



## RESEARCH ARTICLE

Vol. 7. Issue.1. 2020 (Jan-Mar)

**ISSN**  
INTERNATIONAL  
STANDARD  
SERIAL  
NUMBER  
INDIA  
2395-2628(Print):2349-9451(online)

## HOW TO ATTAIN ZENITH IN LIFE

Dr. Ku. RICHA SHRIVASTAVA

PhD, IITR, Roorkee, Ruchilifescape, Jatkhetdi, Hoshangabad Road, Bhopal, M.P. India  
richashrivastavaiitroorkee@gmail.com

## Article information

Received:16/1/2020

Revised & Accepted:  
22/01/2020

Published online: 25/01/2020

doi: [10.33329/ijelr.7.1.14](https://doi.org/10.33329/ijelr.7.1.14)

## ABSTRACT

The land of great saints and martyrs is India i.e. Bharata. We are the natives who have accomplished the zenith in sacred comprehension of religion for this humankind. This intact human race endeavors for the transitory pleasures, in the other way, I would like to express that Indians have developed spirituality. Few people who are dedicated in spirituality with in-depth knowledge are perceived as spiritual masters. India has granted numerous spiritual volumes to the humanity by its spiritual leaders. These spiritual books are known as granthas. We derive knowledge from these ascetic books. These paperbacks are not for only India but for the entire world. The Earth is considered materialistic in its approach its human beings glance at India for peace. All, our great saints are not present here physically but they have left their immortal books to be interpreted by us. Take guidance and support from these manuscripts currently as well as afterwards in future. Our spiritual gurus are our inspirations. Bramhan sages have specified their contribution on how someone could be liberated from sins by following the Bhakti Path. Whilst you read these granthas seek to comprehend their significances. Additionally, it has been said that implement your deliberations. When your contemplations will be enlightened by knowledge subsequently, you will have no uncertainty. Once you will have disbelief, till then you will not be able to achieve your ambition. Consequently, elucidate the importance and rationale of your life goal. Deflect your disposition from sophisticated luxuries and blitz that you may become a yogi from your compassion and spirit. We ought to have brainwashed our notions, so that the status of our accomplishments and performances may become enhanced in this world. Love, abhorrence and ignorance all are the covers. We must purify our characters. We should not pretend ourselves that we are cleansed.

**Keywords:** Grathas – Spiritual Books; Bhakti – Devotion; Brahman – A caste in Hindu Community; Bramha Lok – The Heaven.

In the great epics, it is conditioned that as a consequence of sins our inner being has become impure. It is essential to purge ourselves. The people whom inner self have been cleansed, those who have been aesthetic sages, those who make an effort to do their best; those who have obtained knowledge and continue meditating on its meaning with pure inner conscious, those whose body, mind and soul have been transformed for achieving God, those people when leave their body will reach Bramha lok and there they may accomplish redemption. This discourse has been supported by sage Angira, which could be read in Mundko Upanishads. He has said that

essence of life is redemption, if a human determines only this; he could attain redemption. Let us give a consideration to what he has said – the comprehension of Vedanta should be centered and keep the significances of Vedanta in your intellect. You should be familiar with the implication thoroughly that there should be undoubtedly comprehension in your mind. Your brain with strong resolution will grasp the meanings of those opinions of Mundko Upanishads. You will accomplish self - realization by thoughts of divine attainment. Your thirst of acquiring knowledge may not get contented. Your mind may not deviate from the thought of soul, body and mind transformation. Do not be negative. If there are some negatives than reflect that we will fight from negativity and win over the problems. Confer your strong devotion to this point. To attain the infinite the true knowledge is desired from the finite.

Sadgurus organize discourses in most of the locations. Someone could deflect you from soul, mind and body transformation and state this world is false, abandon this world as well as initiate living in forests. Someone else expresses that enjoying all the delights of life is the only way to exuberance. Someone other could advise you that almighty has made you accordingly your deeds. Somebody is made deprived and unfortunate, somebody else is made affluent and prosperous, or other one is made to be happy and contented. Any other person is made to be gloomy and depressed. Gentry suggest that if you help anyone than omnipresent does not support the intervention, therefore do not smooth the progress of anyone; consequently do not get prejudiced by these contemplations.

Firstly decide that by the deliberations from which your wits as well as heart seeks enjoyment sustain those thoughts. Initially link those thoughts to your psyche and dedicate your intelligence, compassion and reason to it. By someone's magic, by someone's advertisement, by someone's drama, do not get persuaded. When your sensitivity and mentality escort those considerations then accept it. Do not get influenced even if a queue is going there. All the people are going so there may be something, because today the planet is of global advertising, populaces are pretending doing drama. If you reflect in order to achieve your welfare subsequently do not intend for any sort of false advertisement, do not believe in any miracle. Wherever twenty people revealed that miracle has taken place, the naive people are not able to comprehend the fact. Remember this element in mind that someone doing any miracle or drama in the name of dharma just does not accept it. First of all decide no matter what has been assumed is consistent with your heart or not? According to the society is your view correct or not. Is it in accordance with Shashtra or not. Is it scientific or not. Is it the merely blind faith? After deciding all the aspects of numerous points of view, consider it in solitude, whilst you be aware of that you have reached right place, then do not deflect your mind. Thence, aspire to get certain logic from your thoughts. If you dig the ground in one direction repeatedly, you may fetch water. If you think in ten ways or dig ten places in the earth you will not be able to obtain water. In the similar way, you will not be able to acquire solution. Aim to meditate over a point and seek to attain the truth only then you could accomplish the resolution, although when you would try to find truth, you will have to do certain mental work.

Since, it has been said in the Kalyug the oddity is that kindness and pretensions are two sisters who have changed their costumes from then it is not implicit who is pretender and who kind person is? Always keep this deliberation in intellect at times the individual who is good, kind, who meditates as well as he is knowledgeable, people because of jealousy defy them. Those people who have made dharma as their source of earning, these people because of envy, annoyance, condemn and disgrace the Sadguru. They do this as they feel their earning from dharma is getting diminished. They feel extreme jealousy, so they do not get diversified from such actions. It is vital to identify the truth, exercise your own wisdom. When you visit a market for purchasing vegetables you see it, how many times you bargain and then you choose the best thing. When you are going to follow dharma, then you are devoting yourself for it, so at least decide it properly who is the correct person? This task should be done beforehand by you.

Second assignment, whatever you listen about a personality, cogitate about it and intro inspect as well as retro inspect, and subsequently come to an intro - inspection. Keep the retro - inspected meaning in your mind. When your mentality accepts the retro - inspection, follow the resolution seriously. It is written in Shashtra never change the Guru, but this also has been written in Shashtra by swindle, by taking the advantage of innocence, by lack of apprehension and because of unawareness if we are attached somewhere then it is not

that we should get fixed there forever. Then it is demanded, depart from there and then set out for the correct Guru.

It is mentioned in Shastra that Sadguru, who is the right guru if you leave is the greatest sin. Without perception, without realization, without insight, by getting diversified by some miracle, if we consider someone else as our Guru and leave the true guru then that deliberation will be wrong. Then you are required to purge yourself. Then, keep all these resolutions in your consciousness. Get realization in your contemplations. Whatever you have read about the Guru be firm, when you become determined in your considerations then attempt to purify your inner self.

Third Assignment, To chaste your inner self there is one way first of all make your rations hygienic. Consume the vegetarian foodstuff. When you are ready for cooking, maintain some parts of your groceries separately. The niyam is that you should devote the food to fire, keep some fodder for cow, and if someone is hungry sense about that person. Look at the cuisine consider that it is the prasad, prone to me by God. Never – ever carp while eating vegetarian eatables, be at tranquility. Whilst you eat food you should be gratified towards God. Thirdly, after expression of thankfulness towards God, take food with happiness. Then, think this also my earning is fair, or it is of cleverness, shrewdness or hypocrisy. When food comes to your home, keep some part of it for charity. It is mentioned in Astrology and Tantra that we should measure cereals four times of our weight and donate four times in a year. We should engrain the birds. Help the handicaps. Obtain blessings from elderly people. Try that some knowledgeable person and meditation practicable person should come to your home for lunch or dinner. By this you will become pure and good deeds will be done in future by your family. Keep this in wits whatever charity you do it should be done by your hands as well as your children's hands. From today, advise your children to do charity wherever you go for serving others you must also take your children and let that social service be done by them. Formulate them into donor, make them serve and take them for spiritual discourses. Seek to let them learn the spiritual knowledge instantly onwards.

On the one way Christian spirituality deals with God as one. They consider Jesus Christ as the son of God. The western philosophy radiates that the women are inferior to men, if women given to men as in the Bible Eve has been given to Adam; she ruins the mankind and leads to the fall of humanity so any female could never ever be equated with the Jesus who is son of Almighty. Therefore in western heterosexual society, there are no compulsory weddings for males and females, because to attain God, redemption and heaven; they believe in the religious myth of celibacy. On the other hand Hindu spirituality, has made us implicit, when you become an aesthetic person, you do not have to leave your family. As we meditate Lord Bramha with Lordess Bramhani, Lord Vishnu with Lordess Lakshmi, Lord Shiva with Lordess Parvati, Lord Rama with Lordess Sita. Lord has specified the similar type of pairs for human beings also.

Hinduism propagates, compulsory marital alliances in Indian society for females, but there is no such compulsion for Hindu men. After discussion of Western and Indian religions, marriage should be made a choice for Hindu women; it must not be imposed on them. Hindus believe that we do not have to run away from matrimonial responsibility. We have to enlighten ourselves in this world. When we will arise in moral perceptive, then we will realize harmony with nature. So above all; we have to raise our morale. Do not run away from worldly gratifications and worldly dilemmas. Do not compromise but aspire to identify with the situations. Do meditation to solve your problems for becoming a yogic meditation expert, you need to be a loner. If you want to leave everything, all the objects; that is sanyasa, it is not possible, because your heart and your soul are associated with this humankind albeit you live in a forest that is not good. Therefore, we have to value family life; we must live like a lotus flower. As the water level increases in the river; Lotus blooms. If water droplets go inside Lotus leaves them shine like pearls. In the similar manner live in this planet but do not intervene yourself in this earth. You have to continue these ideas in your mentality. Your psyche goes where there are your loved ones or where there are your enemies. You have to come out of the deep love of your loved ones and you have to take out the stings of your enemies. You have to raise love in your heart towards your God. Keep the welcoming thoughts for God in your wits, Say all the times, "Lord, you are welcome in my heart". Whatever you get show gratitude towards God. Do not whine God for anything.

Fourth thing - Be a pre – natal to deity's justice. This ensues if sometimes you have received anything for what you have implored the super natural being, subsequently yet; there are objections. In a village, there resided a fool. Someone has told him if you have to solicit for anything request the supernatural being. Do not inquire anyone else. He every day pleaded the idol in the temple; "I do not have several grand demands. I presently would like to have rupees one lakh. Please, grant me rupees one lakh in totality! I will not accept a thousand rupees less. Although you give me ninety – nine thousand, I will not feel gratified. I will seize the whole amount". All villagers used to observe his pleas. The temple where he used to implore there dwelled a prosperous businessman. The affluent businessman felt if he finds one lakh rupees, what will turn out next? The businessman did not conferred him, one lakh rupees but he purchased a purse worth thousand rupees and kept ninety – nine thousand rupees in that purse and presented him. Again, he entreats to the idol in the temple with the intention of, "I would not acquire a thousand rupees less than one lakh". The instant, he received the bag he started calculations, when he counted he had found only ninety nine thousand in the bag. He said this to God, "You are also very much accurate in calculations, you have deducted rupees one thousand for this purse. He stood and said, "If you had given me one lakh in all, what would have been erroneous? As you discerned if you had fling one lakh rupees straightforwardly, it would have plunged here and there, so for thousand rupees; you have offered me a bag", as he said, "As one thousand is reduced, I am not prepared to admit it". This does not turn out with him only, it occurs with all of us. As, we yearn for rupees one lakh, and we get ninety - nine thousand, then we didn't become contented, the one thousand which we did not find, we become discontented for those, we keep on pleads day and night; we fancy for such valuables and we find culpable almighty that he has not provided us his gifts. We didn't become pleased for what we have procured by Almighty? Our mood gets deflected for what we did not receive? When we expect more, we become despondent for that, which we did not come across?

Initial prerequisite to be a great disciple is to appreciate what supernatural being has conferred us, his gifts, his boons, his lucky things; we should be gratified to divinity. Accompany your entreaties with hard work, whilst you will do complicated task then you will suppose there is no alternative has left. I have to set all my powers. When you are disheartened and you be seated for wishes, urge this to God – "My powers have gone; I cannot do more hard slog. I am overwhelmed and I am at your feet. I do not have flowers but I have my tears as flowers. I want to converse in words but I could not express it. Lord I am in need of empathizes and sympathizes from you at your temple", and who father will not feel affection for his child and console him. "Eternal being please give me solace, otherwise I will continue weeps". Forbearances, pains and predicaments comprise all and call upon God, he will sanctify you.

Whilst your mentality deflects from entreaty perform this activity, slouch on the couch, give relaxation to your body, and stretch out in shav - asan like corpse as it is done in yogasan. Do not let any contemplation appear to your psyche. Consider your body; your mind and your brain are at respite. Subsequently, continue maxim in your mind, "Om Shanti! Shanti! Shanti! Om Shanti! Oh Almighty! Consecrate this whole world with harmony. Give eternal calm to my intellect. Grant tranquility to my voice. Furnish me with quietness whilst I work. Wherever I assemble approve me to provide serenity to others". Become inconsiderate! Complete this meditation that, "I am at silence, I am thoughtless, and I am going towards zero". Then believe, there is no forgery, there is no immorality, and there is no more going after this world. From here meditation starts, sit in loneliness and become tactless. If not possible for you to sit carelessly; take the help of mantra, for example: Guru Mantra, Gayatri manta, Shiv mantra or any other mantra of your choice. This position will give you serenity. You presently have to be at respite and be tranquil. This is the niyam of meditation: make yourself calm, thereafter you will arrive at zero point and then your head will release positive energy; your psyche becomes creative then associates it with good aspirations; so you could gain welfare.

Some amazing things are left in this world which you would desire to achieve. Take this oath from inside and articulate this to you, "This liability is left. I will fulfill this accountability". Then try to revitalize the accumulated energy and utter, "Whatever occasions are left; the powers which I have find by requesting to God while sitting carelessly. I have to try my level best and deem it, the great powers which Almighty has conferred you, you have to exercise that. For example the sun rays which are concentrated on a paper, the paper starts

burning. In the similar manner, all your energy gets accumulated and it blasts. Whenever an individual is annoyed, that person has high level of energy. When an irritated person counters, the four personals that seize him, he gets rid from all of them. Since where do all these powers appear? When you accrue all this powers and go towards supernatural being that energy blast which is detrimental that will be utilized for welfare of all.

In this earth, the world records which are made are the illustrations of immense efficiency. Helen Keller was the woman who was deaf and dumb, blind and physically handicap. She contemplated in her mind, is this existence? Her years which are futile and her life could be made effectual if she squanders it in the name of dumb, deaf and blind people. If anyone is handicap with deficiency that individual develops inferiority complex. That person will believe forever that, "Nobody will revere me, everyone will condemn me, and no one will realize me. I am not equivalent to sit in front of others. It is different crisis, if you lose wealth, it could be earned in future. Otherwise, if lowliness comes within us, this is the greatest poverty. If there are some physical flaws in individuals, then that is not of much concern. If the person who is physically handicap and mentally strong, he is considered to be capable. Do not construe yourself to be psychologically handicap. You have to earn in this world. You have to attempt for progress in this planet. If you are emotionally strong, you will be able to attain zenith in this Earth. If you are mentally weak, what you will tackle?

Helen Keller who was sightless, deaf and dumb to comprehend the utterances of others, she used to keep the hand on the mouth of the person who was speaking, when she implicit her word, she used to keep the hands on the cheek of other person and then she has shown the indication that she has inferred well. She has invented brail writings for unsighted. The most astonishing is that she got the degree of doctorate from eleven universities. The lady of this sort emerged in the society. If someone alike has existed then that person would not have been able to endure but she has specified powers to numerous who are blind, deaf and dumb to subsist in their existence. Others became obliged to her. She has devoted her all influence towards one goal. We should also aspire to do that. The supremacy which you have got does not get them lost in mature affairs, love, hatred, fondness, aggression and wrangles. Do not lose your controls on greed, envy, in humiliation, in complaints or in criticism about someone. If you have to keep yourself up, make your approach towards God and great ambition which you have to attain and afterwards perceive the difference you accomplish from where you started to which position you arrived.

Supernatural being has conferred everyone spiritual influences. This is the way towards meditation. When someone coalesces his or her all positive energy towards meditation, as a result of that positive energy which is lying in the person's subconscious state that gels with the positive power of Almighty which is extended all over the world; The positive energy of self and the positive power of Almighty get combined altogether and outcome as individual's work and the personnel will make a new record, so do not reflect oneself as deprived and disadvantaged. Sometimes, any one may sense that the things which are less given to either him or her by divine being will make him or her handicap, whereas those low sensations turn into a miracle. You would have heeded about Edison, the great scientist; he has not done hundred's but he has done thousands of great inventions. From electricity to various electric appliances, all such things are consequences of a miracle.

The full name of Edison was Thomas Alwa Edison. He was deaf. He has made great inventions. A stranger met him and inquired this is the fact that Edison has one complaint against Almighty, that Omnipresent has conferred him everything but why he has made him deaf? Because of it, he is regarded as inferior to others. The stranger who was articulating about him had vocalizations vociferously, when it was informed to Edison, by interpreter in sign language who has listened to the utterances of stranger while communicating noisily. Edison giggled and replied back to stranger by sign language and interpreter further corresponded about Edison's idea to stranger that, "Divine being has bestowed me greatest gift by making me deaf; because of being deaf I am not able to take note of others. Omnipotent has told me if you would notice everyone you would be divided into thoughts. And if you will heed to your inner conscious, you will arise. For this you may be annoyed with your supernatural being, I am not irritated with my deity. If I would have opened my ears to pay attention to others, I would have been divided as you are divided. I have devoted my all positive powers in one direction. My ambition resulted into inventions which are electricity and electrical appliances. These inventions have been classified under one category that is science". Furthermore, he added, "You could also devote your meditation,

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which is your positive energy, towards God; that is the positive power and then link it with that field that you want to become, drive your consciousness towards your ambition. From new end try to revitalize yourself and, then work; you will achieve your ambition, thus you will definitely achieve success."

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