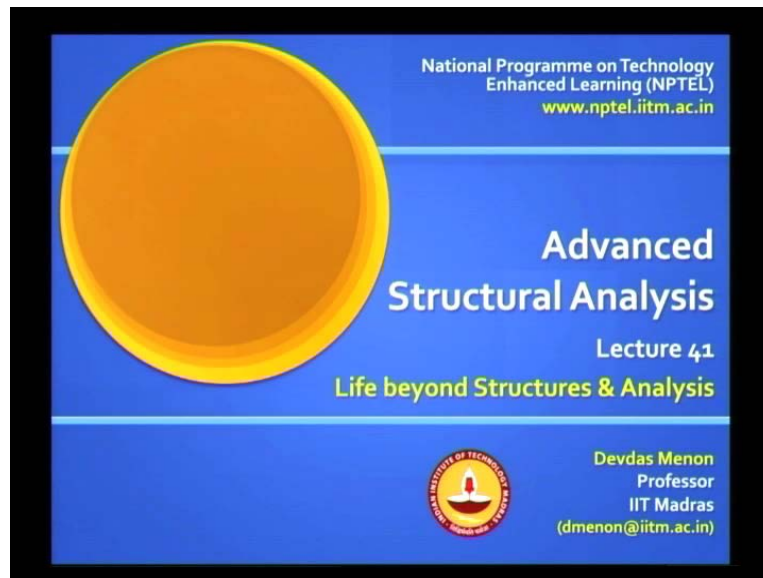


**Advanced Structural Analysis
Prof. Devdas Menon
Department of Civil Engineering
Indian Institute of Technology, Madras**

**Module No. # 08
Lecture No. # 41
Life beyond Structures and Analysis**

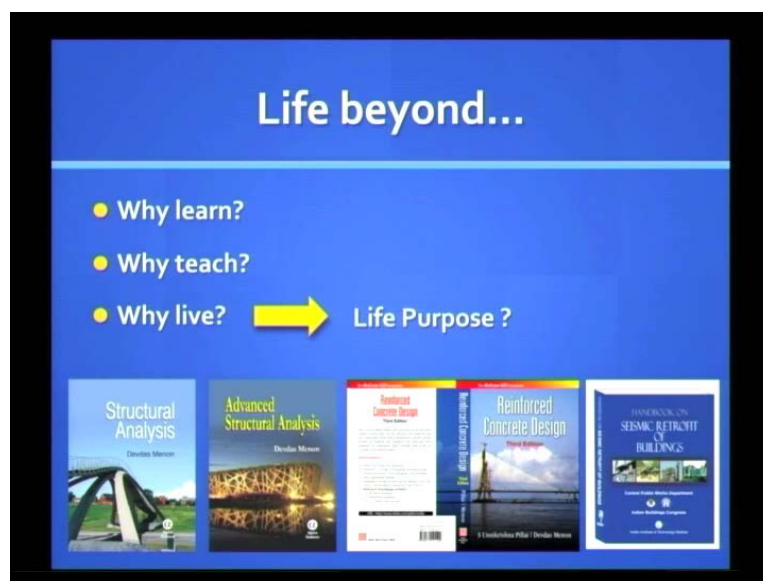
Good morning to all of you. Welcome to the last lecture. We have had 40 lectures covering advanced structural analysis. We had enough of structural analysis. So, this is a general talk; a general lecture.

(Refer Slide Time: 00:33)



So, you can sit back and relax. It is talk on life beyond structures and analysis; it is about life.

(Refer Slide Time: 00:37)



I think, in your first semester, I gave you a similar talk when you joined. So, this is a bit of recall of that talk, but you have traveled quite a distance when you joined here in first year in IIT. I recall, you were perhaps a little more alive, a little more alert. There was a sparkle in your eye, but if you look inward, a bit of that has dimmed; is it not true?

So, you are still young because you are in fifth semester; your seniors will report something differently. Incidentally, this happens to the best of us; the sparkle in the eye, fire in the belly - they all diminish. And look at old people, the fire is hardly there. So, we ask this question seriously: why are we here? Apparently, to learn, but we are not all learning the way learning should happen. **right**

I have asked this question to your seniors. I asked a question - if there were no grades, if there was no degree, well, let there be a degree; if there were no grades, would you still study? Would you still attend class? Seriously, raise your hands if you say no, and do not worry about the cameras; raise it boldly; not half mast.

So, you are still claiming to be interested in studying which is wonderful, but your seniors were very honest, and the majorities said, no way. Then, why are you here? I asked. And even more important, after you get your degree, will you stop learning? You understand, these are questions you need to answer. And when a teacher finds in front of himself, or herself, a group of students who are, shall we say, not as interested as they

should be; some are disinterested; some are absolutely not interested; then, we are confronted with this question- why are we here?

And this is a serious question which is troubling many of our teachers; even the fire that is there in our belly gets dimmed when we do not see excitement in the classroom. And there is a deeper question - why do we live? And this question will pop up every now and then, when it troubles you; why do we live?

So, is there a deeper purpose in our lives? Is there a life purpose? And that is basically the theme of what we are going to discuss. I believe there is a life purpose and I have been troubled by this question for many decades, and it is a great search because once the life purpose starts revealing, you will find it very meaningful to live; very meaningful to do what you are doing. When I am confronted with students who are not so much interested in engineering to begin with, many of you will look for jobs that give you more money, and the toppers even go for finance jobs; it is well known.

Exactly sir.

Yes. So, I am not saying you are wrong. There are few students who are still interested in engineering and they were indeed interested when they joined, and it is quite fine to be what you are. But taking up a finance job, becoming a banker, which is what many end up doing, joining large corporations may not be your life purpose; that is all I am asking. So, it takes courage to figure out what your life purpose is.

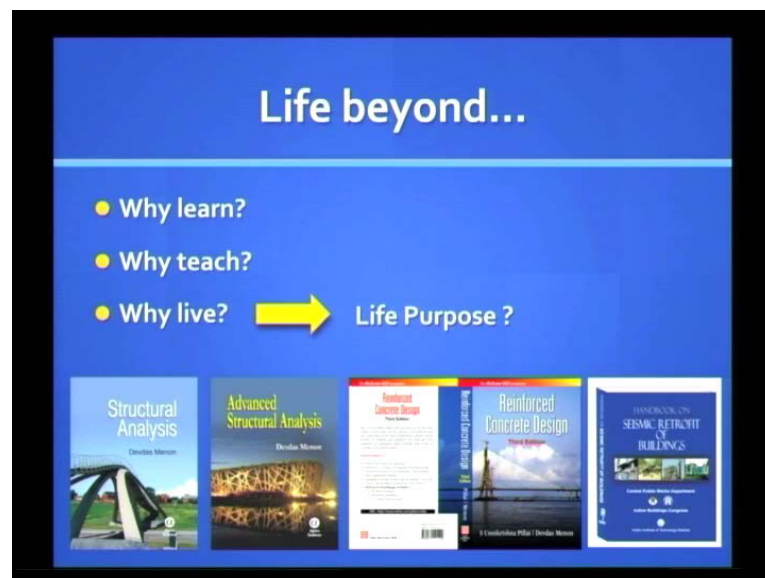
And if I look at my own life, I got into teaching by accident, but I realized that I was meant and was born to teach, and teaching should happen effortlessly because you need to prepare a lot, but the flow must happen effortlessly. Then, when I found that group of students in IIT are really not becoming structural engineers, then, it did turn out to be a little disheartening. And then, we find that there is so much need for infrastructure in our own country and elsewhere in the world. You need good engineers; you need good structural engineers. Unfortunately, the ones who do practice come from many ordinary engineering colleges, where the learning is quite mediocre, to put it mildly.

And so, there is a need to reach out beyond these classes to the larger public and that is what motivated me to put things in writing. That is how these books emerged on structural analysis and advanced structural analysis, and they are quite fat. You have to be interested to read them and I really want teachers to read them. And I want lot of unlearning to take place and fresh learning to happen, and I conducted workshops in other places in the country and I am still doing it, and I hope, it is making a difference.

See, finally at the end of the day or the end of your life, the question that matters to all of us is - did I make a difference? Am I making a difference to your lives? That is the only question. Do I feel fulfilled? And it is great if the answer is yes; at least to the few people. One way of knowing that you are with your life purposes, when you are able to get into what is known as a flow state; you can do it effortlessly. Apparently, extremely difficult things you can do effortlessly.

In writing this book in structural analysis, I remember, the last few chapters were written in Germany at Karl stroi, and I was alone, and my main job was to sit and write, and there were days where I struggled and this is technical stuff; it was not poetry. And I could not write; I could not draw. And those are the days, when I took walks and when I come back, and when there is that mood and I start writing; sometimes, you cannot stop writing; you write the whole night; my wife was not around to stop me, and it was beautiful. I am sure you would too have experienced moments like that in your life, but supposing, much of your life is made up of such moments, then you have got your life purpose moving.

(Refer Slide Time: 09:57)



These are some other books that came by: I am a co-author of them. The book on Reinforced Concrete Design, I believe is making an impact. It is about 13 years old. It is a third edition, and I hope it is helping and making a difference in the learning, the teaching, and the practice of structural engineering, but even these did not really make me happy. There is still a vacuum. I still feel, in education, a lot of things are missing, and so, these are well described by someone called George Calvin who was an American

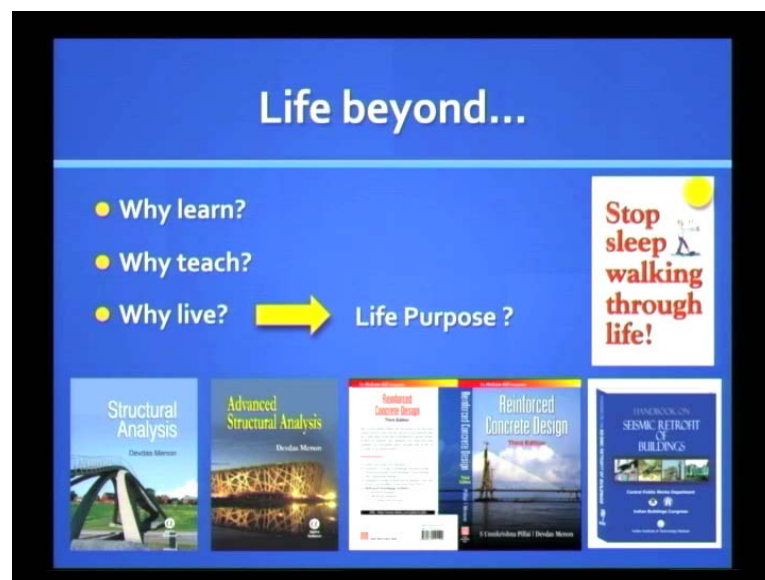
humorist. And what I am reading is a quotation from him in the 80s. We are now in 2011. This is what he said: The paradox of our time in history.

He is talking about United States. The paradox of our time in history is that, we have taller buildings but shorter tempers; wider freeways but narrower viewpoints; we spend more, but we have less; we buy more but we enjoy less; we have bigger houses and smaller families; more conveniences but less time to enjoy them; we have more degrees but less sense; we have more knowledge but less judgement; we have more experts yet more problems; we have more medicine but less wellness; very relevant.

We have multiplied oppositions, but reduced our values. we talk too much, drive too fast, stay up too late, get up too tired, watch TV too much. You can replace TV with your online activity; love and pray too seldom and hate too often. We have learnt to make a living, but not a life. We have added years to life but not life to years. We have been all the way to the moon and back, but have trouble crossing the street to meet a neighbor.

Well, in your case, it is trouble crossing the corridor to meet your neighbor. In your hostel, we have conquered outer space, but not inner space. We have done larger things, but not better. We have learned to rush, but not to wait. These are the times of fast foods and slow digestion; big men and small character; steep profits and shallow relationships; two incomes, but more divorce; fancier houses, but broken homes; more entertainment, but less happiness.

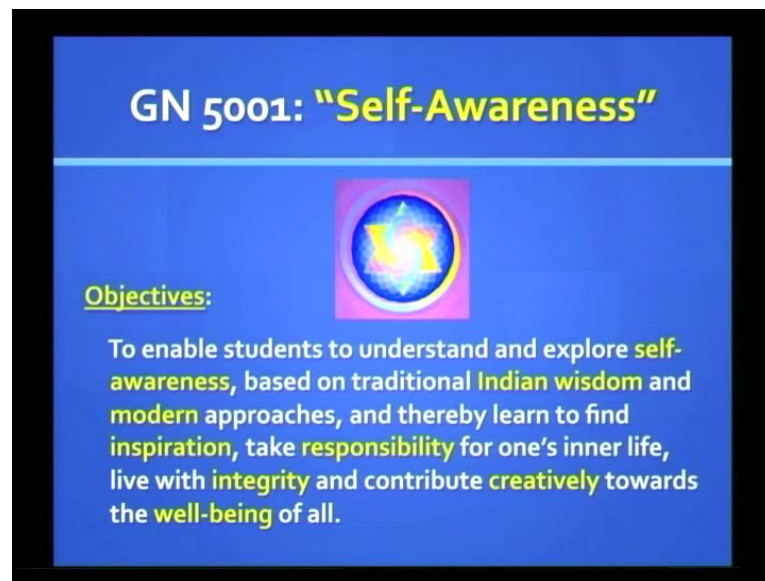
(Refer Slide Time: 13:47)



Very true. Do not you think so? This is the worst which is leading the show in development, supposedly in the 1980s, and that is the way we are heading. There is something wrong, something missing. And in 2004, I was prompted to write this book

Stop sleepwalking through life! And that also did not seem to make much effect to way things are happening, but things have slowly changed.

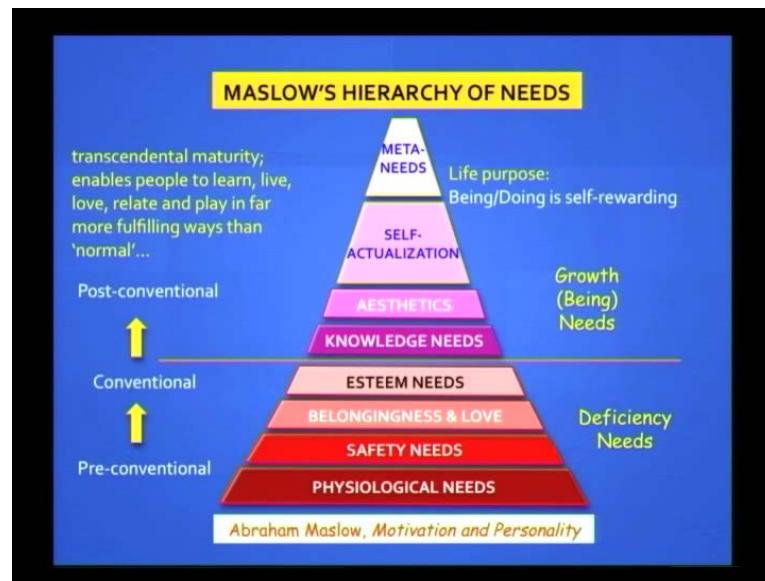
(Refer Slide Time: 14:03)



And this is the next thing that we are trying to introduce in IIT. We tried all kinds of things; we bought in Reflections which was a forum; not too well attended. This is a new course which has been approved by the senate of IIT Madras, the first of its kind; it is called self-awareness, and its objectives are to enable students to understand and explore self-awareness based on traditional Indian wisdom and modern approaches, and thereby, learn to find inspiration, take responsibility for one's inner life, live with integrity, and contribute creatively towards the well-being of all.

Let us see, how it unfolds. By the way, entrance is quite strict to this course. You know, in the old **Guru Kula** system, you could not just walk in; you have to be an **adhikari**; you have to be deserving, and so, there is a short listing. And lot of students are starting to register. You can only credit this course; you cannot audit. And it is a full three credit course, but it is a change that may happen to you that really matters. And if you ask me this should be core, and it was core in the earlier times; advanced structural analysis and civil engineering were only electives.

(Refer Slide Time: 15:46)



So, let us begin with some western psychology. We are all who we are and we behave in the ways we behave because we respond to certain inner needs. And Abraham Maslow gave his beautiful hierarchy of needs and his theory of self-actualization where, he said that - all of us begin with physiological needs, body needs, which we share with animals. Human beings need more; **you know** we need safety needs; you need to save money for the future; in fact, the future does not exist for nature; so, only human beings who are worried about the future, you need safety needs.

You have belongingness and love needs; you cannot be alone. You need to relate to people, you need to have affection for people and receive affection, and finally, you need name and fame, which is probably why you joined IIT in the first place. These are esteem needs. All of us have them. And Maslow said, these common needs are deficiency needs; they are needs that are like holes inside us crying for hunger; we need to satisfy them, but the trouble is, we tend to get stuck here, and that is why you drew a line there. And he says, not many people have crossed this threshold, and what lies beyond his needs of knowledge and aesthetics.

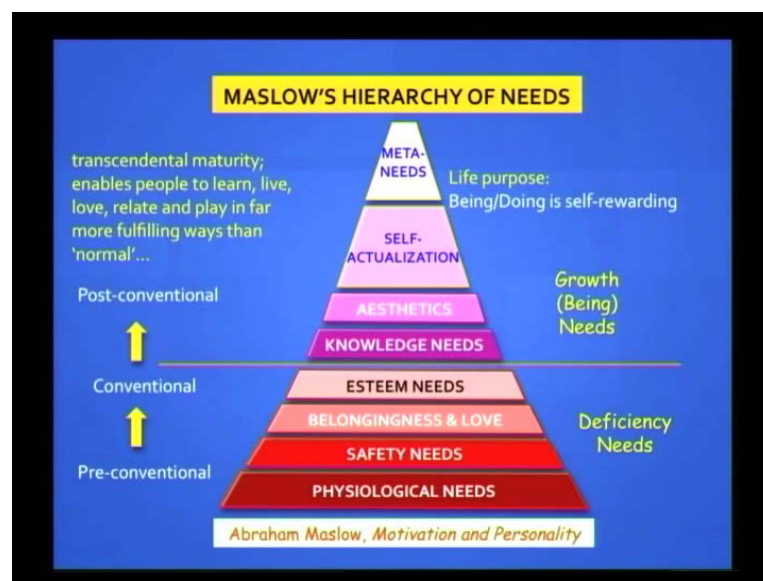
For example, you come to this course or self-awareness because you really want to learn; not for marks; not for money; not for grades, and that is a kind of curiosity we had when we were little children. Is it not? We really wanted to know, why is the sky blue? And we asked these questions till the parents got tired of us and they said, shut up; and ever

since, we have shut up; we have stopped asking questions. But there is a genuine curiosity to understand. And aesthetics is all about appreciating and expressing beauty in your life; things you do with a touch of class; you do art for the sake of art; life itself becomes an art of expression, and then, you discover your life purpose, and you self-actualize; so, this is the word he used. Self-actualization is really hitting your potential; the purpose for which you were born; discovering it, getting into a flow state, and enjoying life fully. In this, the need is higher than this, which he knew was spiritual needs, which he called meta needs.

So, there is the conventional way of thinking and living which is what we see. The world around us which influence us so much and there is a pre conventional children.

For example, we say pre conventional and we want to make them like us. That is why, in India, we will find that you do not have much choice. You are programmed from the day you are born, and the kind of schooling you do. And **when** once you reach class nine or ten, everything is late. You have to go to those concentration camps and you must end up either as an engineer or a doctor, and if you do not, you are good for nothing. So, this is conventional wisdom, or shall I say, lack of wisdom, and you need to break that, which is not easy.

(Refer Slide Time: 15:46)

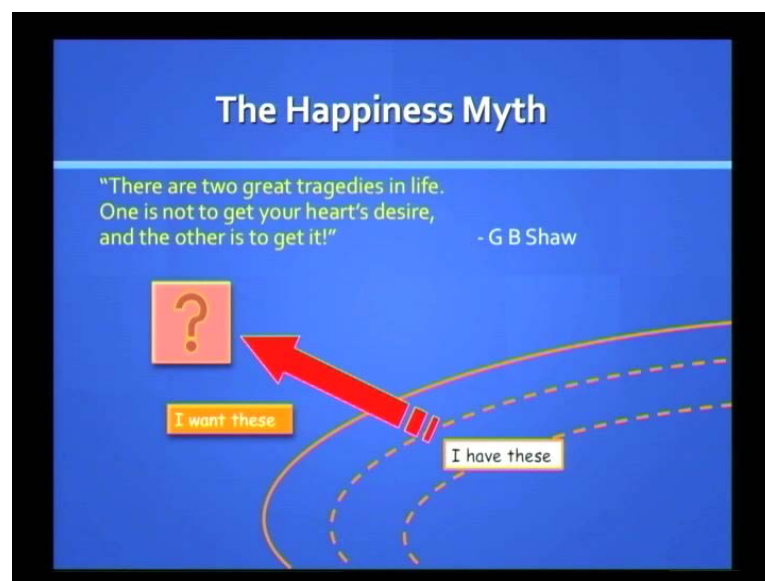


And so, you will find that self-actualization is for people who are willing to follow their heart, do the right thing, and it points to your transcendental maturity, which helps people to learn to live, to love to relate, to play in far more fulfilling ways than normal. And that is how a potential, and my job is here is to wake us up to that. And how do you know you hit your life purpose? Because you will find that living itself is self-rewarding; you do not need anything.

You do not do things to fill a vacuum inside you to search for happiness. You are happy and that happiness is expressed in your life, in your work, you radiate joy. Unfortunately, the way of the world is such that we are not trees which grow vertically. We kind of bend horizontally; those needs, there is no limit to those needs, and that is why you have these scams. There are so many zeroes attached **you know** and all those zeroes do not really matter at all, but somehow, we are brainwashed into wanting more money, which is why you wanted a finance job in the first place, because of those attractive zeroes with a dollar in front of it.

But it is not really going to help you because you do not need that much. You need to wake up from this conventional stupid way of living, and I think, that is part of our job as teachers is to remind you, and to remind us that, go vertically; discover your potential.

(Refer Slide Time: 21:18)



So, let me first explore the happiness myth, that we are kind of brainwashed into believing it is like, there is a gravitational force which holds us completely stupefied and we cannot break it. You need an escape velocity to break that. So, all of us have something in terms of material possession; every one of us has, but we are not looking at what we have.

We are always looking outside that boundary; we are always looking at what we do not have; what the neighbors have; what the TV advertisements tell us; the latest cell phone, in your case, or a flashy car, or even the finance job that you are worrying about; I want those things, and you struggle and you get those things, and are you happy. No way, the line shifts, and you are still looking across the line, and it does not stop with material positions.

You get married, and instead of looking at your spouse, you are looking outside; nothing satisfies; everything, the honeymoons do not last; we live such a shallow life, superficial life, and it is like we are not breaking the chain. And what the hell are we looking for? What do we expect to see in the horizon? It is a big question mark, and that is why most people will not be able to answer the question, what is your life purpose? Because it is what everybody says it should be, and those people who tell you what it should be, are they happy? Are they fulfilled?

So, it is like, we are in a rat race where, there is the pied piper who is blowing the pipe; we have never seen the pied piper. We are all rushing to reach somewhere; we do not know where, and we are even afraid to pause because some other rat might get past us; that is life. What a stupid way to live? So, widespread, and the joke George Bernard Shaw says is - there are two great tragedies in life; one is not to get your heart's desire, and the other is to get it.

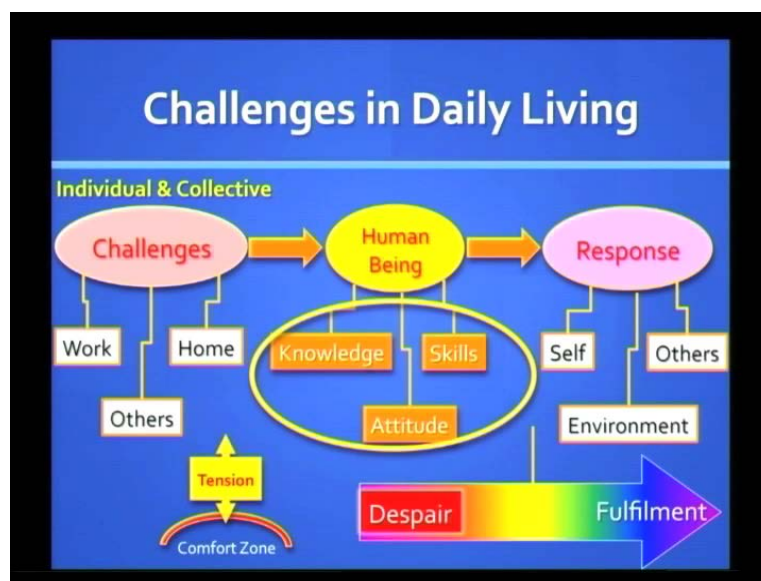
Because once you got it, then **you are** you know, it is not good enough. You get bored; you want something more, but I want to qualify that, these are superficial desires; these are not the real heart's desire; the deepest desire for which you are born. And lot of research has shown that once your basic needs are met, further income and positions add remarkably little to your well-being. You know it, but still the magnetism, the sleepwalking is so strong; it is difficult to break.

So, I want to give you another quotation from Matthieu Ricard, who appeared on the Time magazine as the happiest man in the world. They put some instruments on his brain and measured. Well, it is interesting because he is always smiling, is full of joy and love. Please read his book; it is called Happiness by Matthieu Ricard; he started life as a French Scientist, worked with a Noble laureate; he dropped all that to become a Tibetan monk, and the French translator of the Dalai Lama, incredible person.

And he says - just listen; we all strive consciously or unconsciously, competently or clumsily, passionately or calmly, adventurously or routinely, to be happier and to suffer less; all of us. So, why do not we do it consciously rather than unconsciously? Competently rather than clumsily? Yet, we so often confuse genuine happiness with merely seeking enjoyable sensations. Happiness is the state of inner fulfillment; not the gratification of inexhaustible desires for outer things. Lasting well-being requires us to remain in harmony with our inner nature. This is traditional wisdom.

Kabir said it beautifully. Kabir Das, you would have studied his Dohas. Kasturi kundali me basanth; kasturi - the scent of the musk deer is there inside the entrails of the deer; mrugh dhoonde van mahe - but the deer does not know anything; he can sense the fragrance and search his entire forest for this beautiful scent; aise ghati ghati Ram hai, duniya dekhe... So, widespread in all of us is this inner happiness, but we do not recognize it, and we search for it elsewhere. It is there also, but then that is just a faint reflection of what is there in you.

(Refer Slide Time: 26:40)



So, I like to show this picture which is classically a structural analysis picture. You have a structure. In this case, the structure is you and me, the human being here. The loading is the challenge we face in life, and here also, we have a response.

The challenges, we face everywhere; especially, at the work place; at home, especially after you get married and you have children, and you have mothers-in-laws to deal with, and other places, and they are tough challenges. You are sitting and smiling now because right now, you do not think you have a challenge, but even right now, there is a challenge; the challenge of paying attention .

So, how do we respond to these challenges? We respond to them with whatever system characteristics that we have. You know, in a structure, we talk of mass damping and elastic stiffness, but here, we have knowledge skills and attitude; all of us do have. So, with whatever knowledge we have, whatever skills we have, whatever attitude we have, we try to address whatever challenges come to us, and the response that we have, affects us, affects others around us. If you feel bad, you will transmit those bad vibrations to people around you; if you feel good, you will radiate those vibrations around you.

So, even the life around you, the environment including the tables and chairs are touched by everything that you feel. So, that is how important the response is. And by the way, I think, responsibility literally means, the ability to respond effectively and to any

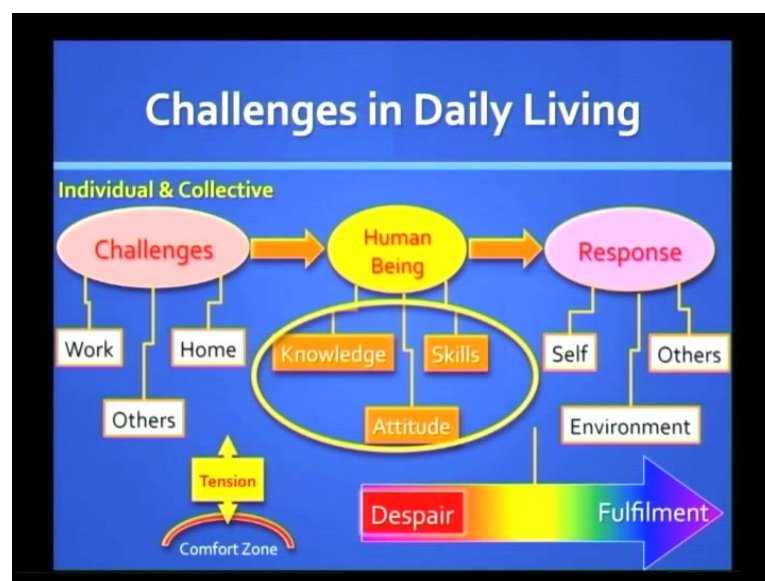
challenge, and the response can be anything in this spectrum, from deep despair to extreme fulfillment.

Now, I think, as intelligent human beings, we should ask this question - what is it that we are doing, that pushes us to the negative side of the spectrum, towards despair? What is that we need to do, or to be, or to learn that will help us achieve our heart's desire that makes us fulfilled? I think this singular lack of knowledge is what puts us in deep trouble. So, we do not have the knowledge, our course, in self-awareness; hopefully, we will give you some knowledge.

We do not have the skills. Even if we have the knowledge, we do not know how to retrieve the situation, how to shift from despair, how to do that alchemy, we do not know. And our attitudes are not all that great, and the attitudes really matter.

So, given the same challenge, two individuals can respond completely different way; one can be in deep despair and one can be in extreme fulfillment. To give you an example from structures, two neighboring buildings in Ahmedabad apparently looking identical from the outside, in the famous Bhuj earthquake in 2001, one of them collapsed on the spot; the other one survived beautifully with barely a scratch. What is the difference? That is the difference between despair and fulfillment possible in human beings, as well.

(Refer Slide Time: 26:40)



So, by the way, education is all about developing knowledge skills and attitude; it is a lifelong process. And then, you will always find that whenever you confront with a challenge, there has to be a tension; and the tension is, you have this challenge which could be an opportunity for you to develop and take a quantum leap to the higher stage of development, which is a wonderful opportunity. But at the same time, we are scared that we might lose whatever little we have; so, we want to retreat to the survival stage to our comfort zone; you understand, and that is tension; we can feel it inside us; that is a stress, and it is left to us; whether to take that, leap forward, or to regress into our old stage.

Classically, let us say, you are getting married. What is the kind of blessings elders give you? Sowbhagyavathy Bhava, and all that; basically, the parents say, may my children live in comfort; may they be living in relative luxury; may they not be visited by illnesses; may their husbands or wives never desert them, which is something that they pray much more nowadays, etcetera, but basically, live a comfortable life. But in the olden days, our great rishis who were also parents, and who also had children, they did not wish this because they knew that the purpose of taking birth is to achieve your potential.

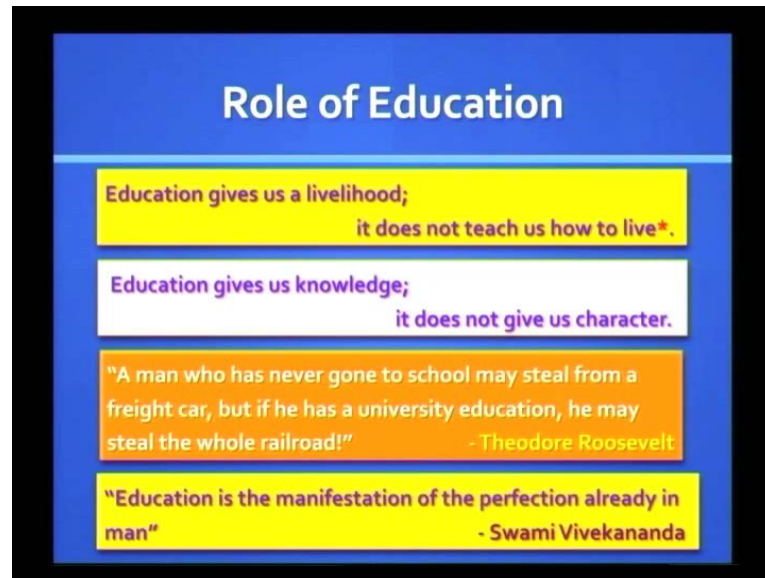
And what did they wish? They wished - may you develop the capacity, the knowledge, the skills, and the attitude that you need to develop, in order to achieve your life purpose; that is a much greater wish, which means, tension is unavoidable, but it is a means to a higher end; it is a vehicle. If there was no crisis, you would not expect the caterpillar to become the butterfly. So, it is an opportunity. That is how you look at it. And you will find that these crises build up not only at the individual level, but also collectively.

And if there is a dysfunction that you have ignored, for example, corruption in India has been ignored. You know we have not addressed it; you kind of been blind to it; we have accepted it, and that is why, you see today, there is such an uproar because if dysfunction is left unattended, to either at the individual level or at the society level, it will explode at some point, and they demand that it be addressed, and then, we are not prepared for that situation. So, individually and collectively, locally and globally, we have this problem; we have these challenges.

Education gives us a livelihood. It does not teach us how to live. In fact, there are many stories that I can tell you, but this was the reason why that book started, and the opening

lines of that book is a poem by Rupert Brook which says, The Gang Apollo. I am reminded of the IIT graduate - the young Apollo; golden hair stands dreaming on the brink of strife magnificently, unprepared to face the long littleness of life.

(Refer Slide Time: 34:29)

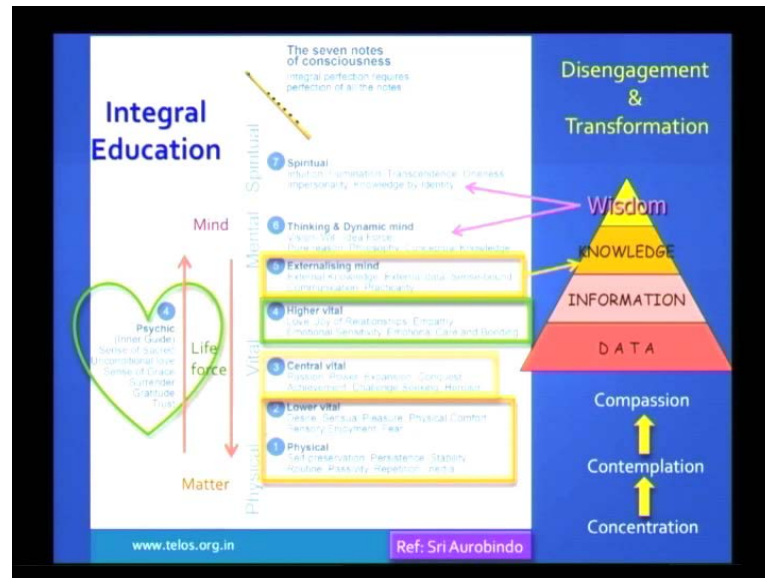


You may have got an ace grade in advanced structural analysis, but when that crisis comes, you are not ready; you are not prepared because it is not in the curriculum. Education gives us knowledge; it does not give us character, and you know all that too well; especially in our civil engineering Big bucks. And here is a nice quote from Theodore Roosevelt, who said, a man who was never gone to school may steal from a freight car, but if he has a university education, he may steal the whole railroad. Now, we know why our students want to join finance companies.

Education, in spite of all this, Swami Vivekananda said this - Education is the manifestation of the perfection already in man. So, there is something in you, and I think this is the ancient wisdom which we have completely missed out on, in trying to follow western way. You know entire education setup is completely westernized, and while when they are struggling and waking up, we should not repeat the mistakes they have made.

So, traditionally, we were all visualized as unique seeds; each one of us is a beautiful seed which is waiting to flower, and you will flower only if you can really reach your potential, which means not sleep walking through life.

(Refer Slide Time: 35:44)



And there is another interesting thing that is believed traditionally, especially in the east, and that is the way with all the means for discovering the flower in you is already embedded in the seed. It is already there; it has to be awakened.

Now, here is a very good model which has been actually coined by Shri Aurobindo, based on a traditional wisdom, where education is not just cognitive development which is the way it is today; it is not just cerebral; it has many dimensions. And the reason why we have this paradox of our time in history is because we have neglected many of those dimensions.

Typically, you have matter and you have life force which in Sanskrit is called **prana**, and you have mind. This is how, these are the potential in us and there is spirit inside all of us. At the lowest level, you have the potential for physical consciousness, and we have the lower vital sensual desire and all that. We came with this; you know, in fact, **you** it is that desire which really brought you into IIT, which is good; all these are good things to have.

And the central vital also, you students have to some extent because you beat the joint entrance exam, and you know you made it; so, it feels great to be unique. You know the cream of the cream; they tell us when you join IIT, and this is what most people aspire for, to be well known; your role models are Bill Gates and Steve Jobs; that is great, but that is not enough and we do not have training for other things.

In our educational focus is entirely on that sixth fifth level of externalizing mind; external knowledge, information data; data is the lowest level. **You** All you know is the unit strength of concrete is so many kilo Newton per meter cube; that is not knowledge; It can be a different level. You studied advanced structural analysis; you know it can be learnt at many depths, but even that is not enough.

If you want to find fulfillment in life, you need wisdom which points to a higher knowledge, to a higher mind, and it points finally to a spiritual dimension. When you realize that, that life force that is animating your body is actually something that is sacred; something that is sacred; something that is divine; something that is longing to achieve fulfillment and find expression. So, you try to be a perfect vehicle for that expression.

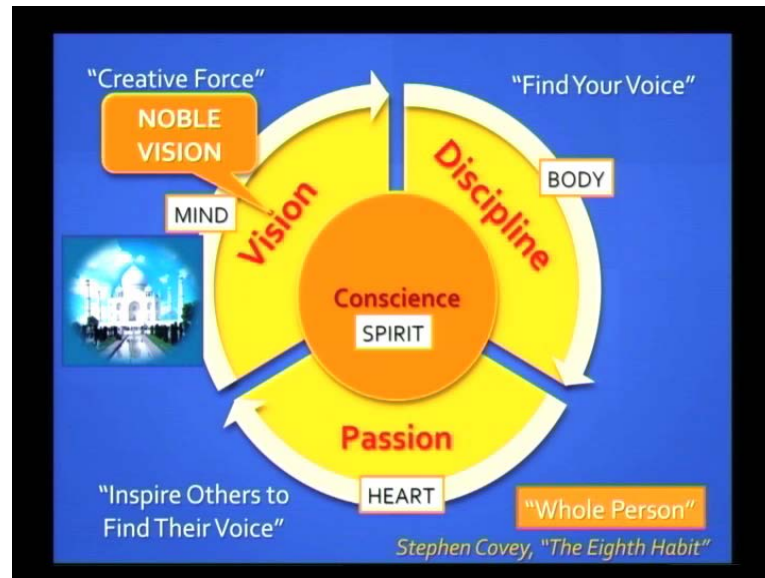
And then, the most important part our education which we neglect is the heart. Love does not come under the pope of science. It is not there in the curriculum. That is the only thing that really matters in life. So, the higher vital is completely missing and the life force, sorry, the life purpose is actually embedded in the heart; deep inside the heart. So, these are things we need to discover.

This is the wonderful concept of integral education, and this slide I have taken from. You can look up that website Telos; they are my friends; we are partners in developing this broad system of education; not just narrowing it to developing cognitive knowledge; do you thing this makes sense?

This is what makes you prepare to live. So, you have to develop powers of concentration, powers of contemplation, feel compassion for others, and you must have the ability to disengage at any point from whatever you are doing. And to find that vast spaciousness which helps you do the right thing, at least know, what is a right thing to do, and if you find yourself going negative, you must have the ability to transform. So, transformation

is required. So, you have these forces which go up and down. You have the evolutionary forces which take you to most circular levels. Then, you have the involutionary forces which can help you bring intelligence down to matter.

(Refer Slide Time: 40:22)



So, you remember this slide I showed you once when you joined first.

So, this is the story about the Taj Mahal. When it was being built, there were labourers building it; somebody came down and asked one of the labourers, what are you doing? and he said, cannot you see, I am cutting a stone. And the next person who was doing, was cutting off the stone in a different way, he was looking at every piece of stone, and cutting it with great skill and attention, and pausing now and then, and to this question what are you doing, he replied I am building the Taj Mahal.

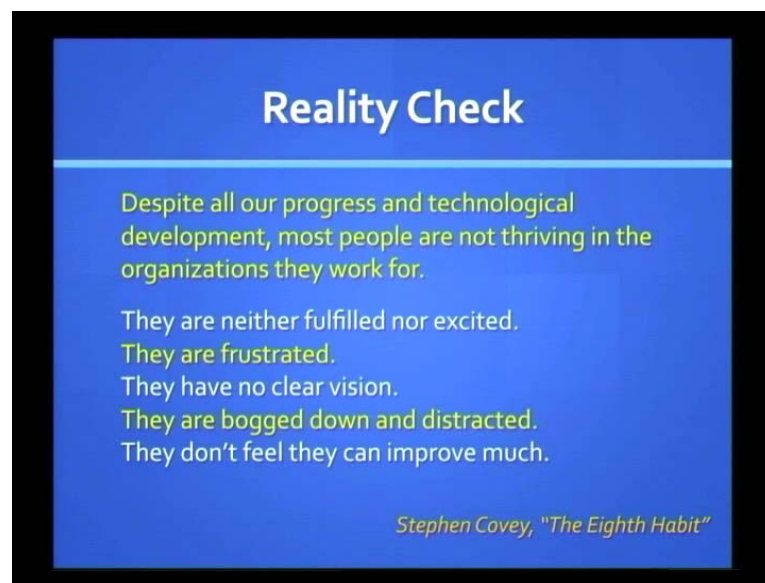
Apparently, outwardly, the same activity, but inwardly the sense of motivation, sense of purpose is widely different. So, Stephen Covey tried to figure out and he wrote this in his Eight Habit, what is it that sets apart people who live completely fulfilled lives, from the ordinary. And he said, there are four qualities: One is they seem to be driven by a vision which I would say is linked to your heart. It is a life purpose and they are disciplined, **they** and it is an inner discipline; nobody is forcing them to do that.

They discipline in whatever they choose to do; which means, if there is an eight o'clock class, you are here and you can see, how far remote we are from that, and they do

everything with passion; there is life in them; there is fire in their belly, and there is a sparkle in the eye. They look forward to challenges and they have a conscience which actually makes a vision noble. It is a great vision; it is a great contribution to humanity. It is not for their narrow self and they are able to distinguish what is good and bad; what is right and what is wrong; so, these are different regions of the intelligence that can be awakened, and they become a creative force in this world, and wouldn't you like to do that?

They find their voices, and most importantly, they inspire others to find their voices, and they become whole. They become fulfilled, but Covey himself recognized that, this is an ideal situation, and the reality is - we do not live there, and these people live with integrity, and they are always inspired and the inspiring.

(Refer Slide Time: 42:54)

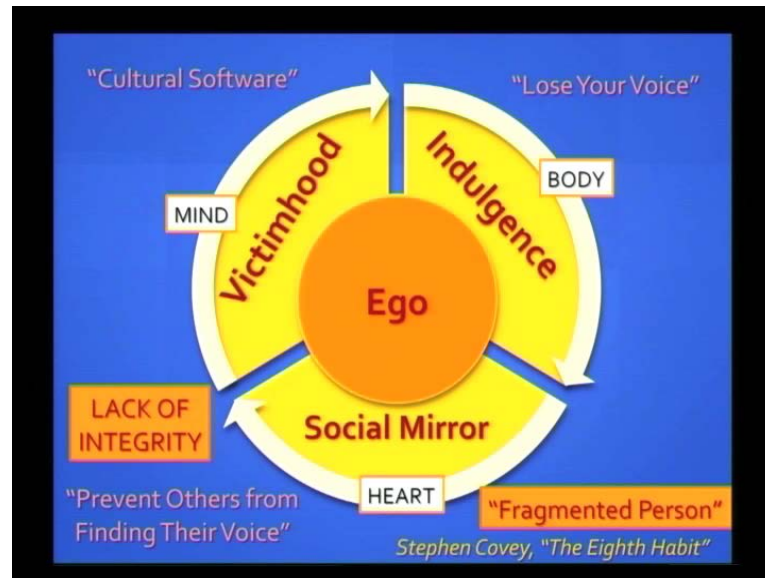


The reality is quite different and this is based on research, a universal research. Despite all our progress and technological development, most people are not thriving in the organizations they work for.

No more students are **not** thriving in the institutions they studied; is it a fact? Absolute fact. So, regardless of what you may pretend to be, this is reality; they are neither fulfilled nor excited; they are frustrated; that is a strong word; they have no clear vision; they are bogged down and distracted, and they do not feel they can improve much. This

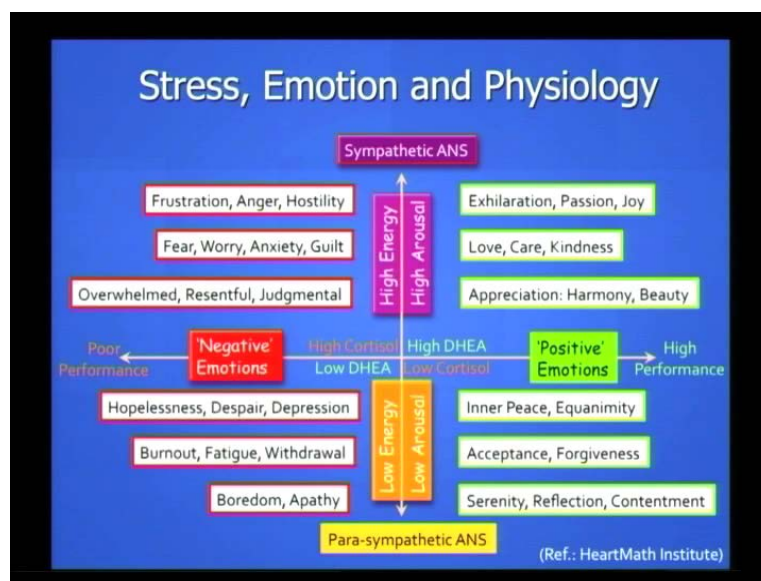
is bad, but there is hope **and I** and that is the hope, that is the message I want to bring you; this is not the potential that we have; we have kind of slipped and lost touch; we need to wake up.

(Refer Slide Time: 43:50)



So, where did we go wrong? Instead of having a vision to give to the world, we are always complaining; so, we have become victims instead of having discipline. And you can understand this very well we indulge; instead of having passion, we are just like everybody else; we reflect the social mirror, instead of being run by our conscience; something else takes over; we are run by our ego, and instead of **instead of** being a creative force, we are just like everybody else; we are program; we reflect the cultural software; instead of finding your voice, you will lose your voice, and instead of inspiring others, you find their voice; you will deliberately conspire to make sure nobody finds his voice; this is Stephen Covey's research.

(Refer Slide Time: 44:48)



Instead of being a whole person, you become a fragmented person. What a pity; what a waste of a life, lack of integrity, fragment. So, let us talk about something practical. Let us talk about stress; how it is related to emotions and how it is related to physiology of the body. So, we all want to perform well. So, look at green side high performance. We do not want to perform poorly. **right** So, we want to stay away from the negative side and our body tells us, reveals what is happening inside.

So, when we feel good, we have positive emotions; when we feel bad, we have so called negative emotions, and we have a autonomic nervous system, and it is called which can be sympathetic or it can be parasympathetic. These are technical words. Sympathetic means you are excited. So, it is a state of high energy; high arousal.

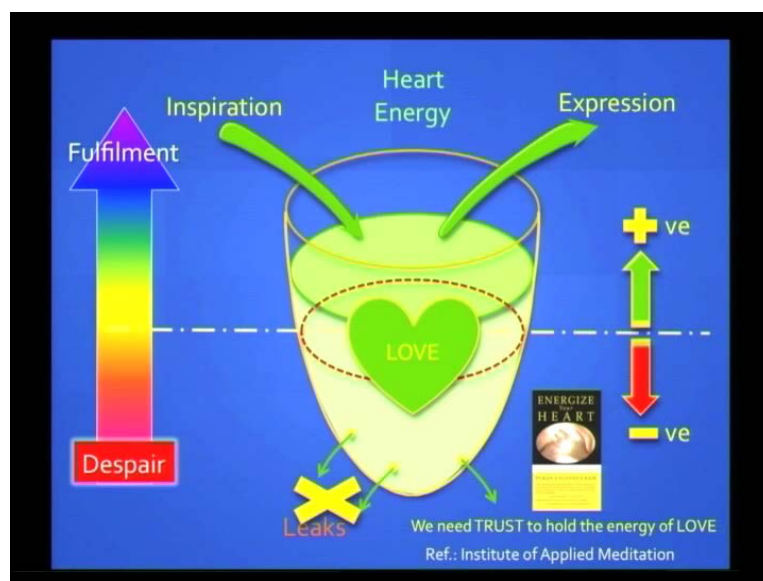
Parasympathetic means, like, when you go to sleep ideally, you are not aroused, or you are feeling asleep. Yes. Some of you seem to be now, low energy, low arousal. **right** So, these are states we go through, and it is proved that all of us have a sympathetic buyers; that means, even when we want to relax, we are not able to relax; we are kind of tuned on to getting excited and is wonderful if you can tap into the green areas; that means, you feel exhilaration; you feel passion; you feel joy; you feel love; you feel care; you feel kindness; you feel appreciation; you feel harmony and beauty.

Wonderful way to live, but unfortunately, most of us really visit the states. What is more familiar to us is we are frustrated, we are angry, we feel hostile. There is fear; there is worry about the future; there is anxiety; there is guilt; we get overwhelmed; we get resentful; we get judgmental; **right** so, that is what happens when you need to do work in the world; that is not a good state to be in, and **this is** this can be actually measured; know, there are chemicals, there are hormones in your blood stream which I know cortisol is you can, but you do not need to do all these, you know because you know inside where you are, and let us say you do not need to do work all the time. There are times where you have to relax and you have to sleep **right**.

So, when you need that parasympathetic functioning of the autonomic nervous system, you cannot do it. So, even when you want to switch off the machine, it cannot get switched off. You feel hopelessness; you feel despair; you feel depression; you have nightmares; you feel burnout; you feel fatigue; you feel withdrawal; you feel bored; you feel apathy; you feel cutoff. So, that is the very negative stage, what is desirable; you feel inner peace; you feel equanimity; you accept people for what they are.

You can forgive everybody; you have serenity; you have reflection; you have contentment; wouldn't be wonderful to be on this side of the spectrum to be able to do this? That is a challenge. So, if you find yourself on the left side, can you even recognize this? Most of us do not even know that there is no self-awareness; number 1. Number 2- do you have the ability to do alchemy, switch sides? That is a challenge in life.

(Refer Slide Time: 48:10)



So, let me show you a small picture. You need energy to do anything **right** and it is actually a heart energy. So, it is green in color; it is life, and you need inspiration. That is a real food that we all need. With inspiration, you can do anything, and inspiration incidentally comes from knowing how to breathe; well, **the in** breath is also called inspiration, and you need to express these inspirations. So, you have this expression, but you lose energy the moment you express, and sometimes without doing anything itself, you lose energy. **right**

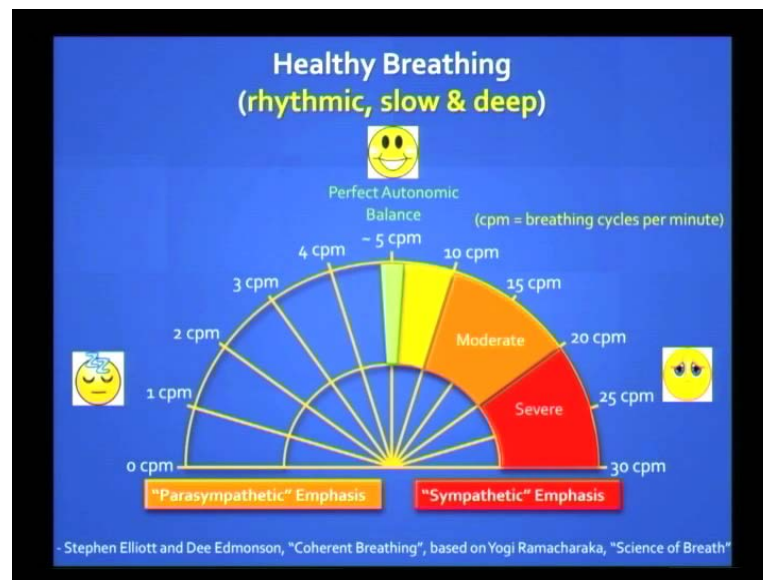
That is because there are leaks inside your system. You have lot of distractions there; **are** you are not able to concentrate. There are moons in your heart. People you are not able to forgive and it can deplete very fast. When your tank is empty, you go into a negativity; that is why, you feel all the negative emotions; **right** you are not cheerful.

So, there is a threshold and the moment energy drops below the threshold, optimism changes to pessimism, and that happens to all of us, and that is what that is the secret. So, you should stop doing things when you do not have energy, but most important, you must learn to plug the leaks, and know how to fill your tank.

You need potential energy before you can have kinetic energy. So, this is all beautifully written in a good book which you can refer to. It is called Energize your heart; it is based on a Sufi meditation practice; a beautiful practice which originated in India. There was a

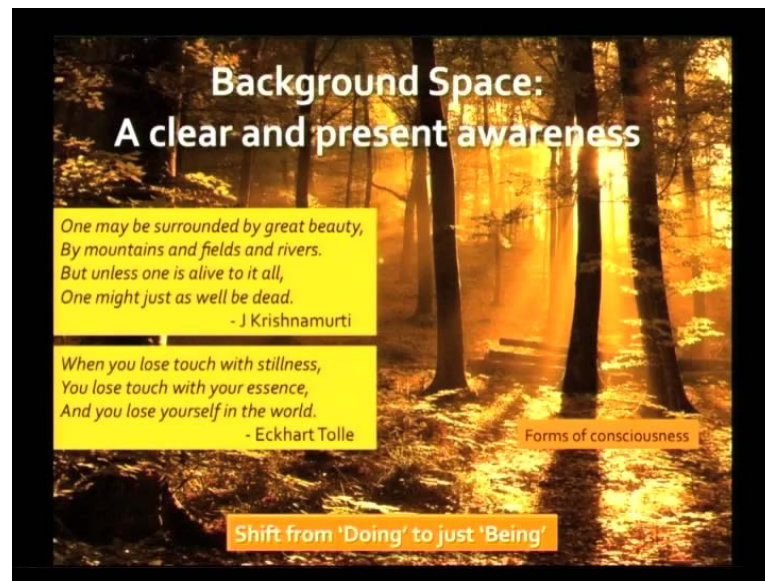
great saint called Hazrat Inayat Khan, and it is a way of energizing your heart, but most of all you need trust. As far as breathing is concerned, if you will permit me, most of us do not know how to breathe. It is a simple thing. You know, **we** our breathing is too erratic; it is not rhythmic. It is not slow; it is too fast. It is not deep; it is too shallow

(Refer Slide Time: 50:09)



So, if you measure it, we are on this side. We breathe around 20 to 25 breaths per minute, and you see, that is why we are looking anxious like that guy there; this is a sympathetic emphasis. So, it is a simple thing to learn to breathe. This is traditional wisdom. And if can slow down your breath, and ideally, if you can learn to breathe fully at **five** around five breaths per minute, you are balanced. You can handle the world; you can handle praises, but do not go too slope because you might go to sleep.

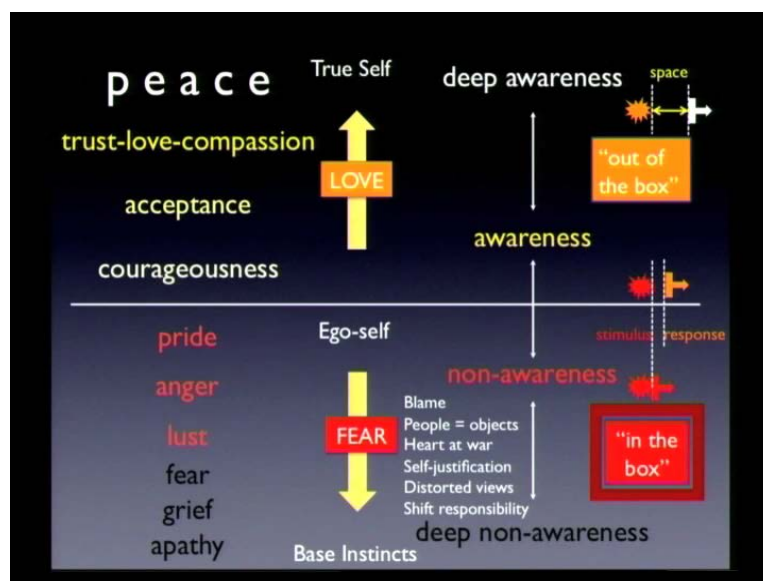
(Refer Slide Time: 50:49)



So, I do not have time to tell you the story, but I want you to appreciate this life. Life is meant to be enjoyed. So much beauty around; you need a clear and present awareness to wake up to that beauty. And to do this, you must be able to switch off from everything and get into a state of being and not just doing. And if you can be in that state, you get into stillness. And Eckhart Tolle says this very well - when you lose touch with stillness, you lose touch with your essence, and you lose yourself in the world.

So, most of us have no experience of this beautiful state of deep inner peace and everything is a form of consciousness. And Krishna Murthi says this beautifully; he says one may be surrounded by great beauty; by mountains and fields and rivers, but unless one is alive to it all, one might just as well be dead.

(Refer Slide Time: 51:47)



I have shown you this picture earlier. So, our emotions can be at the rock bottom. In Sanskrit you call it **Tamas**; you know you can suffer from apathy, which means you cut off from everybody else; full of grief, of fear; you could get some energy; this is **Rajas**. You know, you have desire which is great. You got energy. if you get what you want you become proud and that is what everybody wants, by the way, and if you do not get what you want, you get angry. But there are higher states and those are states where you have a courage to break this pattern. You have the courage to perform alchemy; you have the courage to go from conventional to post conventional. You have the courage to listen to your heart. You have the ability to accept people as they are, accept situations the way they are, and you are willing to trust the divinity in all. You are willing to trust nature; willing to trust life; you are willing to give unconditional love; you feel compassion; this is called **satva** in our traditional wisdom.

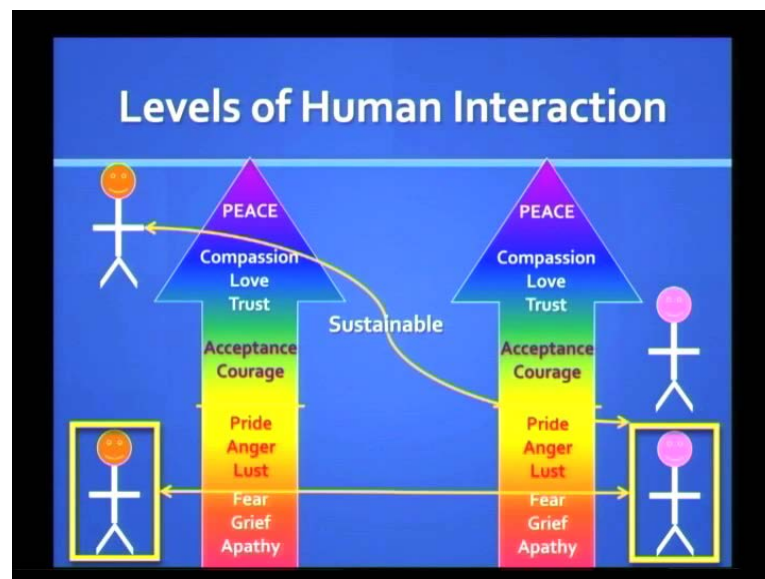
This is what we need not there, in our curriculum, you do not even know there is something like this, and you need a sense of deep awareness to know where you are. And to feel that deep awareness and when you really can soak into it, then you experience a permanent inner state of peace, which is a kind of anchor, from which you can work.

So, initially, we seem to oscillate between deep non awareness, and non-awareness as you learn, how to live better; you will oscillate from non-awareness to awareness, but you mature only when you really get into that non awareness zone. And if you are

between awareness and deep awareness, this is the path of fear; horrible way to live; that is the way many of us live.

This is the path of love where you find your authentic self. What is a test? The test and here you are in the box. You know, you **are** find yourself blaming people; most of the time complaining; treating people as objects; your heart is at war. You will be always self-justifying yourself; your views get distorted because you are confused, and you never take responsibility always; the system is to blame here. You are out of the box, and the test is, let us say, there is some bombshell that takes place in your life; that is a stimulus. When you are in the box, you do not have a choice. You respond spontaneously and you make a mess of your response because you are not matured. It is when you are out in the box, you have gap between the stimulus and response. And the more around the box and the more you have that space from which you can decide on the wisest course of action which is best beneficial for all. I will conclude with these slides. How does this help us? It helps us in all our relationship.

(Refer Slide Time: 55:12)



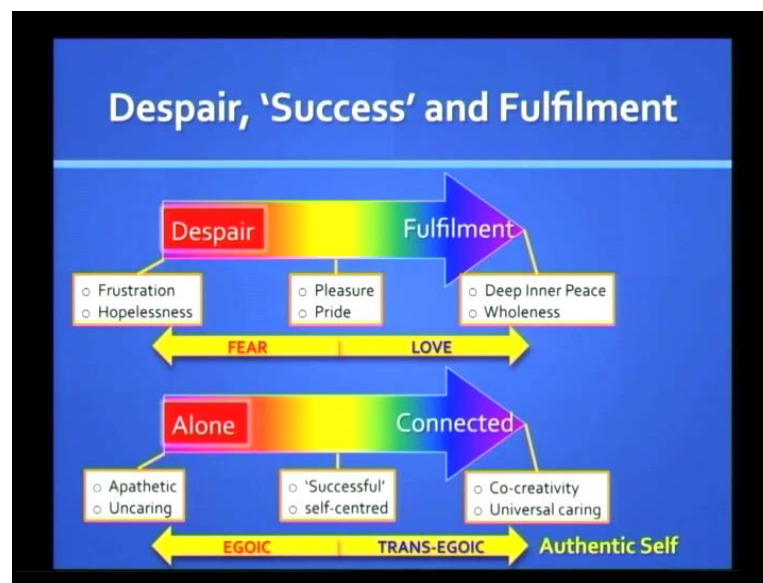
Let me give an example of marital relationship, which you all will hopefully be getting into sooner or later. This is me and this is my wife, and we are actually not just physical bodies; we are actually spectrums of possibility which you can appreciate from the previous slide. And at any point, we are where we are and we would like to be living fulfilled life. So, we would like to rise to the top. These are rainbow colors; they are

spectrums, but often we get into fights with each other, and you know we get into the box. **right**

Now, I have all these wisdom. I have gone through this course on self-awareness. I have practiced it. **so and** So, I know better. So, I try to go to a higher stage, but it is not sustainable because one tone from hers enough bring me down to earth, and you know with this is what happens - I am using a male female analogy, but its true; you and your friend or your boss or two community, it is the same thing.

So, what is the only sensible course of action to sort things out? You must operate at your highest level and this is sustainable, and this is **this is** what makes life so beautiful. You operate at your highest level. You are no longer a threat to anybody. You want only **one** good things to happen to everybody, and you really make a difference to the world it is not, and so, whose responsibility it is.

(Refer Slide Time: 56:40)



So, normally, we say the other person should change, but you cannot even accept that because you are not willing to change. So, we can facilitate change in others, but we change; we operate at a highest level. So, at the lower end of despair, your frustration, hopelessness, at the middle end, your pressure and pleasure, and pride; this way all of us operate. We have no clue about what is happening on the right side. That is where you have deep inner peace; you have wholeness.

It is also related to how you are connected with others. Here, you are apathetic; you do not care; here, you are successful, but you are self-centered. It is here; you are co-creative. You are part of the successful divine operation in the world and you have universal caring. This is a path of fear; this is a path of love; this is egoist path, and the right path is the transferor path; you really find who you are.

(Refer Slide Time: 57:16)



So, this is my last line. May you all flower, discover your life purpose, do what you were born to do, be who you really are.

Thank you.

All the best