

What Is "Life" And How To Live It



RABINDRANATH
SAHOO



What Is “Life” And How To Live It

RABINDRANATH
SAHOO



INDIA • SINGAPORE • MALAYSIA

Dedication

This book is dedicated to my wife, Manju and children

Rinam, Pritam, and Aishwarya.

“The family is one of Nature’s masterpieces.”

— George Santayana

Contents



<i>Acknowledgement</i>	7
<i>Biography of the Writer</i>	9
<i>Preface</i>	17
1. Science at a Glance	23
2. Physical World and the “Life”	30
3. What is s Human?	46
4. Human Actions and Responsibilities	70
5. We, the Human	75
6. Death, a Beginning or An End?	80
7. Mortality, Death, Dying	88
8. Enigma of Death	123
9. Human Death and Immortality	130
10. Conclusion	135
<i>Script Reference</i>	137

Biography of the Writer



Bhograi, the extreme end block of Baleswar district of Odisha, bordering West Bengal state to the east and the Bay of Bengal to the south, has a rich heritage culturally, spiritually, and is quite advanced in literature and education. Here, many luminaries in various walks of national and international repute were born. The late Dr MAOJ DAS, a philosopher and writer, credited with numerous awards in his lifetime for his literature, shines like a never-fading star among them. The famous SIVA TEMPLE, CHANDANESWAR, the Abode of Lord SIVA, which attracts lakhs of devotees from West Bengal, Jharkhand, Bihar, and Uttar Pradesh, is situated only 2 km inside the West Bengal border. Chhotadaudpur, only 1 km north of the Chandaneswar temple and 3 km north of the birthplace of Dr Manoj Das, is the small village where Dr Rabindra Nath Sahoo was born. Born on the 15th August 1957, just a decade after the birth of independent India, he is the 2nd eldest son of four sons of his father, the late Gajendra Nath Sahoo, and his mother, Allahdi Sahoo, who is alive. Though father got a teaching position during pre-Independent India, he could not maintain the job due to his ailing father. The family was pushed into poverty due to failing crops with minimal cultivable land.

As far as he remembers, early childhood was marked by extreme poverty and diseases; very often he suffered. At the age of 10/11 years, he was persuaded to act in a dance-drama newly created in the village. Compelled by the situation of poverty and also to abide by the command of the village head, he joined the troupe and earned fame for himself as well as for the village. Many times, he was awarded with medals and money, which was utilised to procure study materials. (By that time, there was no welfare concept of direct benefit to the student, except scholarship)

Time was waiting at the wings to happen what was ought to happen. His regular, almost everyday activity was to move to other villages along with the troupe in the afternoon, after returning from school, and do performance in the lead role the whole night. Coming back the next day morning, after the night-long performance, he used to attend the class. One day, the bitter incidence came when he was caught dozing in the class. He was humiliated before the class, which is beyond one's imagination and cannot be expressed by words. After that, of course, the teacher was sacked by the committee, but he took an oath to concentrate on study. He left the acting spree despite tremendous pressure. He was a successful performer who could have opted for drama. Many times, he was honoured by local bodies and owned medals and money which were utilised to procure study materials. His performance was so lively that it left a deep imprint on society for years to come. It so happened that even after a decade, he was invited to act in an Odiya film by a producer. He, of course, acted in the film, again denied to move to Mumbai as requested by the CINE PHOTOGRAPHER from Mumbai who recognised his talent in acting.

TROUPE COULD NOT SURVIVE, of course, after his exit because of a lack of a proper substitute. Despite extreme poverty, he

continued his study, and his father encouraged him. He stood first among the ten brilliant students who were competing with him in the 11th board exam and earned a National Scholarship, a boon in disguise.

After 4 years of that scary past incidence, again odds came, not from outside but from his own family. His brother was then working in a remote district of Odisha. The author by then went for a vocational tour there after completing the board exam. On getting the board result, the brother forced him to enter the job, but he denied. He vividly remembers how a phone inspector, Mr Sharma, who was the designated authority for his recruitment, rebuked his brother for the foolish act. He was sent back home with a promise of entry into a reputed govt college there in Sambalpur town. The brother did not submit the form in the college. Returning home, he faced a lot of trouble, moved from pillar to post to enter the govt college. At last, God, as if smiled at him, could not bear the tears of this innocent boy. Sindhu Devi, the principal of the reputed Fakir Mohan college, named after the legendary person Fakir Mohan Senapati, the 2nd best college of the state, VETOED; to overrule all admission procedures (He had failed to submit the entry form in due time, though he had very high scores in the board result) to get him entry. He passed out first division, though he failed to be one out of ten in the state in ISC Examination by the university, which the principal desired/wished

He entered the MBBS course by clearing the entrance exam conducted for the first time by the government of Odisha. During the five years of study, he was a multi-talented, honest, and helpful student. He was the volleyball champion captain, winner and champion of athletic events, and Class Representative (unanimously elected, of course). He was equally talented as a college drama actor

and college poet. His philosophical song was published in the college magazine. He was also good academically and passed the final MBBS with a 1st division to his credit.

Dr Rabindra got married at the age of 24 in 1982 to a purely innocent girl. His father-in-law was a rich man from the neighbouring district of Mayurbhanj. (THE HONOURABLE PRESIDENT OF INDIA BELONGS TO THE SAME LOCALITY.) His father-in-law was believed to have some supernatural powers. Later, he constructed a huge temple dedicated to DEVI MAA, who is still believed to bless the seekers. During his visits to his in-laws' house, he was subtly hinted at the existence of divine power, though not openly. By this time, he believed that every existence and phenomenon are scientific and governed by the laws of physics or chemistry, or any superior physical law.

The first turning point came as if it were destined. Almost 30 years ago, he had a chance to tour South India with all family members, his mother-in-law, and a few of her family members. After visiting SRI AUROBINDA ASHRAM, they all went to meet Dr Manoj Das, the world-famous writer and philosopher whom he had never met before. They were warmly welcomed at his residence. After a formal chat, Dr Sahoo asked him if he could feel the spiritual power of SRIMA. He plainly said, "If you taste a pinch of sugar, you describe it as sweet. But can you express what it's like to be the sweetness?" Now, of course, he is realising what Dr Das intended to convey at that time.

The popular couplet "time and tide wait for none" resonated. He was posted to a local government community health centre. From the very beginning, he was subjected to political gimmicks. He was deputed to a new area without minimum facilities and faced a lot of hardship in professional and political challenges,

schooling of the children, and, above all, financial crunch. He always surrendered to the almighty. His only strength was honesty and truthfulness. When he gained a reputation as a champion of establishing the local subsidiary health centre and became president of a newly founded college, he was transferred out of envy. He was then posted to a local health centre again when he left his job due to a conflict with the then health minister. While practising as a clinician for 11 years, he once again became the target of envy from a group that even caused him physical and mental harm. At this point, as if a messenger came from God, a senior schoolmate, the secretary to the CM, Mr Paresh Chandra Nayak, (Mr Navin Pattanaik), called him out of the blue and asked him to rejoin the service. He joined the service for the second time after a gap of ten years and eleven months, with the punishment of losing seniority in the rank as an assistant surgeon. Afterwards, he received four promotions for his dedicated honest service and ultimately retired in August 2019 as an additional director from Health and Family Services, Odisha. Immediately after retirement, he was requested by high-ranked administrative officials of the state to rejoin the service in an honourable post, which he humbly declined. Now he is happy reading philosophical and spiritual books, writing, and attending various religious programmes in the locality. Of course, he has a personal small library filled with spiritual and other philosophical books. He has completed reading spiritual books on the life and achievements of many mystics and enlightened beings of the past and a few living gurus. The list is long, from Guru Babaji, Lahiri Mahasaya, Neem Karoli Baba, Ramana Maharshi, Shirdi Sai, Ramakrishna Paramhansa, Vivekananda, Radhanath Swami, A.C. Bhaktivedanta Swami Prabhupada (the founder of ISKCON), Eckhart Tolle (author of the famous book *The Power Of Now*), Krishnamurti, and many more. During his recent visit

to the UK, he addressed a religious gathering of all elite engineers and MBAs from India working in MK of UK. He has visited all the major Hindu and other shrines of different faiths in India. He has extensive knowledge as a general tourist of all four countries of the UK and has enjoyed the mountains, the forests, the beautiful sunlit shores, the rain, the sun, and man-made marvels like the British Library, the British Museum (touted as the first National Public Museum of the world), Madame Tussauds, and other places of medieval castles like the Tower of London, Warwick Castle, and Windsor Castle.

He has God-given intuitive power since childhood. At the age of 13/14, 53 years ago, he cautioned about a family land dispute, which was ignored by his uncle. That dispute is still unsolved despite all good efforts. In many instances, and recently a few years ago, he cautioned about the possible odds that may arise from the marriage of his own son and daughter. His intuitive power has become more intense recently, only after his recovery from a fatal spinal shock. Last year, a 17-year-old boy, the son of a tenant in his own house on the ground floor of the author's residence, was asked to visit him every day. He only came once. Two days after the visit, he was electrocuted at his residence and died. Realising this last incident a few months ago, he is now cautious in his utterances and advice. In such instances, he remarks that the advice comes spontaneously to mind and opines that the PRARAVDHA effect is hard to deny. He is only the medium of information from GOD. His conviction in the judgement of the supreme being is not devoid of any proof. The gang of six who had caused harassment and physical and mental agony all died within a few years, one by one, at young ages. One among them suffered from body paralysis and died with an apology for his misdeeds. The young kingpin, who was the mastermind, is now living with social humiliation and an unstable, unhappy

family. The then health minister who tried to initiate the official departmental proceedings against him as an act of vindictiveness out of ego instead of delivering justice and the author forced to tender a resignation from Govt. service, was stripped of her portfolio only a few months after the incident. She was subsequently expelled from the party after one year. She died recently without ever coming back to public life.

How can one not believe the old saying by all SADHUS and MYSTICS that God punishes the evil and saves the noble? Quote from BHAGAVAD GITA, as told to warrior Arjuna by LORD KRISHNA.

The phrase “yada yada hi dharmasya glanir bhavati bharata” is a Sanskrit verse from the ancient Indian scripture called the Bhagavad Gita. This verse is spoken by Lord Krishna, who is considered an incarnation of the god Vishnu, to Arjuna, the warrior prince, on the battlefield of Kurukshetra.

The verse “yada yada hi dharmasya glanir bhavati bharata” translates to “Whenever there is a decline in righteousness and an increase in unrighteousness, O Arjuna, at that time, I manifest myself.”

This verse is part of a larger conversation where Lord Krishna is explaining the importance of upholding righteousness (dharma) and the need for divine intervention when righteousness is in decline. It is a key verse in the Bhagavad Gita and is often cited to emphasise the idea that whenever there is a decline in righteousness and a rise in unrighteousness, divine forces will intervene to restore balance.

Every single day of modern life is subjected to constant changes and uncertainties. In this world of chaos, precepted by invasion of science and AI assisted technology along with increased atheism and individualism, it is an arduous task to sieve-out a meaningful and fulfilled life. Discover how to navigate life's uncertainties with resilience, embrace your true potential, and create a life that resonates with your deepest values that aid in alignment with peace and tranquillity of mind. Through a blend of scientific analysis, philosophical insights, spiritual principles and actions, inspiring stories of this book series invites readers to reflect on their life purposes and choices that shapes their destiny. In the first series I have tried to define life, bridging the gap between science, philosophy, spiritualism and religions. 'What is Life and How to Live it' is a good companion and transformative guide for readers to explore paths leading to a peaceful co-existence in society - The Ultimate Aim of our Life.



Dr Rabindranath (Retd Additional Director of Health Services, Odisha) now settled at Chandaneswar, Odisha is committed to reading books, pursuing spiritual and religious activities and writing blogs on philosophy and spirituality for last 5 years. He is bestowed with the best diagnostic skill dedicated to sufferers and critically ill patients. His blog "Divine Journey.org.in" is loved by readers across the world.

After a catastrophe in his life he ascended to the spiritual realm. He travelled to all major shrines of India irrespective of any faith and found the very essence of religion. Absolute faith in GOD, truth in action and thought and pure love in heart are the ways to get the grace of Almighty which can cut across all odds in personal, professional and social life. His spiritual journey has been augmented by intuitive power, very often manifested in his life. Of late he has felt oneness in everything. He believes in the Eternity of soul; OM the word of all words; BRAMHA the supreme source of all existence; Bhagavat Gita as HIS Law book to guide humanity for all purposes. He has tried to express his learnings and experiences in his book 'What is Life and How to Live it'.

 **notionpress**

Price ₹379
ISBN 979-8-89556-601-5



9 798895 566015