



## Reflections on 75<sup>th</sup> birthday

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On 1<sup>st</sup> September 2025 I became 75 years old. This milestone was inevitable since this is a passage of time. Yet this helped me to reflect and introspect on my life.

I feel very blessed on [how I have lived](#) it and feel very grateful to the higher forces for allowing me to live a life which has very few regrets. Thus, there arose a desire to know and learn about those forces (or luck) which have helped me live such a life. I feel this is the least I can do in gratitude.

I have therefore spent the last 25 years of my life trying to understand the [Mind of God](#) or how this marvelous Universe works and how events around us influence our life. My [latest book](#) is the outcome of this inquiry.

Nevertheless, this is not an easy thing to understand since the information about the Universe and what shaped it is infinite and there is no way a person can fathom these mysteries in a lifetime – even 7 lifetimes will not be sufficient. Yet the desire is intense, and the work is in progress; and doing so has given me great joy and satisfaction.

Similarly, because of my upbringing ([my father was a freedom fighter](#)) I was greatly influenced by [Gandhiji](#) and other great freedom fighters of this country.

This, together with my substantial reading and inquiry about India's great philosophical thought and traditions in early childhood could be one of the reasons why I have always been attached to the story of India and probably was the reason that even after a promising career in US, I returned to rural India in early 1980s.

Consequently, it has given me the impetus to inspire the youngsters to be attached to the story to India so that they can help make this country great. Any opportunity I get anywhere in the country I talk with them about these issues.

The youngsters of this great country are very bright – after all they do wonderful things all over the world. How to inspire them to do similar wonderful things here in India is the biggest challenge and whatever time I have on this planet earth I would like to utilize it for this cause. How to make this country a great place to live (where 1/5<sup>th</sup> mankind lives) is a great challenge for all of us and worth striving for.

Reflection on the life lived till now is also a time to see how I have evolved (or devolved!). As one grows older, neurons in the brain do not jiggle that fast and the brain processing memory also reduces. Thus, many a times the perspective on life is lost and one gets entangled in too many mundane things and affairs. This is not a happy situation, and one has to be on a constant vigil. I try to do that but am not always successful. Getting out of this entanglement is a constant challenge.

I have always felt that all of us come to this planet earth to help in life's evolution. Thus, whatever we learn should be freely shared with mankind. This knowledge transfer helps in the evolution of mankind.

That desire has propelled me to share [my writings](#) and other innovations freely. Quite a number of times people have not taken kindly to my bombarding them with my writings and other creative offerings. But I have persisted because I believe sooner or later it does inspire some people. And when it does, it has given me great joy and happiness.

Too often we have this arrogance that without us nothing can happen. As one grows older one understands that we are [very small specks in the bigger scheme of things](#). What we can do is to become good human beings and the rest will be taken care by the evolutionary forces. This is a difficult process but worth the effort. It also gives us a sense of humility in life.

There have also been ups and down both physically and mentally (as is bound to happen when one lives for so long) but that is a part of living, and I feel one should not dwell or brood upon them too much. Because dwelling on them [brings their negative feelings and forces to oneself](#) - something that should be avoided for happiness and fulfillment. Besides looking forward to taking up new challenges helps to dissolve or sublimate those negative memories.

I also feel that whatever I have written and done in my life is not my own doing but feel that *I have been a medium of higher forces* who have channeled those thoughts through me. This gives an element of humility and feeling of gratitude to those higher forces – hence my desire to understand them.

I also feel that the kindness of higher forces has made me richer. It is my belief that *richness is not having too many materials or luxurious goods but lots of time at hand*. I have been very blessed that I have all the time in the world to understand and think about the beauty of Universe and life. My [writings are the result of this effort](#).

HOME

1<sup>st</sup> September 2025

A nice booklet on 75<sup>th</sup> birthday has been compiled by my daughters and is available here.