

SACRED SPACE

# Four questions about human life and their answers

LT Col R K Langar

The title of this article is based on Hindu philosophy or the Vedanta philosophy. The four basic questions related to a human being are one, 'who am I' two 'where have I come from in this world', three 'what is the purpose of my existence or what is my role' and four 'where do I go when I leave the world'. The answers to these four questions are discussed in subsequent paragraphs.

**Who am I.**  
The three major ingredients of human being are body, mind and soul or Atma. Man is essentially an Atma a fraction of God or a ray of Supreme having mind and body. Soul or Atma is the highest component of man's personality. Soul being the energy of God is not destroyed at the death of the body. As we change our worn out clothes with the new ones, similarly at death, the soul with the mind and senses leaves the worn out body and takes a new birth in another body till the soul is released from the cycle of birth and death or when the man attain liberation or God realization. In other words life does not end at death as life is a continuous process the Atma or soul going from one body to another till it gets liberated. The soul being a fragment of God has three inherent qualities which are truth, knowledge and bliss or Sat-Chit-Anand. The immediate answer to the question 'who am I' is that I am a soul having a body, mind and intellect and inside me there is truth, knowledge and bliss or never ending happiness which are lying latent in me and which I must manifest with self effort to become a complete man. The knowledge inside me is capable of making me a pure, lovable and a peaceful person who shall ever remain in a state of stability. When I recognize or manifest these qualities inside me, I do not have to look for happiness upon the outer conditions. 'Who am I' teaches me that I am a God like person not in the absolute sense but in relative sense. I must not only manifest God like qualities inside me but use them in my conduct. Hence every one must feel that he or she is potentially divine.

**Where have I come from in this World**  
The very fact that you are born as a human being in this world is by itself a boon. It also means that the karmic load of your past lives has not yet been exhausted and you are given another opportunity to evolve yourself to a higher state of consciousness. In the past life you may have been a human being who had led a normal life not doing too good or too bad to any person. Or you may have come down from heaven where you stayed by virtue of doing good work for your own self and after the merit of good work is exhausted you are reborn in this world. Lastly you may have been cattle or a beast in the past life that has completed the effects of your bad karmas and now born as a human being. Under all these three conditions, your present life is deeply connected to your past deeds and now it is entirely upto you as to how you spend your present life to make or break yourself.

**What is the purpose of my existence**  
Straight and simple purpose of my existence is God realization or Self realization so that you free yourself from the cycle of birth and death. With this purpose or goal of your life, you have to get yourself attached to God which means being detached to the world. You do not

have to leave the worldly life and go to a jungle or forest to realize God. You have to live in the world without being affected by it. It is like sailing in a water of the river without allowing the water of the river to come inside the boat. It looks a tall task but this is the Dharma of every individual who is born in the world. You may not achieve total or absolute enlightenment but when you are on the right path, you shall be enlightened relatively.

Role or goal of human existence is to become reestablished in one's true self or soul by the process of yoga. Human life is offered to us to that we may transform it completely and realize our spiritual freedom. We have to fill up the emptiness in us with the divine qualities which are inherent in us. This is what we call living at the spiritual level of our personality above the body mind complex. Once we become aware of our inner beauties, these outflow in our conduct and behavior. Not only that when we are complete from inside, the outer circumstances do not affect our inner state and we respond to them as per our choice and do not react to them.

**When you discover that you are a soul or Atma which is an everlasting energy, the fear of death takes a back seat. Then you discover that real life is not based on some achievement or on some competition but life is to stand on your values.**

Purpose of our life is to flow like a river nourishing all those who come in our contact. Keep the goal of life in view out enjoy every moment of the present without thinking about the past and worrying about future. True and everlasting happiness lies only in the present. Love, care, share and serve all since all of us are capable of doing it. Life is a school with a difference. In a normal school you are first taught and then tested for all you have been taught. But in the school of life you are first tested or you first face the problems of life and then you learn from the difficulties you face. Life is the best teacher and you are your own teacher as well as student. Life is like a ladder. If you act righteously and truthfully you go up the ladder and if you act unrightously with self interest you come down the ladder. It is very appropriately said that where there is righteousness in heart, there is beauty in character. If there is beauty in character there is goodness in your conduct. Bhagavad Gita says that the man of good conduct or the doer of good will not face any misery.

Now we come to answer the fourth question which says 'where do I go when I leave the world'. There are a number of choices before you. If you want to go to heaven; you then worship God and not the Supreme. If you want to get reborn in the world then lead and unenlightened life doing nothing too bad or too good. But these two options are for non spiritual people. For spiritual persons there are good options. If you want instant liberation from the cycle of birth and death, then your entire life has to be Supreme God oriented. But this option is for those who have complete knowledge of yoga, who have spiritual wisdom, who are selfless workers, who love God and remember Him at all times or those who have Nishkam Bhakti of Supreme and for those who are ever meditative. Bhagavad Gita gives two paths, bright and dark paths which are meant for yogis and not ordinary persons. Right path is for those who are enlightened (not to the extent of those who are qualified for instant liberation). And on death such people go to Brahmlok the highest point in the space under the influence of Maya. They do not return to the world and stay there till the Brahmlok itself gets merge with the Supreme. In the dark path people go to the sphere of manes and return to the world when their merit is exhausted. There are the people who have done good works but with some self interest. Then for these who are on the path of enlightenment but could not complete their process of enlightenment, they are reborn in the world in prosperous families or in the families of yogi where they complete their process of enlightenment of get liberation. Lastly there is one more place when you can go and you must avoid is when you do Papkarma, you will be reborn in lower species of animals and insects. Once you understand the purpose of your existence you are not to be told which path you take to go to the place when your span of life is completed in this world.

**Conclusion**  
When you discover that you are a soul or Atma which is an everlasting energy, the fear of death takes a back seat. Then you discover that real life is not based on some achievement or on some competition but life is to stand on your values. When you consider yourself as a body, you consider yourself as living from birth to death. But when you consider yourself you are an indestructible soul then you realize that problem of life are connected with the body and not soul. Things like jealousy, hatred, desire, anger and greed which are body mind connected donot bother you as you are living above them. This is not a simple task since it involves a change in your belief system from being body conscious to soul conscious. Yet nevertheless it is a fact that sooner you realize better it would be for you. Then you shall be ever knowledgeable, pure and peaceful, love full and happy which are the inherent qualities of the soul of which you are aware being soul conscious. This requires working on your inner self to manifest the inherent qualities of the soul to become a complete person remaining unaffected by outer circumstances. Then you well know without a trace of doubt as to Who am I, Who is Supreme God, what is your relationship with him and how to connect with him.

BOOK REVIEW

# Bitter truth spoken truthfully

S.K. Koul

Name of Book "Kashmiri Pandit, Bujte Chirag"  
Author: P L Koul Badgami  
Price : ₹100

"Kashmiri Pandit, Bujte Chirag" by P.L. Koul Badgami is the latest book on Kashmiri Pandit exodus to hit the stands. The book, to put it in the words

of Dr. Kashi Nath Pandita, is the reflection of bitter truths spoken truthfully and honestly. Whatever Mr Badgami has put forth regarding political, historical or cultural happening is coming out straight from the heart, he being not only the observer but also a victim of events as well.

The book besides giving a graphic account of the shameful events of 1990 also raises the often repeated question as to the reasons which led to the exodus. The mayhem let loose on the miniscule minority, to uproot them from the land they had inhabited for more than five thousand years besides being utterly shameful is also a reflection of the utter cowardice of the forces who unleashed the barbaric acts. Kashmiriyat was put to shape and sword and the joint culture and peaceful co-existence which was the hallmark for both Pundits and Muslims got hundred thousand cuts to get deshaped and mutilated.

The situation turned so grim in the valley that it seemed as if the collective conscience of an otherwise largely co-operative majority community was totally hijacked and the whole community become dum at times passive onlookers or active connivers, shaking the faith of the besieged minority. Pundits were reduced to the lowest levels of helplessness.

It is a fact that education has stood the community in good stead, yet the social structure seems to be crumbling, bemoans Badgami. Badgami also shares his thoughts about massive re-organization and rehabilitation programme regarding Kashmiri Pundits. Badgami also raises fingers on the sincerity of both central and State Governments with regards to the settlements of Kashmiri Pundits. There is a telling example of discrimination against Kashmiri Pundits where even the Supreme Court judgement regarding payment of H.R.A. to the migrant Government employees has been interpreted by the State Government in a manner which debars migrant employees of their due arrears.

Badgami also seems to be agreeing with those who feel that Muslims far from being a harmonious community have strong heterogeneous elements who could be convinced about the futile war raised by jehadi elements. For this he feels that administrators need to have a sincere will.

The book also includes list of those Kashmiri Pundits, killed by militants.

The paper used for the cover page of the book is not as one would fancy. The photograph of the writer is not distinctly visible. Overall, this over 100 page book reasonably priced at Rs. 100 is a readable and useful material based on shared experiences. The diction is compelling and forceful-a true reflection of the personality of the social activist, author.



CAREER COUNSELLING

# Animation Design as a profession

Gauri Chhabra

Natural talent starts from the cradle - at a young age. Every parent knows that a child with an artistic bent considers the family home a vast and inviting canvas. Such children draw all the time... everywhere, on everything. They see Mommy and they try to draw Mommy. They see the dog and they try to draw the dog. Have you been you one of them?  
If you want a job that will allow you to walk the line between art and technology, with a little bit of drama thrown in, an animation career could be a great choice for you. Animators mostly work in the movie and video game industries, advertising, or in the design of computer systems. They work both by hand, and on computers, but the trend is gravitating toward computer animation.

Acreative bent of mind and an artistic inclination measure the unrestricted boundaries of the world of animation. Animation multimedia is an amalgam of text, sound effects, graphics and visual skills.

**Getting in:**  
There is not a single field sans animation these days. From cartoons to movies, advertisements, product designing, websites and research, animation has a hold everywhere. Now the question arises:

**What spectrums of talent and elements of training are needed to produce these wonder-working "actors with pencils" called animators?**

Degree and Diploma courses in animation are in abundance apart from online services. Minimum education qualification for a degree and diploma course in animation is plus two or equivalent.

After graduation in any discipline preferably Arts, you can apply for Post-graduation in animation. However, some institutions such as Industrial Design Center (IDC), Indian Institute of Technology (IIT) and Indian Institute of Design (IID) follow eligibility criterion that only graduate of architecture, technology and engineering, and fine arts can apply for the PG course in these institutes.

Besides these graduate and post graduate courses, there are several professional courses that focus on various styles and techniques. These courses are in Traditional animation, Stop-motion animation, Rot scoping, Computer generated 3D and 2D animation.

Besides, educational qualification, you need to have a very fancy electronic pencil. If you can draw traditionally, you are that much ahead of the game. However, if you want to do animation and can't draw, there are ways to do that- stop-action, pixilation (which is stop-action using people instead of objects), things like that. And there's another one, the computer. You don't have to learn to draw to learn how to animate on a computer. If you have knowledge of programming languages like C++ and Java, it will be an added benefit. It is advantageous to understand photography, lighting and movement for those planning to work in com-

puter animation.  
Creativity and innovativeness is key. Creativity is the visualization of illustrations and imagery, story-telling techniques and the ability to transfer ideas into form. Besides being creative, you need to be full of ideas and be willing to implement them. For a beginner, a preliminary course in 2D and 3D animation is a must. You must be able to visualize how an object will look in three dimensions and have the know-how to make an animated object look real.

Half of animation is the ability to draw, paint, run a computer, but the other half is communication skill. You need to beef up your finesse with fluid communication skills.

**Pay Packet:**



As a fresher you can expect a start of Rs 15000-20000 per month depending on your skill and creativity. With time and experience, and depending on skill sets, sky is the limit.

**Institute Scape:**  
Various universities and institutes offer degree and diploma courses in animation. Some of them are:

- \* Frame Box, New Delhi
- \* Academy of Animation and Gaming (AAG), New Delhi
- \* Arena Animation, all over India
- \* Animaster, all over India
- \* Industrial Design Centre (IDC), Mumbai
- \* National Institute of Design (NID), Ahmedabad
- \* Maya Academy Of Advanced Cinematics (MAAC), New Delhi, Kolkata and Mumbai
- \* Zee Institute of Creative Arts (2ICA), Secunderabad
- \* Whistling Woods International, Mumbai
- \* The Heart Animation Academy, Hyderabad
- \* The JJ School Of Arts, Mumbai

**Growth Path:**  
Today animation touches us at all corners of life - gaming, movies and even education. A significant section that has come in the gamut

of animation is Gaming which is growing at an exponential rate. Game modelers, rigging artists, game animators, level designers, environment modelers and mobile game designers are some of the latest career options. We have a much bigger market than Hollywood as the cost of animation related projects is 10 times cheaper than in the United States. Some institutes like Academy of Animation and Gaming (AAG) are offering a B.Sc. and M.Sc. in gaming accredited by Karnataka State Open University.

Feature films also dovetail animation to a large extent. An animated feature film employs the talents of a wide variety of artists. Animators make up a fairly small population of the people that create an animated film. There are also assistant ani-

matators; in-betweeners; breakdown, background and layout artists; effects animators; storyboard artists; visual development or inspirational artists; computer animators; and graphic designers.

With the recent thrust of Integrated Communications Technology in Education, animation seeps its way to the History and Geography classes as well. To produce content in written form on the internet will not make learning interactive. The content has to be delivered with the help of animation. Many educational concepts can be explained with the help of 3D animation. If the author has the knowledge of animation he can make a storyboard and communicate it to each and every student. This bridges the gap between the author and the animator. In fact, in science, you can explain the structure of molecule which is not visible to the naked eye. Animation can help us relive the historic civilizations, architecture etc. In mathematics, theorems can actually be explained with the help of 3D animation.

The various roads to an animation career all demand hard work, discipline, and patience. It takes, in a nutshell, persistence and perseverance...  
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# INNER VOICE

BLESS US	ESSENCE OF LIFE
We live, we die Swing in the emotions. We smile in the worst And cry in the best. What we want, We never say it. What we say, Well, That's not reality. Now a times, Our friends are enemies, Ready to appreciate, And at the right time, stab The dagger. Yes,..... This is what the life, Where life is death While death is life. We are inhuman, Still known as "human beings". We are cold-blooded, stone-hearted, Narrow-minded and rigid, Still known as "civilized". Provide us, God With strength to help others, With heart to love others, With warmth to feel for others. Forgive us, God For the sins we've committed, So that We can grow and prosper, And make this world A better place, A safe place, A place where the river of harmony flows. Bless us, God Bless us.	What's the real Essence of life? None to understand Life, so puzzled Away from peace and love, its dying Man, just calculating days and minutes Blaming God and previous Karmas Mumbling Mantras And also, Practicing cheating "tantras" Wasting time, Wasting life, The most precious gift of God What's the real Essence of life? None to understand
	Kiran Kanchan Machhian, Domana
	<b>AMAZING PEACE</b>
	In our joy, we think we hear a whisper. At first it is too soft. Then only half heard. We listen carefully as it gathers strength. We hear a sweetness. The word is peace. It is loud now. Louder than the explosion of bombs. We tremble at the sound. We are thrilled by its presence. It is what we have hungered for. Not just the absence of war but true peace. A harmony of spirit and comfort of courtesies. Security for our beloveds and their beloveds. We, angels and mortals, believers and nonbelievers, Look heavenward and speak the word aloud. Peace. We look at each other, then into ourselves, And we say without shyness or apology or hesitation: Peace, my brother. Peace, my sister. Peace, my soul.
	Lokesh Dhar Dachhan Kishtwar
	<b>SCHOOL</b>
A school is a temple of learning. A school is a place, where the teachers are caring and the friends are sharing. A school is a place, where we learn something. A school is a place, where we gain knowledge.	
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