

SEPARATION AND LONGING IN RABINDRANATH TAGORE'S
"SADHANA- THE REALIZATION OF LIFE"

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ABSTRACT

Self- realization is a significant base for people struggling in material and spiritual world. It provides several outlook of this matter on different stages, offering a richness and depth for an everlasting happiness in life. This paper synthesizes how good organization has been defined and considered in appraisal research of an individual faith- based program. It seeks to explore the concept and consequences of spontaneous actions by human beings. This progress brings together not only human being's instant purpose, but also his ultimate purpose which is to achieve eternal happiness. It will also focus on the disability in the life and in human relationships developed by unfaithful love in the course or perusal of its accomplishment.

Keywords: Self- Realization, Divine power, Trust, Pleasure, Pain, Action- Reaction.

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INTRODUCTION

Rabindranath Tagore, born in Calcutta on May 6, 1861 is prominent writer of Bengal who got the Nobel Prize for literature. In 1940; Oxford University awarded him with a Doctorate of Literature and he became famous in the world. His works depict the real picture of his life. In the nineteenth century India was under the British yoke as the colonial powers subjugated the Indian people and imposed draconian laws which resulted in social and political transformation. Tagore is a legend in Bengali literature. He was a prolific writer, he wrote poems, short stories, essays and novels. He translated his poems in English and published *Gitanjali* (1912) and became a trend setter in English poetry introducing spiritual and

Metaphysical themes. To Tagore this ultimate reality was a personal reality, a personification of moral and aesthetic values. Tagore believed in the reality behind creation, how action and reaction theory is applied to our daily life with view on the nature of creation in the book. "*Sadhana- The Realization of Life*" is the epitome of Tagore's vision of life which is the compilation of spiritual discourses by Tagore dealing with the problems of and reality of life.

Happiness means long-lasting happiness, eternal bliss and peace within. It means that happiness which has no reverse reaction afterwards. It is creating a love within and its surroundings. There are diverse shades of love similar to platonic love, friendliness, sacrificial kind of love, soul love i.e. unreciprocated love. A yearning for bliss and pleasure, contradictory to painful life comes into sight the aim of all people among world. Spontaneous and unplanned actions can also lead a person towards painful life. The two terms pleasure

and pain here widely used with description and elucidation of the conditions in connection to self or others. Since, true bliss is the final object of spirituality it will move around individual life and instances based on daily experiences that can help practically to accomplish the goal of better life eventually a better Human being. It is a subject of day after day incidents that pleasures and pains are visible in life due to careless or careful actions. Action is vitally important in each person's life. T.E Hulme, an *Evant- grade* critic, argues Man's primary need is action and not knowledge; conquered to human need, wisdom of consciousness is only accidentally fresh: we learn to gaze not particulars other than types which fit into pre-established models of need accomplishment. Each and every individual action is necessary for the attainment of ideal perfection. In Self- Reliance Ralph Waldo Emerson presumes mind to be in the initial state of unhappiness. Throughout this essay he is defensive about his famous phrase "Trust Thyself". Major points highlighted through this phrase are: that each person is a genius in his own way, that all the worldly influences must be in favor of one's own individuality, and that self-worth is of high value and importance. He says, "History cannot bring enlightenment; only individual searching can".

This world has a significant meaning for each one of us. One has to establish a careful relation with it. It could not be simply driven by any self-indulgence for material benefit but recognizing it in the essence of kindness with an immense feeling of joy and peace. For instance, if a person is a fine citizen, he will never worry about the police; furthermore criminals are for all

Time scared of the police. They are afraid to how they will act to them, what sort of punishment will they get from them? Criminals are always anxious moreover feel accountable because inside they are acquainted with what they have done something for which they are bound to be punished. But when humans come on the righteous path with dedication and faith, what fear can be left? What is there to think about harm? If all humans are good citizens, good human beings and have a supreme guide within them on the righteous path then no harm can cause to anyone. What is acknowledged here is one must form that faith within, evidently to live a reasonable life. In doing so with genuine faith, that person is on the way of curing, cheerfulness. What is complementary is the concern of the good life. It only requires a spiritual visualization and self-realization by an individual. This will be considered appropriately not only as a matter of how people react in such circumstances, but how they go through all good and bad incidents, and evaluate their lives with the present condition of humanity.

The task is to develop the human being and his life to his entirety. The matter here is only of changing the attitude of mind and the approach towards life. The attitude of mind should be One- pointed, focused within the goals and subsequently towards destination. It should be one of helping hand, mutual aid, and kindheartedness and compassion towards people. One requires to progress among thoughts and manner of life by not losing his balance in the life. Keeping balance is vitally important among professional, holy and in individual life. This progression brings together not only human being's instant purpose, but also his ultimate purpose which is to achieve everlasting happiness and purposeful life. It offers a richness and depth that reaches far- off from our own finite understanding. This helps to prepare future with confidence by completing true search of life which can be answered after examining below factors. The fact is to realize about the need to balance mortal and immortal life.

To be a good person, or virtuous, one must work within the function of the object the optimum action of that experience. Thus, when one follows the best path towards actualization, and one consciously chooses to do the best thing for society; one then reaches the highest point of human virtue, philosophy (Akrilll, 2010).

This reading develops a profound current which lies below the waves of reader's thoughts that has been and will be going through mind after evaluating two standpoints individually.

Sense of belongingness as a key to attain comprehensive life

Every person, whether a man or woman possesses a necessity to "belong" to another human being, or a societal group, politically, a sacred pathway, or several part which allows him or her a sense of protection and recognition, of belonging. Besides, this distressing sense, if a person can continue with an enormous curiosity in another person, his neighborhood, politics, sacred pathway, or whatever makes his life complete

and comprehensive, but with internal lack of involvement, that is, not expecting a lot from other people. It does not matter in whatsoever relationship you are indulged in; then, there are better chances to harvest pleasure and contentment. It is not as easy as it appears to become friends without expecting much from each other. However, it is one of the means that a person could offer for his better and cheerful life. Buddha in the *Dhammapada* says, "Our life is shaped by our mind; we become what we think. Suffering follows an evil thought as the wheels of a cart follow the oxen that draw it."

There are many instances from daily incidents, we see some people approximately the world who are surrounded by the expression of miseries and unhappiness in their relationships with their companions and lovers. Conjugal disintegration, jealousies, and very often with children, lead to very real agony and pain for those who are engaged in expectations and demanding. This kind of situation arises when anybody expects more than he gives to others. There are choices for the individuals with whom they could grow beyond their difficulties and moreover, they could not be affected sensitively by them. Seeing as, somewhat ordinary among companions to be overprotective, domineering who permits a very less liberty for the others in their lives. Habitually, these sorts of persons are not fully formed in the dealings and stay behind with their discontented life. Tagore says about cry and pain in this book:

In the bustle of all our work there comes out this cry, Take me across To be actually amalgamated in comprehension, adore, and service with each and every one, also to become conscious of one's individual self in the all-permeating supernatural being is the fundamental nature of righteousness...Life is vast (22).

To rise further than unhappy life, a person must make out and become conscious of the fact that to receive more, one must give out what he has received, whether he has acknowledged from any basis or from any source. It may be speech, discourses, manuscripts, or through sacred path. Some are fortunate to obtain directly, insightful of diverse phases of life, others do not have that. There is principle of Divine Spirit, that whatever people states come back to him as truthfully as he states it. The cruel and unkind words should not be stated even in the thought, so that one could not speak in daily life by mistake as well. This principle applies to everyone's life. Primary, One must at all times assume and say only kind words of love and must comprise accordance for the life in the core of heart. Hence, everyone must gain knowledge to state admirable things so that only the good comes back to them as good. This principle is given as one of the perfection to human beings, and now it is up to every human being to prefer to utilize it or not make use of it within.

Realistic approach towards life

One must carry on within mind that he requires to have longing to be cured. He should recognize of his needs and requirement, which could be valuable and advantageous for him. The minute he becomes conscious of his own internal self, then ultimately he realized about divine power. The harms and troubles could only be cured with the divine love and delightful power of strong vibrations of faith, true love of that Supreme Being that has been present everywhere in the whole world. He is observing all our human actions. It is divine law whatever a man will sow in present will reap that in future. Then it is liability of every person to think before every action, it is the matter of self-realization. As everyone knows inside that what is right or what or Wrong? Then why to opt wrong path or wrong actions? That is why; people are encouraged for self-realization for the understanding of cure, treatment of all problems to attain fuller and blissful life. Nevertheless, in soul all are one, nobody receives more or less on spiritual path or on path of real happiness. It is each and every person's liability to develop them in spiritual sense, to maintain their mental power in fine working order and carry on their relations and dealings in accordance with the strength of mind.

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