



Why I wrote the book?

[Anil K Rajvanshi](#)

I have written my 5th book “Exploring the Mind of God – How Technology Guided by Spirituality can produce Happiness”. This talk is about what made me write this book.

World is presently going through tremendous crisis. On one hand it must cope with ever increasing pandemics like COVID, flu, HIV etc. and on the other hand the earth-warming trend is creating large scale climate catastrophes with unseasonal heavy rains, flash flooding, heat waves, large scale forest fires, etc.

Both these issues have created an element of fear and have played havoc with the general well-being and happiness of mankind. They are also an [outcome of our unsustainable lifestyle.](#) I strongly believe that sustainable living produces happiness by improving the environment and simplifying our lives. I have spoken about this subject quite a few times in [my podcasts.](#)

[Sustainable living and happiness should start with each one of us](#) and if we make them as central issues in our lives then we can make this world a better place for future generations. We should therefore continuously strive to develop systems and mechanisms to achieve these goals

I believe that both happiness and sustainable living can be achieved by spirituality aided by judicious use of technology. Thus happiness, sustainable living and technology are related to spirituality. This is the [theme of this book.](#)

I started writing about how technology and spirituality are related almost 20 years ago. The articles were published mostly in Times of India and were probably first such articles on this subject anywhere. They seemed like a novel perspective, at that time, since science, spirituality, and technology were not supposed to mix.

Exploring the Mind of God

Since then I have written [scores of articles on this subject](#). This issue is in vogue now and hence I thought of revisiting the topic and is the subject of this book.

Also, the exploration of this combination has led me to the inquiry regarding the whole purpose of life and ultimately about Universal Consciousness or basically the mind of God. ***Thus, in essence this book is about exploring the larger issues of life and cosmos aided by spirituality and technology.***

Most of the articles I wrote on the subject were published in [Speaking Tree column](#) of Times of India, in [Huffington Post](#), [Thrive Global](#), [South Asia Monitor](#) and as syndicated articles in various news lines, papers, etc. Some of these articles were also published in 2004 in my first book entitled [Nature of Human Thought](#).

However all of them were standalone articles and well received by readers. Thus I thought of putting most of them together in one place. This book is an outcome of that desire and is a sequel to my earlier book Nature of Human thought. The present book is available at; www.nariphaltan.org/STHbook.pdf

The theme of this book also reflects my personal journey. My spiritual journey started at the age of 13. I have written about it in some detail in the section Better Body ([article 12](#)). The initial journey was about self-discovery and training of the mind through meditation which led to getting some interesting spiritual experiences.

As the mind became stronger and powerful through meditation the yearning for experience and knowledge started. This was the mind-expanding phase which was also helped by my [education as an engineer](#) in IIT Kanpur in late 1960s. Engineering opened new vistas and expanded my vision field.

The expansion of vision field continued when [I went to US in early 1970s to do my Ph.D. in solar energy](#). The learning of solar energy principles, its engineering and related development, gave me the knowledge about the environment and instilled in me the love of nature.

Exploring the Mind of God

After I came back to India from the U.S. in 1981, I continued this journey of exploration and improving my immediate environment through technology. I have written about this journey in my book “Romance of Innovation - Human Interest story of doing R&D in rural setting”. This book is available at www.nariphaltan.org/roi.pdf. Doing this rural development work also made me look at my spiritual yearnings in a new light.

During the [U.S. student days](#) as my mind expanded with new experiences and information, it started on the journey of learning about space, gravitation, and stars. I felt it was a natural progression of a curious and powerful brain.

Thus, what I have written in this book reflects my personal journey in the matters of spirituality, technology, happiness and ultimately understanding the mind of God. This theme also mirrors that in [Patanjali Yoga Sutras](#). I have been inspired by his spirit and the similarity between this book and his Yoga sutras must have been an outcome of that influence.

Since this book reflects my personal journey, I hope it inspires some bright and dedicated young students who want to do things differently and where the focus is not money but leading a fulfilling and happy life. I have made the book freely available on the internet and it is my fond hope that it can be made easily available in the libraries of schools and colleges throughout the country so that many young students can read it.

The book is divided into [three sections](#). The first section has 34 essays (maximum numbers) on how to make the mind powerful so that inner peace results. We are defined by our mind and thinking and a happy and contented mind then sees the world accordingly. A powerful mind can also help us solve problems effectively and create wholesome solutions.

The second section has 17 essays on how to improve the environment through technology, so it becomes livable and sustainable. Once the mind becomes powerful and creative it can help in creating novel technology solutions for sustainable and clean environment. I feel that no matter how contented the

Exploring the Mind of God

mind is, its power is enhanced many times if it encounters a pleasant, healthy, and sustainable environment.

And the last section which contains 15 essays is about exploring space - the last frontier which I believe can help in joining the individual with the Universal Consciousness and ultimately in understanding the mind of God.

I do hope the readers enjoy [reading this book](#) and hope that all of us can embark on the journey together of making this world a very happy and wholesome place to live.

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