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The Need for 'Holistic Living'

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Shri Kanchi Raghuram 52 years young and enthusiastic is born in Chittoor district, Andhra Pradesh is serving as principal of S.R. Arts college Tirupati. He completed Master degree both in Political Science and Sociology. He also earned diploma in Local Self Govt. His service to humanity and spirituality elevated him as President, Tirupati Spiritual Society and Convenor, Tirupati Adhyatmika Kendra Samakhya which is a platform of sixteen spiritual Organisations in Tirupati like Aurobindo Society, Ramana Kendra, Ramakrishna Matam, Pyramid Dhyana Kendra Sai Trust etc. He is Andhra Pradesh state Co-ordinator Pyramid Spiritual Societies India and has also organized five times Mount Kailash, and Manasa Sarover, (China/Tibet) tour.

I deem it as a honour to participate in the *NATIONAL SYMPOSIUM ON SCIENCE OF HOLISTIC LIVING AND ITS GLOBAL RELEVANCE AND APPLICATION* on 16th and 17th November 2006 at Sevagram and share my thoughts and views on the topic of *HOLISTIC LIVING*, its need of the day and the Science and Spirituality involved in it.

INDIA reflect the incredible diversity of the spiritual experience, diversity of language, gender and geography and also bring out the unique and dynamic nature of India as a land of many experiences at many levels. Another important aspect of India is its Music for holistic living as Indians firmly believes that music amply reflects the profound knowledge of different styles of Indian Classical dances and their powerful link for holistic living.

India the land of diversity, bound by an invisible thread of unity and identity, has a rich heritage of culture and civilisation, which has stood the test of time and remained unscathed inspite of many upheavals and invasions. The spiritual strength provided by its Rishis, Saints and spiritual leaders has been the main source of its perennial vitality, resilience and sustenance.

India is basically a land of Holistic living. Holiness and Holistic living has become a part of Indian life. It is inseparable. It is pathetic to discuss the need for holistic living in a land where Upanishads and Vedas were taught to the people and the greatest epics of the World Ramayana and Mahabharata were written and where a number of great people were born and set examples on how to live happily, peacefully and holistically.

But times are changing, peoples aims and aspirations and priorities are also drastically in variation. The words living, good living and holistic living are being confused in this modern age of scientific and technological developments. The communication system in the entire global arena have enormously improved. The average life span in developed countries have increased to nearly 75 to 80 years, because of better nutrition and health care.



Are these developments mean that are we in the right path? and right living? The answer is certainly not? Then why?

Physical and materialistic living and development does not give the overall inner satisfaction to the human being in this scientific age. In one word I can say that man has physically developed in all fields at the cost of his happiness.

Science can be defined as the systematic study of the structure and behaviour of the physical and natural world through observation and experiment. It is an organised body of knowledge on any subject. On the other hand 'Spiritual' is defined as having to do with religion or religious belief. It is also defined as having to do with human spirit as .opposed to physical things.

But whatever Science and Spirituality says, the truth is as in the words of Jesus, **'Seek, you shall find, knock it shall be opened, ask it shall be given'.**

What to seek?

What to knock?

What to ask ?

Then what will be given ?

All the human beings are 'AHAM BRAHMAS', that is, Brahma is pervading in every one of us, but the tragedy is we don't know that we are all Aham Brahmas. It is because is

- ***Our seeking is different,***
- ***Our knocking is different,***
- ***Our asking is different,***

That's why we don't know what we are !!!

The human beings are being confused with different approaches to God, spirituality etc. We are familiar with the Vedic saying '**Ekam Sat Vipra Bahuda Vadanti**'. Truth is one, but knowledgeable people describe it in multi-fold way.

The need of the day is to live holistically. We all know that '**means justifies the end**' and '**end justifies the means**'. The first statement reflects the mind of the holistic person and the second reflects the opportunistic person.

Whatever may be the end, we should become enlightened souls. Enlightened soul feels oneness with the people and oneness with the whole creation. He loves all including the sinner and also the wicked. Out of such oneness flows love, out of love flows service, sacrifice, patience, forgiveness, tolerance - all the divine qualities.

The need of the Hour is this only.

