

Stress Management Through Gorakh Sutras: By Transforming Energy of Thinking Into Feeling (विचार की उर्जा, भाव में परिवर्तित करके)

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Abstract: Stress is a very common condition of physical threat or one can say is the psychological distress, which works as a host of hormonal and chemical changes in the human body. When the stress is prolonged, the normal functioning of the body converts into dysfunctional state. It's been noticed that the stress reaction of the body reduces with the help of meditation and yoga. But here in this manuscript, it's been tried to show the path to reduce stress with the help of Gorakh Sutras. This no cost therapy which is prevailing in India for last many centuries and is still one of the significant ways of stress management. Undoubtedly it proves to be the best way of stress management which can also prove to be beneficial for the universe as a whole.

Keywords: Stress Management, Anxiety and Gorakh Sutras etc

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I Introduction

Modern science has given so many gadgets and luxuries to us. It has also put us in a rate race. The race of fulfilling ambitions and desires, thereby results in 'increase' of stress. The cost of treating stress and anxiety is enormous, both personal and economic. To address these costs, we need to be good in indentifying the three "S" i.e. sign, symptoms and severity and two 'S' for management- serve people to understand and successfully manage stress at the individual level, studying and searching new pathways to treatment. If we succeed at the above, we will definitely also succeed in reducing stress related hospitalizations and prescription and usage of addictive drugs like benzodiazepines. These two things have exorbitantly risen in last five years and have burdened the health care systems and budgets worldwide. In UK there were 43 million prescriptions of antidepressants last year while in USA 40 million adults are suffering from anxiety disorders, according to AADA reports. i.e. 18% of population in USA and 13% in UK. The estimated expenditures per year in USA are 42 billion dollars and 10 billion pounds in UK.

STATEMENT OF THE PROBLEM

STRESS MANAGEMENT THROUGH GORAKH SUTRAS:

(विचार की उर्जा, भाव में परिवर्तित करके)

By transforming energy of thinking into feeling

NEED OF THE STUDY

Research has its special implications in plummeting stress from the daily life which is vital for maintaining overall health, as it can boost up immune function, improves mood, allows us to be more fruitful as well as promotes longevity. It is going to help an individual in achieving his goal of stress management through Gorakh Sutras. These Sutras will be a great source of inspiration for an individual to fight against the stress reaction of human body.

OBJECTIVES OF STUDY

- Could there be something in ancient wisdom which could prevent anxiety /stress.
- To what extent anxiety and stress could be relieved.
- Whether Gorakhvani could be an answer
- Whether by transforming energy of thinking into feeling
(विचार की उर्जा, भाव में परिवर्तित करके) One can be relieved of stress
- How can we prevent, control and be relieved of stress.

RESEARCH METHODOLOGY

A research design is the arrangement of conditions for collecting and analysis of data in a manner that aims to combine relevance to the research purpose with health of a human being and also economy in the procedure. As this was an historical research, the researchers have adopted the secondary source of data for data collection. Therefore, the researchers adopted the descriptive analysis approach of the secondary data. Researchers collected the data from the secondary sources (i.e. Holy Granths, journals, books, magazines and newspapers) and processed them to reach at a conclusion. All the findings and conclusions are drawn from the secondary data analysis.

GORAKH SUTRAS

The mind has two states. One is moving, flickering, and unsteady - this is **thought**. The other is calm, free of flickering, silent and still-this is **bhav-samadhi (भाव समाधी)**, the state of supreme bliss. When it is like a lake full of waves - it is thought. And if the lake is calm, without waves - it is feeling. The mind can be in either state.

Ordinarily the mind is in the state of thinking because the winds of desire are blowing. A lake ripples because of the winds. The wind blowing makes the lake disturbed. In the same way, the mind ripples because of the winds of desire- I want this, I want that; I want to be like this, I want to be like that. This continuous, intense, inner flame of becoming something, of attaining something, goes on burning- this is what causes the ripples and this is what gives stress. As soon as desire is gone and the winds have stopped the lake becomes calm and one is attuned to feeling thereby, relieving stress.

This is why all the enlightened ones have said: Understand desire and all will be understood. A person who understands desire has understood the root cause of the arising of insanity. Stress himself, and the person who understands this root cause will no longer give it any support. Who wants to be mad? Who wants to be caught up in this bustling, mad, confusion of thoughts? who wants to suffer the disease of thinking? Thinking is a disease, because it is a continuous state of restlessness, of disturbance and tension. Thinking is anguish! Thinking is stress! It is only because of this thinking that the experience of bliss cannot happen. The experience of bliss can happen the moment thoughts cease. But thoughts will not cease as long as the winds of desire are blowing.

Now, "How is the energy of thinking transformed into feeling?"

Understand desire. Whatever you are, if you accept it, desire is gone. Be content just as you are with no demand for more-that what it is, is the highest delight, that as it is, there is no need for anything to be different. Then this same moment you will be startled: Where have thoughts gone? Feeling has settled. Slowly, slowly you will experience the juiciness of feeling. And when this juiciness of feeling is experienced, then who wants to go into thoughts? A person who is in communion with flowers doesn't go in search of thorns.

But this whole society, this crowd, all these people stimulate desire in you. From your very childhood you are initiated into desire, you are taught ambition. The father wants the son to become something-to earn money, to achieve power, name and fame, to make the family name shine brilliantly-and he has given the child desire. When we send young children to school we are sending them to be initiated into desire. For twenty five years, one third of life, we teach people ambition-how you can be first, how you can leave others behind. No matter what price you have to pay, even if your very life has to be lost in this race, you still have to be ahead. If you are going to die in the race, die in the front rather than in the back. The present day education system is a thought producing system, therefore, we have to answer a question,

When the sun of life starts to set and it feels as though you have nothing in your hands-that they are just as empty as ever, and you have run so much but reached nowhere-then repentance engulfs you. Now the mind thinks about how to attain to enlightenment, how to attain to Godliness. And again the mind has deceived you: the same language of attaining. Now you will have new ambitions. Now the form of this ambition is religious, now its flavor is religious, but its essence is the same as ever i.e. stress.

Thoughts about money arise in the mind of someone who wants money, thoughts of religion arise in someone who wants religion- but thoughts continue, therefore, stress continues. What difference does it make whether your thoughts are of money or of religion? Religious thought or irreligious thought; thoughts are thoughts. And where there is thought there is unrest/stress.

Gorakh Sutras give you initiation into no-thought, no-mind thereby relieving you of stress.

As long as want continues as long as you are restless about tomorrow, ambitious, expecting, you will remain without peace-the stream of thought flows on, this is what makes you stressed.

Religious thought is just as a big barrier between you and the ultimate reality as worldly thoughts are.

THOUGHTS ARE A BARRIER, NO- THOUGHT IS UNION.

Gorakh has said:

See the unseeable, and seeing, move into it,

अदेखि देखिबा, देखि विचारिबा

Keep this unseen forever in your heart.

अदिसिटि राखिबा चिया।

Raise the Gangas of the nether world up to the highest,

To the inner sky of the crown chakra.

पाताल की गंगा ब्रह्माण्ड चढ़ाइबा,

There drink its purified water.

तहाँ बिमल-बिमल जल पीया।।

In order to see that which is not visible, the ordinary eyes will not do. If you are to experience that which does not exist in thought you must leave the process of thinking behind.

See The Unseeable

To see that which is invisible you will have to close your eyes and see. It is not visible. What you see with open eyes is the world.

See The Unseeable, And Seeing, Move

Into It...

Having seen it will not be enough; once you have seen it you will need to bring it into your innermost core. It has to be understood, realized there. The glimpse we receive has to be united with our state of being; it is an insight that is not just like a flash of lightning that comes and is gone, but rather like an eternal lamp continuously burning inside us, whose light goes on forever.

Keep This Unseen Forever In Your Heart.

The mind has to be immersed in the unseen. And the invisible has to be kept centered in our focus.

Raise The Ganges Of The Nether World Up To The Highest.

To The Inner Sky Of The Crown

Chakra.

What is flowing down towards the nether worlds, towards hell, has to be turned upwards, has to be given an upward movement.

There Drink Its Purified Water.

Once you begin to flow upwards, once you start moving vertically, ascending, then drink your fill of the pure nectar, of the elixir/ let the divine settle in your heart, you settle in the divine's heart, then drink your fill of the eternal nectar.

Godliness Settles In Your Heart Only When The Mind Does Not Flicker.

Understand it like a lake on a full-moon night. In the sky is a lovely moon, a very beautiful spectacle but if the lake is rippling then no reflection of the moon forms on the lake, it is broken up and scattered, scattered as soon as it is made. Bits of the moon are spread all over the lake. Moonlight spreads on the lake, but the reflection of the moon cannot form. Then the lake becomes calm, now the winds are not blowing, there is stillness; the lake has become absorbed in meditation, the lake has entered Samadhi-now the reflection of the moon forms. Now the moon settles in the lake.

The experience happens in the same way. God is present all around us. It is always the full moon because God is not absent for a single moment. The full moon is out, only there are waves on the lake of your mind so the reflection of God cannot occur within you, you are not able to hold it within you. He is broken up, scattered here and there. Broken up like droplets of mercury: the more you try to grasp it, the more difficult it becomes. The state of feeling implies that the mind is clear, calm, that the waves of desire are no longer flowing. Now there is nothing to attain, nothing to become. Go on sitting quietly, silently. In this state of relaxation, that which is present immediately begins to be reflected within. Then the moon is not only outside, the moon has come inside also. Then drink your fill "drink its purified water." Means you are stress free.

Here it is present, here it is hidden

इहा ही आछै, इहा ही आलोप

Here are the three worlds

इहा ही रचिलै तीन त्रिलोक

Here explore your emptiness.

आछै संगे रहै जूवा

Countless seekers have awakened in this way.

ता कारणि अनन्त सिधा जोगेश्वर हुआ

Gorakh says: Innumerable seekers have attained to fulfillment in this way, have reached the highest union in this way. Which way? “Here it is present, here it is hidden...” that which you are seeking is hidden here. But where are you going...?

Here It Is Present, Here It Is Hidden....

That which you are seeking for, travelling so far away for—to Kashi and to Kailash, it is absolutely present here right now in your very breath, right before your eyes. Wherever you turn your eyes it is this that is present. “Here it is present, here it is hidden.” It is present right here, it is hidden right here. And hidden does not mean that it is trying to hide from you. It is hidden, it has vanished, because a veil of thoughts is covering your eyes. You are so filled with your thoughts, where is the space in which to see it? You are in a constantly wavering state because of your desire/ambition.

Here Are the Three Worlds.

What do you mean when you say that the three worlds are somewhere in the future? The three worlds are right here! Hell is right here, earth is right here, heaven is right here. It is all a matter of your vision. As soon as your vision changes, the world also changes.

A man who lives in thoughts lives in hell/Stress full life. A man who lives in feeling lives in heaven/Stress free life. Someone who is stuck between the two lives on earth. Understand this language of above and below as symbolic. Below does not mean below the ground and above does not mean that you should start looking into the sky. Below means thought. Above means feelings. Below means insanity/Stress. Above means liberation. And the earth is between the two. Those people who live in hell are suffering misery, suffering much misery – suffering right now, this very moment. Get angry and you have entered hell... the fires have started burning. What fire are you thinking about and which cauldron do you want? Anger boils you down and burns you so much, what could burn you more? You become scorched, you begin drowning in poison, and then bitterness pervades your being.

Now be loving, compassionate.. And you start rising up. You start moving vertically, it is an open door to heaven. Heaven is not in the sky. The word above is used because it is a state of “aboveness.” The name of the highest state of your consciousness. Feeling is your highest state-your inner Mount Kailash. But people think there is actually something there on Mount Kailash, and this is why they go there on a pilgrimage. But the place of pilgrimage is within you-Kailash is within you. When your consciousness becomes utterly peaceful it becomes your Kailash.. You start to fly into the sky; you become the sky, And when you fall down it becomes hell. Between these two is the earth.

Most people are living in hell, very few people are living on the earth, and very rare people are experiencing heaven. And it is all right here, right now. Gorakh’s statement is amazing:

Here Are The Three Worlds.

Create it right here-whatever you want to do, whatever you want to create, wherever you want to be. It all depends on the way you live your life.

Here Explore Your Emptiness.

It is all hidden right here inside you, in your emptiness. All is hidden in your crown chakra, Right here is hidden the radiance of all radiances, the light of lights. God’s presence graces this emptiness. A person who is drowned in it becomes enlightened, becomes awakened.

Countless Seekers Have Awakened In This Way.

And only this is enough, just this: by becoming connected to one’s own emptiness many, many people have attained to the highest state of meditation,-the Nirvikalpa Samadhi, Changeless Samadhi. The devotees call this state of Bhav Samadhi, the state of supreme bliss.

II Conclusion

There are many ways by which stress can be managed. So many saints, gurus, doctors, psychologists have described various ways of managing stress. Teachings of Guru Gorakhnath could also be another way. The method taught by him could be relevant in present day context and it is a no cost therapy, therefore, can help in saving lot of money, time and energy thereby, boosting the economic growth of individual and nation alike.

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