

Nature of Human Thought

Essays on Spirituality, Technology and Sustainability

(Second Edition – revised and expanded)

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All proceeds of the sale of this book will go towards the charitable purpose of setting up a

[Center of Sustainable Development](#) at NARI.

About the book

This second edition of the book presents a unique scientific perspective on the nature of human thought, its production, transmission and interaction with matter. A conceptual framework is attempted to show how deep human thought, space, time, matter and Universal Consciousness are related.

The nature of thought and mind control according to ancient Patanjali Yoga Darshan is explained in the light of modern brain research and cosmology. The book provides a beautiful blend of Indian philosophical thought and modern science.

Dr. Rajvanshi brings into these essays a deep scientific insight on the nature of human mind and shows how the cultivation of deep thought can help us on the path of spirituality so that we can live a happy and sustainable life.

The essays also explore the relationship between spirituality, science and technology and show that they go hand in hand and are necessary for a sustainable and emotionally satisfying world.

READER'S COMMENTS ON FIRST EDITION

I enjoyed your book. Thank you for sharing it with me.... I liked very much your self-as-teacher explanation and have always believed in this concept.... I also enjoyed the parables and stories in the book.... Thank you for sharing your work and congratulations in its writing. It is very thought provoking.

Phil Larocco, President E & Co, New Jersey, USA

"One of the best books I have read.... If one reads the Preface, it is impossible to keep the book down.... The ideas are brilliant. If one can prove some of the ideas given in your book he/she will get a Nobel Prize.... I must thank you for sharing with me your brilliant book".

***Dr. R. C. Maheshwari, Vice Chancellor, S. D. Agricultural University,
Gujarat, India***

"I still refer to your wonderful book from time to time. One of the most impressive I have read in my lifetime!

***Barbara Harwood
Principal, Don Aitken & Associates, California, USA***

"I have to say that this book is one of the best and unique books that I have ever read. It has tried to answer all my secret questions. Some of the essays have been very relevant to me like prepared mind gets universal knowledge; Deep faith overcomes fear, Music and happiness, sensing thought signals. I have had some experiences in the past for which I could not find any answer, the book answers all that. I wish to attend your public lectures if they are held either in Pune or Mumbai."

Rakesh Kadam, Nasik

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Preface to the Second Edition

The first edition of this book was well received by the readers. However there was a general refrain that the book is very concise, precise, "heavy" and hence difficult to understand.

Also since the publication of the first edition in 2004, I have published many more articles on the general theme of spirituality, technology and sustainability. Hence I thought of revising the book so that the theme chapters are easier to understand and have added these new articles in various sections. Thus the theme of how spirituality with technology leads to sustainability is further strengthened.

In last few years I have been giving inspirational lectures to students of various Indian institutes like IITs, Regional Institutes of Technologies (RITs), etc. Since these lectures were a mixture of technology and spirituality, I have decided to amalgamate all of them into one essay and have added it in the last section.

I believe that any talk on spirituality and sustainability will only be complete when it is practiced in everyday life. I have therefore added one essay (Chapter 27) at the end of the book on my small experiment on living sustainably in rural Maharashtra. I hope it will inspire the readers to do a similar exercise wherever they live. This essay together with my short biographical note (the last chapter) will hopefully add to the overall theme of the book.

I must thank my wife Nandini Nimbkar for editing the book.

Anil K Rajvanshi

Phaltan

August 2010

Preface to the First Edition

I present in this book a possible explanation regarding the nature of human thought. This is a subject which is as old as human beings and as fascinating as life itself. The history of mankind is full of innumerable attempts by philosophers, religious leaders and lately by scientists to explain the nature of the human thought. I hope to add my tiny bit to this endeavor. It is also my fervent hope that this book will stimulate readers' imagination and help the debate on it.

This book has been written with great humility. The nature of human thought has been explored since the humans have existed on this planet and it will be arrogant on my part to claim a solution to this riddle. If what I have shown in this book presents a new angle for looking at it then it will be a small progress towards the final frontier - namely the knowledge of how the mind works.

Theme

Throughout the history of human civilization there have been large number of instances where so called "miracles" have been performed. These have included levitation, production of material things from thin air, physical healing, etc. The nature of these miracles is same, irrespective of religion and different civilizations. Some of their accounts have been exaggerated but a large body of information shows remarkable consistency in their nature and reporting. To my mind these events have come because of interaction of human thought and material surroundings. After all, a thought produced by physical brain has to be physical in nature and hence governed by scientific laws. Thus the curiosity arose about which laws of science operate to make these things happen. This led to the material presented in this book.

I have therefore tried to explain the basic nature of human thought, its production and transmission. Thus a conceptual framework has been attempted to show how deep thought (a product of intense concentration and meditation), space, time, matter and Universal Consciousness are related. An attempt has been made to explain human thought in the light of modern brain research and cosmology.

The ideas contained in this book have evolved intermittently over a long period and were written in diary form and posted on the web. Most of them are however intuitive in nature and hence not exact in the formal sense. It is my hope that some bright reader will help in providing a rigorous mathematical formulation to some of them.

Most of the time scientists scoff at these conjectural ideas and term them pseudo science. However if in early 1800s somebody had told mankind about Einstein's relativity theory and the space-time continuum, people would have had the same reaction as today's so called hard-core scientists have about mind/matter subjects. The black magic of today is often the science of tomorrow.

The spirit of science encourages our imagination to flower and to conjecture and the only validity of such conjectures is the proof from the experiments. It is my firm belief that we should have an open mind on the subject of mind/matter interaction and try to figure out how it could be possible. When large numbers of people throughout the history of mankind have reported strange phenomena, they were not fools but were simply reporting events about which they did not understand. We owe this much to ourselves to at least make an attempt to understand these phenomena, try to explain them with the present laws of science and in the process even extend the laws of science. Science makes progress only when it helps develop theories which explain the existing experiential facts. To deny the existence of these facts in the mind/matter realm is to rob the science of its jewels and to retard its progress.

There is an interconnection of everything in the Universe. Hence a theory of human thought should be able to explain the interaction of human thought and matter and ultimately the nature of matter itself. I have attempted such an explanation in chapter 3.

Thinking about the nature of thought is a thought itself and thinking about "ultimate" thought is bliss personified. It is quite possible that with the present brain it may not be possible to perceive the "ultimate reality". A direct perception or experience is the only mechanism which can do that. That is the highest form of knowledge. Thus what has been presented in this book is a signpost towards the goal of direct experience. Hence it is not a "how to" book but it will hopefully allow readers to think deeply about some of the basic issues.

Organization of the book

I have been writing essays for the last couple of years on various aspects of human thought and its interaction with events of daily life. These essays have appeared as editorial articles in Times of India (Speaking Tree) and in other websites. I have taken the liberty of putting these essays in the book. They have been modified and expanded for better explanation. However there is some overlapping of information in these essays. For the sake of completeness, I have done this so that each essay is self-contained and can be read without the need to look for information from other essays.

I have arranged the essays into three themes. The first section (Basic Theme) contains the essence of the book. The essays in this section describe the science and philosophy of human thought and its interaction with matter; interrelationship of time, space and Universal Consciousness; and the issues of death and reincarnation. These essays are interrelated and hence it is advisable to read them sequentially.

The second section (Deep thought and more) contains short essays on how cultivation of deep thought helps us become spiritual, happier and better human beings. These are stand-alone essays and can be read in any order.

This book is about spirituality. True spirituality helps make us better human beings by giving us depth and long term perspective in life. Besides it also helps us to put a cap on our greed for resources and hence may help us produce sustainable lifestyles. The last section contains stand-alone essays on spirituality and technology and show that both go hand in hand to produce a sustainable society. I consider this a novel insight on the issue of development.

Every book, no matter how esoteric or deep the subject may be, is a reflection of the author's perspective and is guided by his/her experiences. It is no different in the present case. I have therefore decided to share with the readers the forces and thoughts that have guided me in this journey. The last chapter describes briefly my personal spiritual experiences.

Data from a large body of literature have been taken and referenced together with detailed notes at the end of the book. I have avoided cluttering the main essays with detailed scientific explanations and the research minded readers will find sufficient material in the notes.

The major source of inspiration for writing this book has been "Patanjali Yoga Darshan"¹. I have been guided by the spirit of sage Patanjali and the more I study his book the more I realize the ocean of knowledge in his writings. The present book can therefore be thought of as an attempt to provide a partial commentary on his sutras.

If the readers are inspired by some sections of this book then I will feel that I have touched the truth, though fleetingly. Search for the state of highest truth is the greatest joy and happiness that human beings can aspire for. That is the whole essence of being human.

Happy reading and thinking!

Anil K Rajvanshi,

Phaltan

July 2004

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