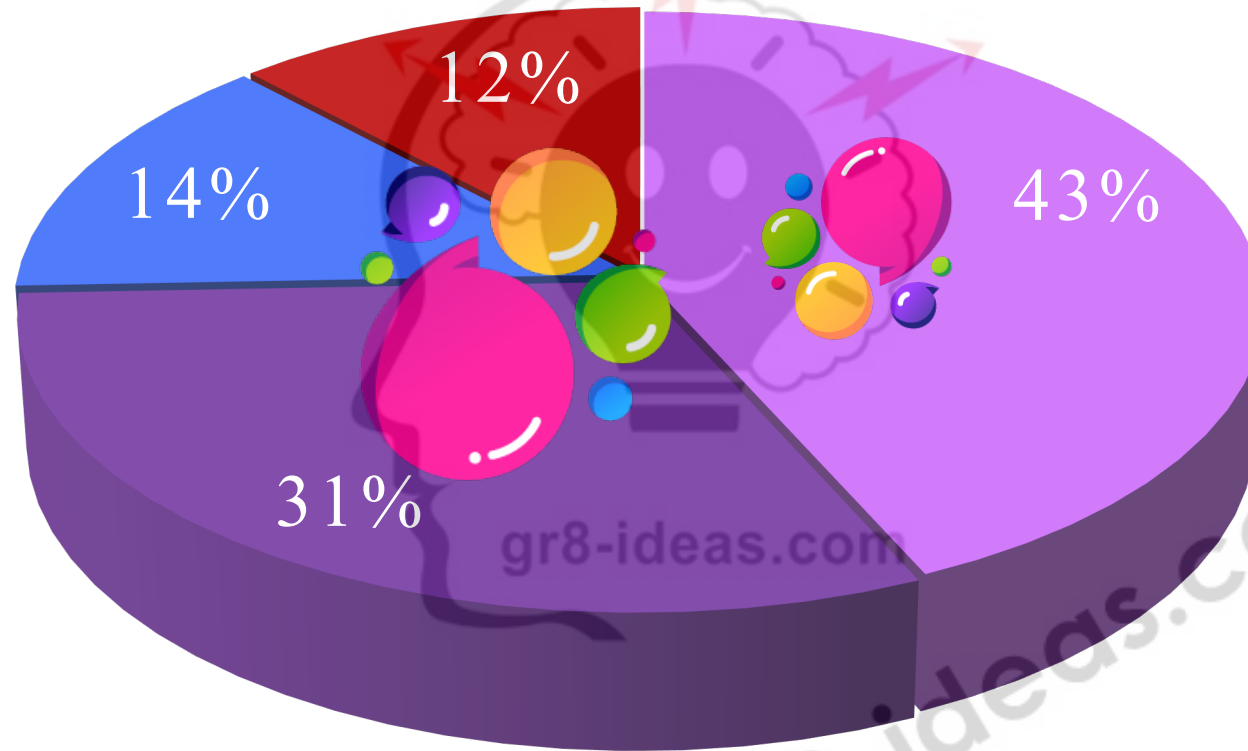
5,000 YRS OLD

TRUE BHARAT

3,000 YRS OLD

- LET US NOT MISTAKE THE MOLES & PIMPLES FOR THE ENTIRE BODY
- WHAT DOES OUR PRESENT EDUCATION SYSTEM TEACH US ABOUT TRUE BHARAT ?

DURATION OF FOREIGN RULE



- DELHI SULTANATE (1205 - 1526) - 321 YRS
 - MUGHAL EMPIRE (1526 - 1757) - 231 YRS
 - EAST INDIA COMPANY (1757 - 1858) - 101 YRS
 - BRITISH EMPIRE (1858 - 1947) - 89 YRS
- 742 YRS**

CAVEATS : FOREIGN RULE

- At no point in time was the entire Indian landmass under foreign domination.
- Even during foreign rule there were periods of Indian resurgence eg: Marathas (Shivaji), Ahoms (Lachit Borphukan), Sikhs (Ranjit Singh), etc
- Besides these MAJOR foreign influences, india has also experienced MINOR influences from the French, Dutch, Portuguese, Chinese, Persian, Central Asian, Far Eastern & South East Asian cultures: some profound, others not so.
- These influences were varyingly suppressive (negative) & enriching (positive).
- SURVIVABILITY : In spite of brutal suppression, the traditional Bhartiya culture always surged back & continues to be the ONLY ancient civilisation still largely intact. Where are the Sumerian, Assyrian, Minoan, Greek, Egyptian, Aztec, Inca, Mayan & other civilisations today ?



2. TIMELESSNESS & UNIVERSALITY

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THE FOUR PURUSHARTAS / CHATURVARGAS: THE BASIS OF ALL HUMAN ENDEAVOUR

TRIVARGA

- **Dharma** – signifies behaviors that are considered to be in accord with *Ṛta* (universal, eternal, cosmic truth), the order that makes life and universe possible. It includes **duties, rights, laws, conduct, virtues and right way of living**. The concept of eternal dharma, **SANATANA DHARMA**, the fundamental principle of existence (sentient and insentient beings) and there is individual dharma, or **Svadharmā**, the dharma, and talents, and the choices we make in life.
- **Artha** – signifies the "material wealth" that enables one to be in a state one wants. It includes **financial wealth, career, activity to make a living, without violating Dharma** for the proper pursuit of artha, **without violating** of human life.
- **Kama** – signifies **passion, emotions, pleasure of the senses, the aesthetic enjoyment, attraction, or love**, with or without sexual connotations. It is "love" **without violating dharma** (moral responsibility), artha (material prosperity) and one's journey towards moksha (spiritual liberation).
- **Moksha** – this **Param Purusharta** signifies **emancipation, liberation or release**. In some ancient schools, it connotes freedom from saṃsāra, the cycle of death and rebirth, while in other schools it connotes freedom, self-knowledge, self-realization and liberation in this life.

“Knowing others is WISDOM, knowing yourself is ENLIGHTENMENT.”
Knowledge of the External Universe = APARA VIDYA
Knowledge of the Internal Universe = PARA VIDYA
APARA + PARA VIDYA = POORAN VIDYA

THE 10 LAWS OF *DHARMA* GIVEN BY 'MANU'

1. **Patience (*Dhriti*)** – Staying secure in your own inner peace.
2. **Forgiveness (*Kshama*)** – Letting go of things that don't necessarily serve you.
3. **Piety or self-control (*Dama*)** – Knowing that the best things come to those that wait.
4. **Honesty (*Asteya*)** – Don't take that which does not belong to you.
5. **Sanctity (*Shauch*)** – Cleanliness in mind, body, and soul.
6. **Control of senses (*Indraiya-Nigrah*)** – Meditation and life force control.
7. **Reason (*Dhi*)** – Guiding your life with calm reason leads to great success.
8. **Knowledge or learning (*Vidya*)** – Gaining skills that significantly add to your ability to offer value is a huge step towards all-round success.
9. **Truthfulness (*Satya*)** -Realizing that truthfulness brings about the highest outcome for you and others.
10. **Absence of anger (*Krodha*)** – Anger poisons our ability to lead our lives in a positive and powerful way, so keep it away

FOUNDING PRINCIPLES OF SANATAN DHARMA

TYAGA

(RENUNCIATION)

DANA

(LIBERAL GIVING)

NISHTHA

(DEDICATION)

SATYA

(TRUTH)

AHIMSA

(NON VIOLENCE)

UPEKSHA

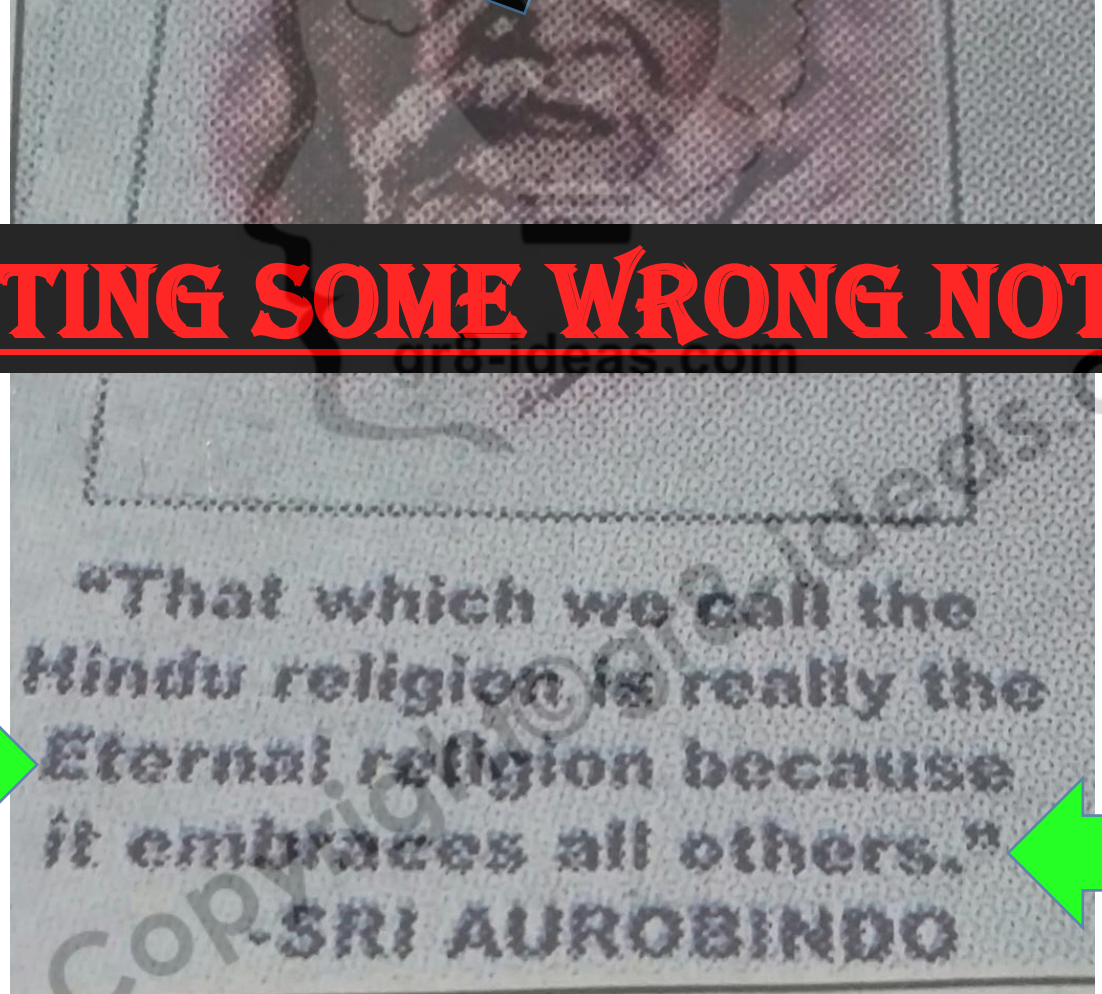
(FORBEARENCE)

The Sanskrit word *dharma* has a much broader meaning than religion and is not its equivalent. Wikipedia

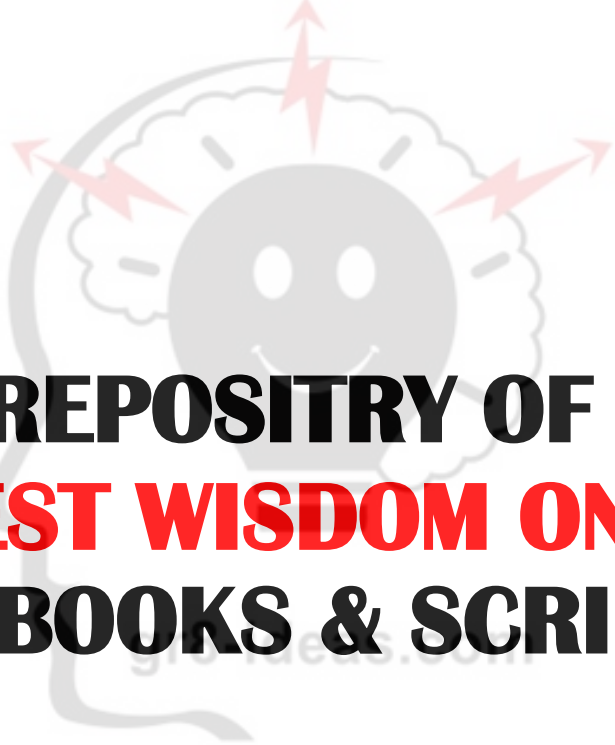
DHARMA ≠ RELIGION

BUSTING SOME WRONG NOTIONS

SANATAN DHARM
“the Eternal Law that sustains, upholds, endures & always perseveres”



ANEKANT VAAD
“acceptance & respect for many perspectives / multiple & diverse views / schools of thought”



**3. REPOSITORY OF THE
GREATEST WISDOM ON EARTH
: HOLY BOOKS & SCRIPTURES**

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ANCIENT INDIAN SCRIPTURES

- **Shruti (श्रुति)** : that which has been heard or communicated (orally) from the beginning
- **Veda (वेद)** : it is believed that Rishis in the state of Tapasya / Samadhi heard the Vedas directly from **Para-brahma/Param-eshwara**, thus attaining this jnana (gyan). Hence Vedas are called अपौरुषेय i.e. not created by man or authorless. The Rishis are द्रष्टा (seers) rather than authors of Veda. There are four Vedas : Rigveda (ऋग्वेद), Samaveda (सामवेद), Yajurveda (यजुर्वेद) & Athrvaveda (अथर्ववेद).
- Vedas are basically classified into two categories: **Mantra (मन्त्र)** or **Samhita (संहिता)** and **Brahmanas (ब्राह्मणग्रन्थ)** part. Actually Samhita is the core part of Veda (which is heard by Rishis) and Brahmanas are the interpretation and commentaries on Mantra / Samhita part of Vedas which helps to explain, understand the meaning and significance of Veda and also provides the way of doing rites (i.e rituals).
- Brahmanas constitutes **Aaranyaka (आरण्यक)** at the end and Aaranyaka constitutes **Upanishads (उपनिषद्)** at the end. In other words, Aaranyaka are extracted from Brahmanas and Upanishads are extracted from Aaranyaka (except from Isha Upanishad which is the last part of Shulka Yajurveda Samhita).
- So, Vedas are generally classified into to 1. Samhita 2. Brahmana 3. Aaranyaka 4. Upanishad
- **Hence Shruti comprises the Four Vedas i.e Rigveda, Samaveda, Yajurveda and Athrvaveda along with the Samhitas, Brahmanas, Aaranyakas & Upanishads**

UPANISHADS

- Life has a two-fold purpose – **ABHYUDAYA** and **NIHSREYASA**.
- **ABHYUDAYA** : rising high on physical, material & intellectual planes. **THE QUEST FOR EXCELLENCE / GREATNESS** *'Gyani'*.
- **NIHSREYASA** : divine discontent. Having achieved everything you ever aspired for, still missing. **Spiritual enlightenment** is the only way to assuage that feeling. When one gains the **ULTIMATE WISDOM**. The essential ingredient to attain this is *'Purusakara'* which literally means **'Tremendous Will-Power'**.

ANCIENT INDIAN SCRIPTURES

- **Smriti (स्मृति)** : means which is remembered or which is based upon memory. In other words, which is produced out of human intellect.
- These are texts written / composed by Rishis and handed down by tradition. So, in contrast to Shruti which is authorless (divine origin), Smriti is derivative work (produced out of intellect) that is usually attributed to an author.
- **Smriti texts are written on the basis of or inspired by *Shruti* but given less importance / supremacy than Shruti.**
- Major Smriti scriptures are: **Vedang** (वेदाङ्ग), **Upaveda** (उपवेद), **Upang** (उपांग), **Dharma-Sutra** / **Shstra** (धर्मसूत्र) [including popular Smriti scriptures by sage Manu, Yajnavalkya, Narad, Parasara etc.] and other Sutras, **18 Purans**(पुराण), **Itihasa** i.e Ramayana, Mahabharata (Bhagavad Gita) etc., **Commentaries**(भाष्य) on various Shruti texts by Aacharyas including Brahma Sutra etc. and **various scriptures on Darshan Shastra** (Sankhya, Yoga, Vaisheshika, Mimamsa, Nyaya etc.)

4. DIVINITY & INTER-CONNECTEDNESS OF ALL EXISTENCE & ALL BEINGS

BRAHMA : THE GOD OF ALL CREATION

BRAHM : ALL EXISTENCE

BRAHMAND : THE ENTIRE UNIVERSE / COSMOS

PRAKRITI : ALL NATURE

PRANI / JEEV: ALL BEINGS POSSESSING PRAN / LIFE

THE CONCEPTS
OF
'SARVA',
'VASUDEVAYA
KUTUMBKHAM'
&
'YOG'

“BRAHMAN, identical to the ATMAN, is everywhere and inside each living being, and there is connected spiritual oneness in all”

Chandogya Upanishad 3.14.1

- Basic nature of humans not confined to the body or mind; beyond both is the **spirit/spark of God within the soul**.
- **This spirit is within all humans as also within everything we see. All beings and all things are really, in their deepest essence, this pure or divine spirit ; full of peace, full of joy and wisdom, ever united with God.**
- This is not just theory, it can actually be experienced by purifying / refining the mind and senses through **YOGA** i.e. **union of the Individual Self with the Inner Spirit** or **the union of Body-Mind-Soul**. The four main types of Yoga are :
 - **Karma Yoga** : discipline of right actions. For those of active temperament. Strives to eliminate selfishness and cultivate **universal sympathy** by **seeing the divine reality in all**.
 - **Bhakti Yoga** : the path of devotion to **God whose presence can be felt in all things**. Since **ISHVARA** is **Nir-Akar** and **Nir-Guna**, he can be worshipped in any and everything.
 - **Raja Yoga** : the process of mental control, purity, and meditation to make the mind very calm i.e. **Chitta-Vritti - Nirodha**, in which state the inner divine light reveals itself.
 - **Jnana Yoga** : preferred by those of analytical bent of mind. Discipline of seeing the **divine reality within all things** directly, by mentally brushing aside all physical & mental coverings.

YOG



GYANA YOG

BHAKTI YOG

KARMA YOG

GYANA

ICHCHA

KRIYA

COGNITION

AFFECTION

CONATION

Gayatri Mantra

ॐ सर्वे भवन्तु सुखिनः ।
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु ।
मा कश्चित् दुःख भाग्भवेत् ॥

ॐ द्यौः शान्तिरन्तरिक्षं शान्तिः
पृथिवी शान्तिरापः शान्तिरोषधयः शान्तिः ।
वनस्पतयः शान्तिर्विश्वेदेवाः शान्तिर्ब्रह्म शान्तिः
सर्वं शान्तिः शान्तिरेव शान्तिः सा मा शान्तिरेधि
ॐ शान्तिः शान्तिः शान्तिः ॥

Om: The Original sound;

Bhur: the physical body;

Bhuvah: the life force

Suvah: the soul/spiritual nation;

Tat: God;

Savitur: the Sun, Creator (source of all life);

Vareṇyam: adore;

Bhargo: effulgence (divine light);

Devasya: superior Lord;

Dhīmahi: meditate;

Dhiyo: the intellect;

Yo: May this light;

Nah: our;

Prachodayāt: illumine/inspire

RECEPTIVITY

वसुधैव कुटुम्बकम्

"THE ENTIRE EXISTENCE (UNIVERSE/COSMOS) IS ONE INTEGRATED & INTERCONNECTED FAMILY (INCLUDING ALL SENTIENT & INSENTIENT BEINGS)"



वसुधैव कुटुम्बकम्
WORLD IS ONE FAMILY

Vasudhaiva Kutumbakam



<http://canvaswithrainbow.blogspot.in/>

5. A SOLID SCIENTIFIC & LOGICAL FOUNDATION BASED ON EXPERIMENTATION, OBSERVATION, ANALYSIS & DEEP THOUGHT :

- **BIO-MEDICAL SCIENCES : AYURVED, PLASTIC & CATARACT SURGERY**
- **MANTRA – TANTRA – YANTRA**
- **LINGUISTICS & GRAMMAR**
- **MATHEMATICS, ALGEBRA & TRIGONOMETRY**
- **ASTROLOGY & ASTRONOMY**
- **NUCLEAR & QUANTUM PHYSICS**
- **METALLURGY**
- **PHILOSOPHY**
- **SPIRITUALISM & SELF-INQUIRY**
- **----- *ad infinitum***



**6. JEEVAN SHAILI
(INCLUDING SHISTACHAR)**

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BHARTIYA JEEVAN SHAILI

- Sushruta advocates for “**swasthya vritta**” (positive health), recommending “**dincharya**” (daily routine), “**ritucharya**” (seasonal routine), “**poshan**” (diet), “**vyayam**” (exercise) and “**dharm-acharan**” (virtuous conduct)
- **Yog guru Patanjali** advocates following the **eight-fold path of yoga** to harmonise the **Body-Mind-Soul** :
 - “**Yama**” (self control) with five rules, i.e., non-violence, truthfulness, not stealing, chastity and avoidance of greed
 - “**Niyam**” (observance) through purity, contentment, austerity, study of Vedas and devotion of God
 - “**Asana**” (posture)
 - “**Pranayama**” (control of the breath)
 - “**Pratyahara**” (restraint)
 - “**Dharana**” (steadying of the mind)
 - “**Dhyana**” (Meditation)
 - “**Samadhi**” (deep meditation)

DINACHARYA

- *There are no better and more powerful medicines, tools, techniques, methods etc than to tune in with the rhythm and laws of Divine and Almighty Nature*

MORNING

- **Get up two hours before sunrise**
- **Elimination** - Drinking a glass or two of warm water helps in elimination. As soon as possible empty your colon and bladder
- **Cleaning of Senses** - Wash eyes with water, preferably use rose water and Triphala to purify the sight
- **Brush teeth and scrape the tongue** to purify your mouth and sense of taste. Ayurveda considers the coating of the tongue as an indicator of 'Ama' or toxins in the colon.
- **Gargle with warm water or herbal tea** to purify your voice and strengthen your teeth.
- **Finally do Jal neti and put a little oil in your nose**
- **Traditional Dinacharya also recommends that you inhale the smoke of medicinal herbs** every morning to purify the mind, head, face, neck and lungs
- **Abhyanga for 5 minutes** - oil massage with sesame oil - typically a self massage
- **Vyayama** - Usually some Yoga postures and breathing exercises (Pranayam)
- **Bath - Usually warm water baths are suggested**

DINACHARYA

MORNING

• Meditation

- For a few minutes to an hour - **sit down and see who you really are**
- Put your **attention towards Awareness**
- This is the **most important aspect of Dinacharya**. Simply be quiet, sit in Peace
- **Breakfast** - This should be warm, nourishing and wholesome
- **Study / Work** - Do what you do from now until noon

NOON

- **Lunch** - It should be taken early **between 12 and 1 PM**
- This coincides with the peak **Pitta** period - Pitta is responsible for the digestion
- Ayurveda recommends that **lunch should be the largest meal of the day**
- After meal it is good to take a little walk
- **Siesta** - **Anything more than a short nap should be avoided**
- **Study / Work** - Do what you do from now until supper

DINACHARYA

SUNDOWN

- Special **time of balance** between day and night
- This is the **time for evening prayers and meditations** in many cultures around the World
- From **dinner to bedtime just take it easy**. Spend time with family, read and relax

DINNER

- It should be **taken around 7 PM** - lighter than the lunch
- At least **three hours before bedtime** - gives body ample time to digest food
- **Sleeping just after the dinner** with a heavy stomach - **not conducive** for a sound sleep
- **Walk for 10-15 mins** to aid digestion

BEDTIME

- Go to **sleep around 10 PM** so that you can get **6 to 7 hours of sleep** before 4:30 am
- **Massage the soles of your feet with calming oil** before going to bed
- **Take Triphala** before sleep

Duty Towards Oneself

You can cause biggest harm to yourself. Hence one should live responsibly

Physical
Mental
Wellbeing
Spiritual

The Self is the friend of Self and the enemy of Self.

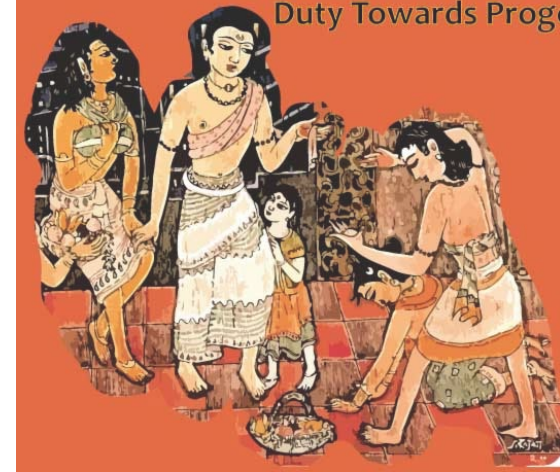
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THE TEN MAIN DUTIES

Duty Towards Progeny



Parents have an obligation to look after their children and help them grow so that their duties can be carried forward to future generations.

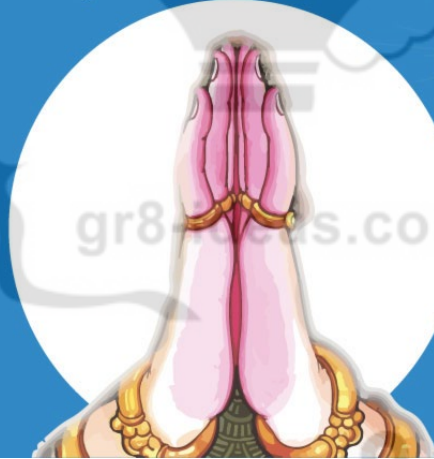


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Duty Towards Ancestors

Souls stay in the ancestral world until their karma is exhausted

Offerings made to ancestors help them prolong their stay and obtain a better life in the next birth



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Duty Towards Gods

Gods help humans but need to be nourished by humans through sacrifices and offerings



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Duty towards Fellow Humans

Serving the humanity is serving God

Charity is considered the highest virtue

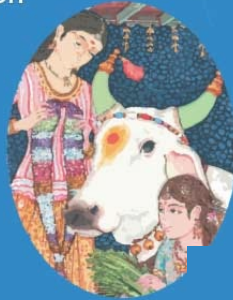


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Duty to Other Living Beings

All living beings possess souls and play an important role in creation

Compassion
Consideration
Nonviolence



Hinduweb

THE TEN MAIN DUTIES

Moral Duties

Cultivating purity
Practising virtues
living righteously
Upholding tradition
Abiding by truth
Self-restraint
Discipline
Religious practice



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Professional Duties

Professional duties for individual and common good should lead to peace, prosperity and liberation



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Duty Towards Society

Ensuring the order & regularity of society in your individual capacity is duty to society



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Duty Towards Other Faiths

Tolerance
Religious Amity
Understanding
Finding Common Purpose
Promoting peace



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Matru Devo Bhava

Be one for whom the Mother is God



Pitru Devo Bhava

Be one for whom the Father is God



Acharya Devo Bhava

Be one for whom the Teacher is God



Atithi Devo Bhava

Be one for whom the guest is God



7. SATTVA – RAJAS – TAMAS

SATTVA : the quality of balance, harmony, goodness, purity, universal-ism, holism, construction, creativity, positivity, peacefulness and virtue.

RAJAS : the quality of passion, activity, neither good nor bad and sometimes either, self-centeredness, egoism, individualization, drivenness, movement, and dynamism.

TAMAS : the quality of imbalance, disorder, chaos, anxiety, impurity, destruction, delusion, negativity, dullness or inactivity, apathy, inertia or lethargy, violence, viciousness, and ignorance.

- These qualities are not considered as present in “either- or” fashion. Rather, everyone and everything has all three; only the proportions and contexts vary. Any living being or substance is the net result of the joint effect of these three Gunas.
- No one and nothing is either purely Sattvik, Rajasik or Tamasik. One's nature and behavior constitute a complex interplay of all of all three gunas, in varying degrees.
- The balance of Gunas of everything and everyone can change, and it does. This change needs internal or external influences / forces as well as the knowledge of transformation. The force to change comes from the *Rajas* guna, the *Sattva* guna empowers one towards harmonious and constructive change, while *Tamas* guna checks or retards the process.
- In Indian mythology, Vishnu is envisioned with more *Sattva*, Brahma with more *Rajas*, and Shiva seen with all three *Gunas*.



8. BHAVA

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BHĀVA

- Definitions :
 - "emotion, sentiment, **state of body and/or mind**, disposition"
 - the **overall condition** or state of a person at a given time : **physical, mental, moral, spiritual, emotional, attitudinal, etc**
- Some Classifications :
 - 3 types : *Sattvic*, *Rajasic* and *Tamasic*
 - 6 types :
 - *Śānta-bhāva* : the state of calmness, peacefulness, gentleness, saintliness
 - *Dāsyā-bhāva* : the state of devotion
 - *Sakhya-bhāva* : the state of friendliness
 - *Vātsalya-bhāva* : the state of motherliness
 - *Madhura-bhāva/ Kanta-bhava* : the state of being in love
 - *Tanmaya-bhava* : the state of being aware of God's presence everywhere

BHAVA (contd)

- If the *bhava* (physical, mental, moral, spiritual, attitudinal state) is **exactly** right (conducive / harmonious) for a particular activity, it acts as the most powerful **Force Multiplier in the cosmos to produce results many times more** than what would be obtainable had that activity been done in the incorrect or non-harmonious *bhava*.
 - With the same input, the **right bhava gives us an exponentially greater output**. Thus :
 - **Bhojan** / Food, if consumed in the right *bhava* gives BETTER **POSHAN** / NUTRITION
 - **Vyayam** / Exercise, if done in the right *bhava*, yields BETTER **SWAASTH** / HEALTH
 - **Nidra** / Sleep, if undertaken in the right *bhava*, gives BETTER **VISHRAM** / REST
 - **Aushadhi** / Medicine, if taken in the right *bhava*, provides BETTER **CHIKITSA** / HEALING
 - **Shiksha** / Studies, if done in the right *bhava*, accrue BETTER **SIKHLAI** / LEARNING
 - **Prarthana** / Meditation, if done in the right *bhava*, gives MORE **SHANTI** / PEACE
 - **Adhyatam** / Inner Exploration and Inquiry, if done in the right *bhava*, yields MORE **GYAN** / WISDOM
 - **Jeevan** / Life, if lived in the right *bhava*, accrues MORE **ANANDA** / BLISS
- etc, etc, etc, -----

HOW TO GET IN TO THE 'RIGHT' BHAVA

(for each / any activity)

1. Get in to the right bodily POSTURE : **ASANA / MUDRA**
2. Get in to the right mental ATTITUDE : **MANO-BHAV**
3. Become STILL, let the vibrations cease, close your eyes, slow your breath) : **STHIR** evam **SHANT**
4. Focus / Concentrate : **DHYANA / EKAGRATA**
5. Energise the relevant organs : **INDRIYAN URJIT**
6. Commence the activity & complete it : **MUHURATAM to SAMAPAN**

Pre-conditions :

- GOOD HEALTH : **TANDURASTI**
- POSITIVE ATTITUDE : **SAKARATMAK SOCH**
- CONDUCIVE ENVIRONMENT : **UPYUKT VATVARAN**

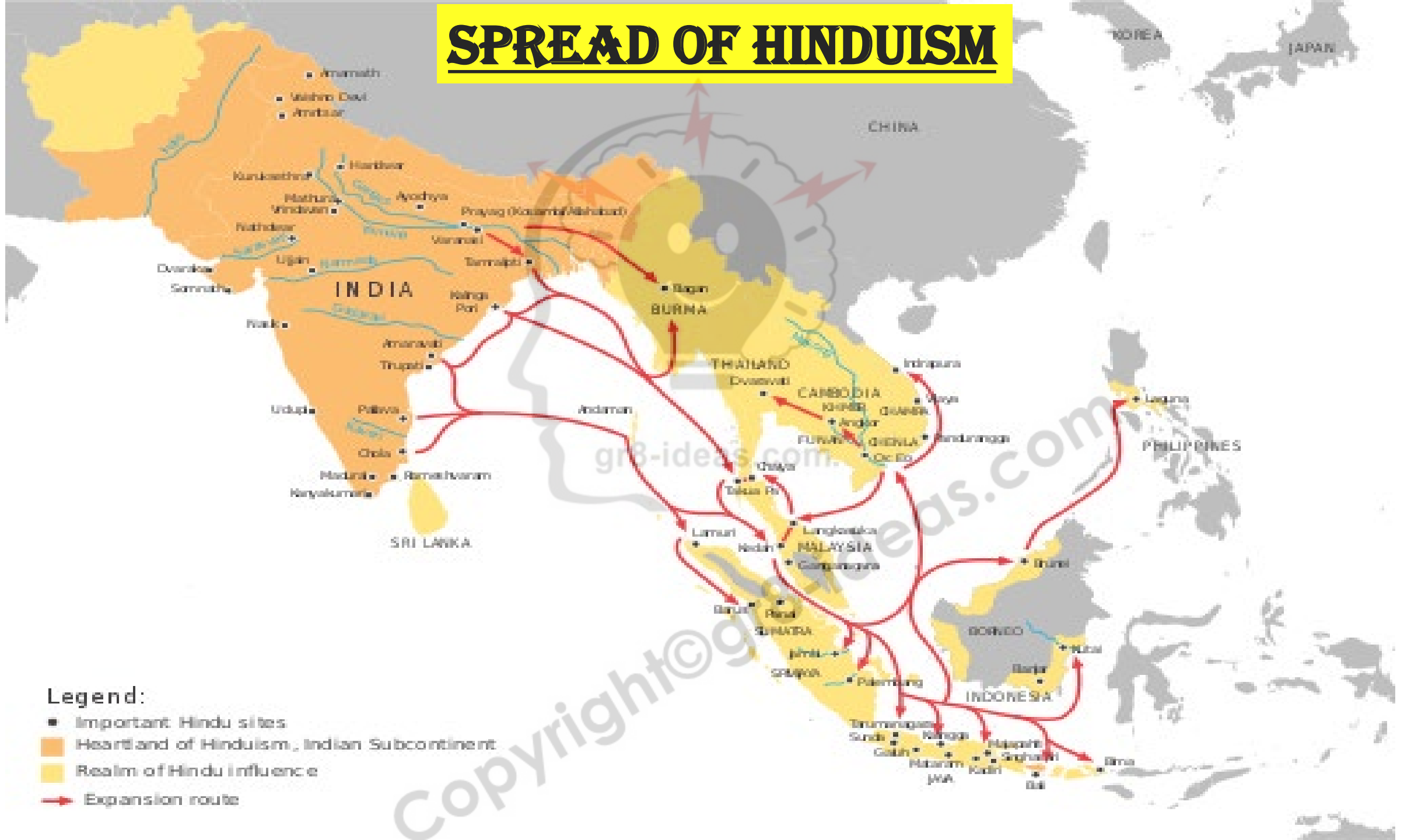


9. UNPARALLELED SOFT POWER

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SPREAD OF HINDUISM



Legend:

- Important Hindu sites
- Heartland of Hinduism, Indian Subcontinent
- Realm of Hindu influence
- ➔ Expansion route

SPREAD OF BUDDHISM

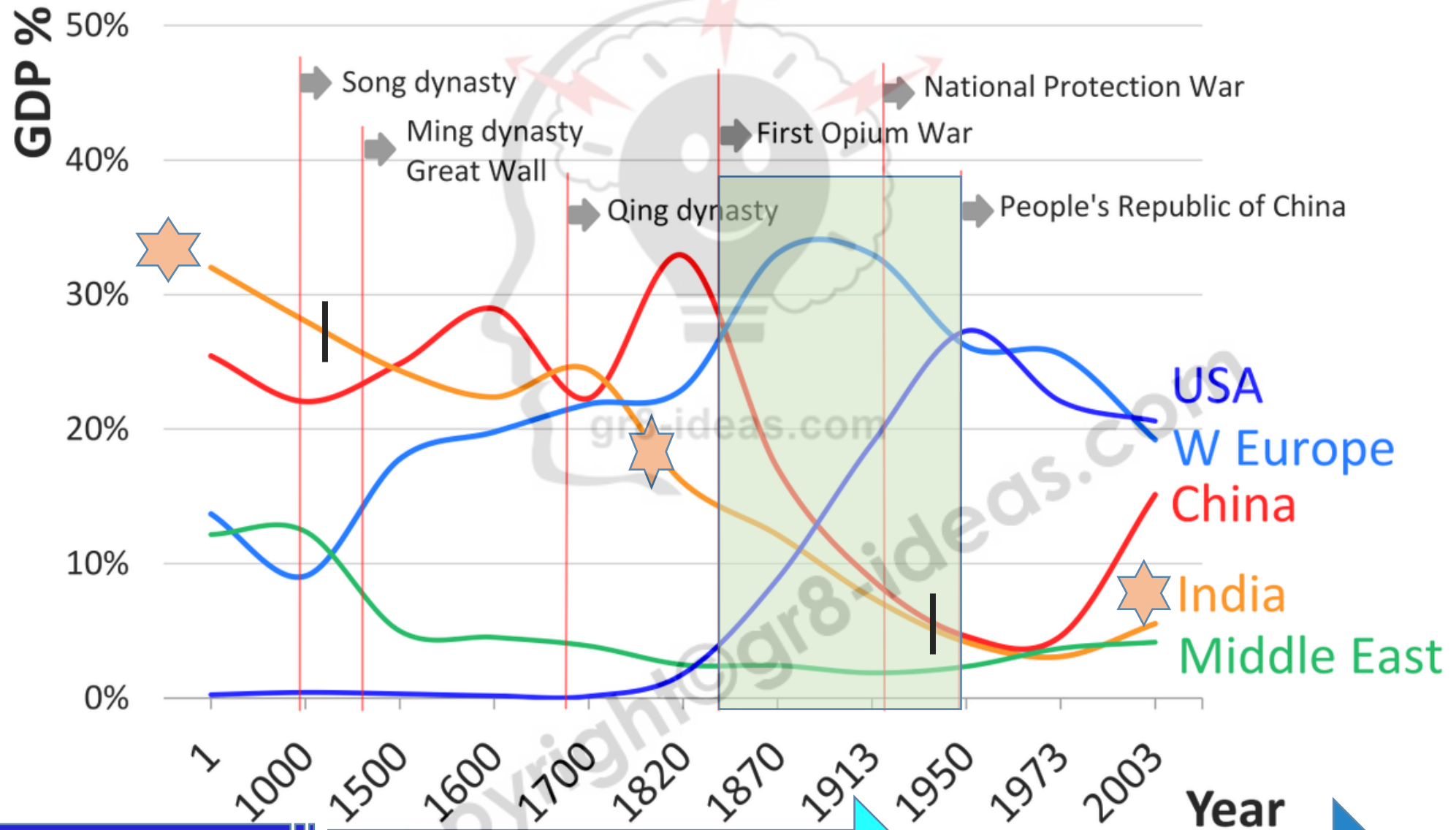




**10. MANKINDS MOST SUCCESSFUL
ECONOMIC MODEL :
*"BHARAT, EK SONE KI CHIRIYAH"***

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CONTRIBUTION TO WORLD GDP : PERCENTAGE



BHARAT (17 CENTURIES)

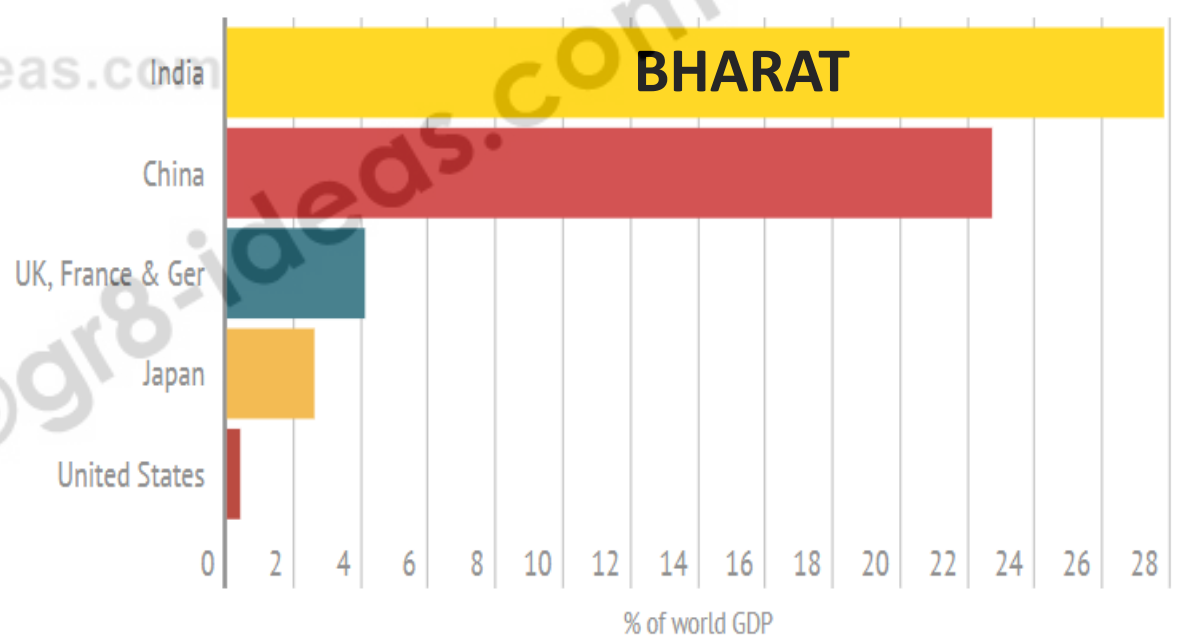
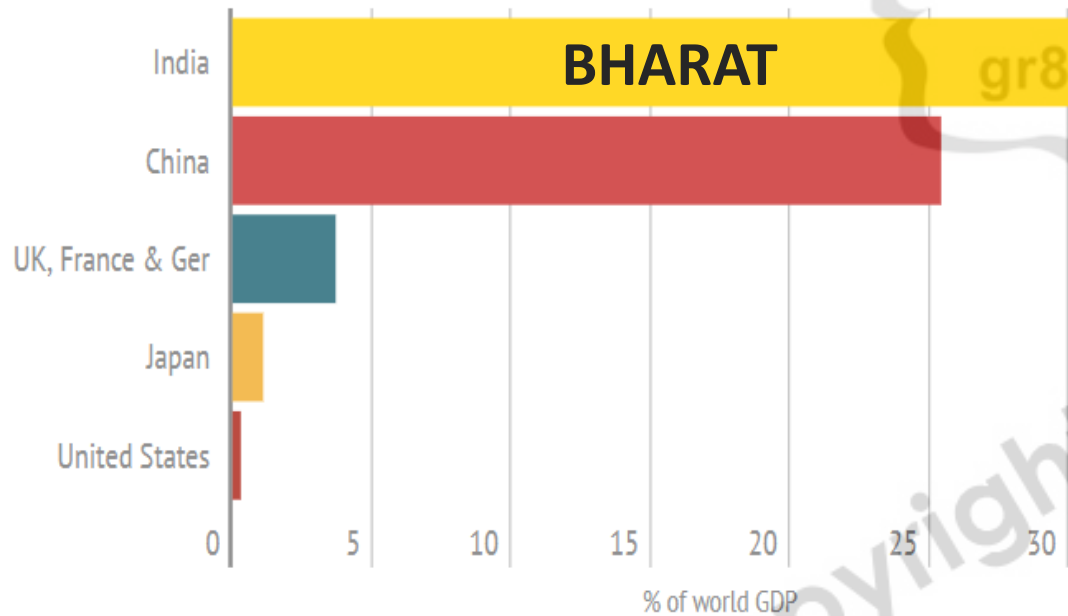
UNDER FOREIGNERS

AFTER INDEPENDENCE

Share of world GDP throughout history

Since 1AD until today the world's changed quite a lot. But until 1700AD the balance of wealth hadn't. For the past two centuries the share of the world's GDP has shifted to the west to Europe through imperialism, and technological innovation. With the rise of China that's changing again and this infographic explores the story of balance and unbalance in the world economy courtesy of the data from the Maddison Project (<http://www.ggdc.net/maddison/maddison-project/home.htm>).

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Share of world GDP throughout history

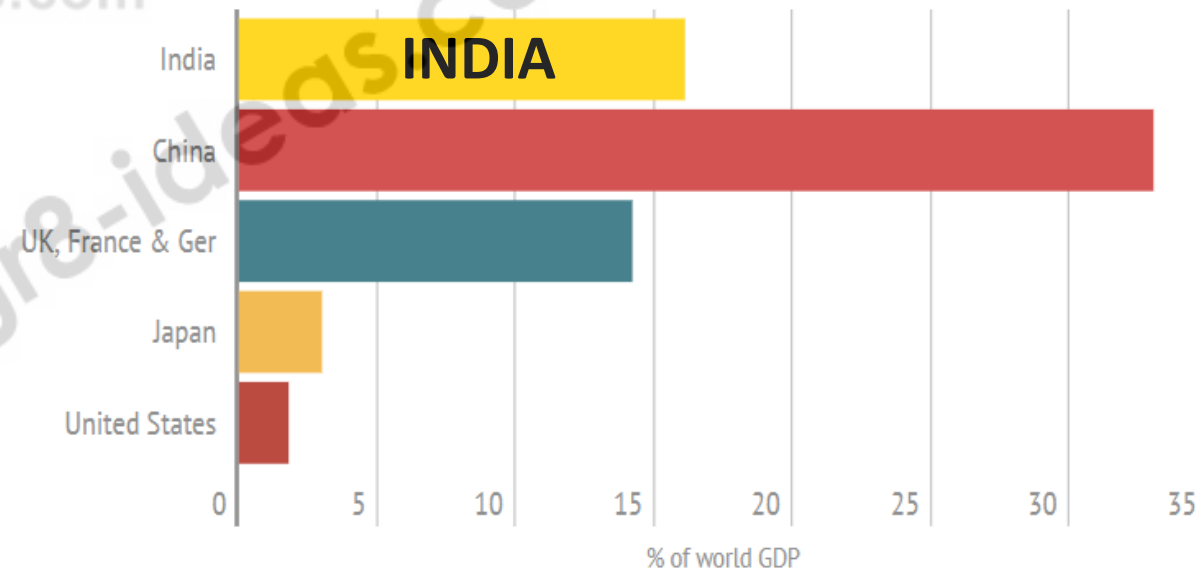
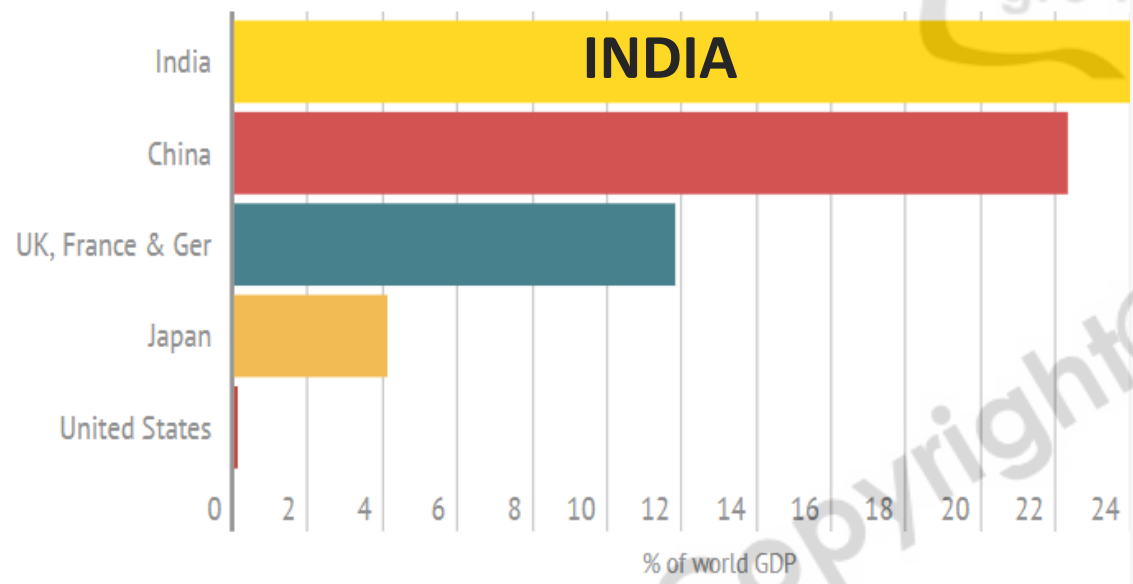
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- 1AD
- 1000AD
- 1500AD
- 1700AD
- 1820AD
- 1870AD
- 1913AD
- 1950AD
- 1980AD
- 2008AD

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IMPACT OF WESTERN MODELS

IMPACT OF BHARTIYA MODEL

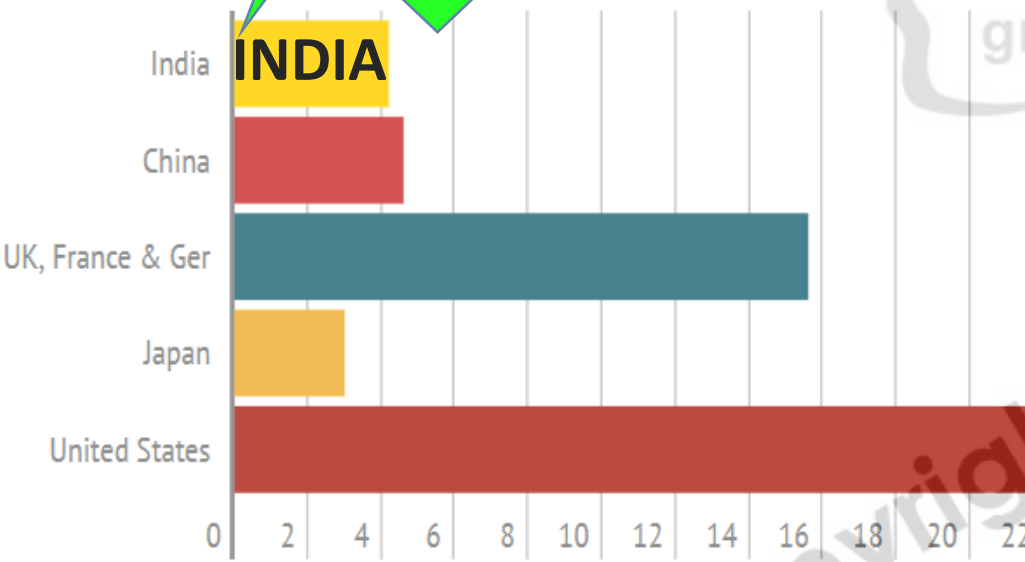
Share of world GDP throughout history

Share of world GDP throughout history

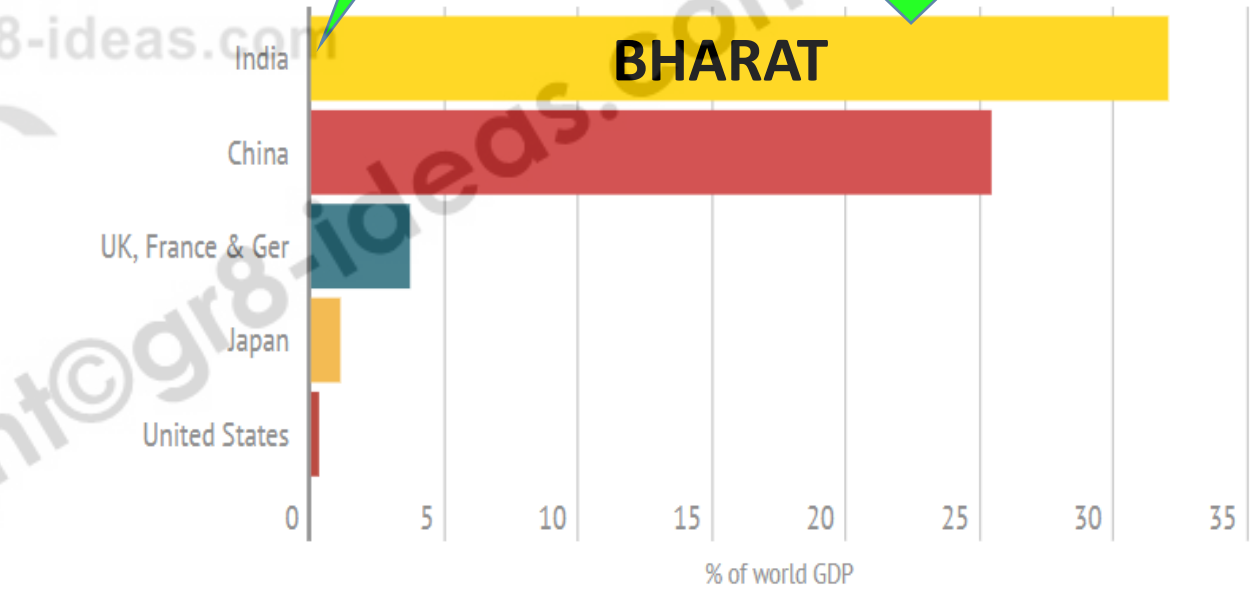
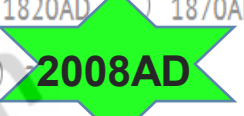
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PREVIEW

1. **THE DEFINING FEATURES OF TRUE BHARTIYTA** ✓
2. **THEIR RELEVANCE TODAY** ✓

SO WHICH LIFESTYLE MODEL IS BETTER
FOR THE PRESENT TIMES :
WESTERN-ORIENTED OR BHARTIYA ?

ASK YOURSELF WHICH OF THE TWO

- **HAS GREATER DEPTH & MEANING ?**
- **HAS GREATER UNIVERSALITY, TIMELESSNESS & DIVINITY ?**
- **IS CLOSER TO NATURE AND YOUR INHERENT / TRUE SELF ?**
- **GIVES BETTER ASSURANCE OF LIVING A MORE HAPPY, CALM, HONEST & HEALTHY LIFE ?**
- **IS MORE IN HARMONY WITH BOTH : INNER PEACE & OUTER WORLDLY LIVING ?**
- **IS MORE MORAL AND LESS CORRUPT ?**
- **IS MORE SUSTAINABLE, ECO-FRIENDLY AND LESS DAMAGING TO THE ENVIRONMENT ?**
- **CAN GIVE US ALL MORE HAPPINESS AND A BETTER FUTURE ?**

SOME WEAKNESSES OF WESTERN-ORIENTED MODELS : BHARTIYA CONTEXT

- Not in consonance with our ancient *Purushartas, Dharma, Karma, Maryada & Sabhayata*
- *Ethics, Morality, Divinity & Seva-Sadgi-Sachai* are either totally absent or grossly under-emphasized
- Premised on the gross / base (not higher) human qualities, principally Greed & Self
- Unlike our ancient wisdom that is abiding, eternal, everlasting & universal, these theories are applicable only in limited / narrow contexts of Time, Space, Group or Situation
- Enunciated by Western Theorists who had no / little knowledge of our infinite ancient wisdom
- Drastically upset Work-Life-Relationships-Environment balance
- Lead to lifestyles and behaviour which severely erode a person's innate Happiness, Calmness, Goodness, Decency & Divinity, replacing these with Stress, Corruption & Unhealthy Lifestyles
- Make humans part-automatons / Humanoids; erode purity & individuality inherent in human-nature
- Western models have proved environmentally unfriendly & unsustainable in the long run
- Never conclusively proven, still remain theories & postulates
- Concern themselves only with the outer universe, not the inner one. 'More Froth, Less Beer'
- Cumulative performance delivery figures of the last 5000 years conclusively prove the Western Models are inferior to ancient *Bhartiya* wisdom & proven achievements

CONCLUSION

- Sufficient evidence to prove that contemporary education and lifestyles, based primarily on Western-Oriented Models, **even though they have many plus points**, suffer from major weaknesses
- Considering the myriad problems facing mankind today, it is a moot point whether the way we are going is really 'progress' ?
- Proven ancient Indian (**Bhartiya**) Wisdom offers a more universal, abiding, holistic, sustainable, eco-friendly & happier model for us to evolve further
- The Bottom Line : to evolve the **BEST MODEL** for our future, we **MUST harmoniously BLEND Modern / Western Thinking with our infinite Bhartiya Vidya & Gyan.**

MAKE SURE YOU GET THE PROPORTION RIGHT ; AFTER ALL, ITS YOUR LIFE !





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