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Human's Relation with The Universeinseparable

The sense of "I", called "Ahankara" in spiritual terminology, creates an illusion in human mind that he is separate from the universe. He feels that he is an individual entity. This illusion is common to all the living creatures. But only the human being is endowed with a capability of raising above the illusion and realize the truth of his oneness with the universe, and with further "Sadhana" (spiritual effort), to merge in "Brahman", The Consciousness, which is the source of all the universe.

Human being is one with the universe? How?

How did we come into existence? The sperm has to meet the egg. How do they both are made? With the intake of food by humans. Where from the food comes? From the earth. Where is the earth? In the Universe. Basically human bodies are the products made up of earth.

We all know that the human



body comprises of water...more than 70%. Can he survive without drinking water? No. So he is sourcing from the universe.

There is a fire in a human body

that performs different actions. For example, it's the fire called "Vaishwanara" that digests the food we take. ("Aham Vaishwanaro bhoot-waa Praaninaam deha maashritaha

Pranaapaana samaayuktaha pachaamyannam chaturvidham”, says Krishna in Bhagavadgeeta).

Human lives as long as he inhales Oxygen and exhales Carbon dioxide. Where from is he getting Oxygen? From the inexhaustible Oxygen cylinder of the universe?! So he is uninterruptedly connected with the universe through his breath.

There are some empty spaces in the body. For example the lungs and sinuses. The empty spaces in them help the body to perform certain life-actions (Jeeva Kriyas).

So, Earth, Water, Fire, Air and Space are the five elements with which the universe is formed. We find the same elements in a human body. Essentially humans are the cells of Cosmic Body, The Universe. The Creator has added mind, intellect and the feeling of “I” to the human body to make it a perfect machine with thoughts, feelings, emotions and discriminative power.

This mind and sense of “I” are

almost are there present in every living being. Recently a video went viral in which two fish blow sea dust on each other. Ha ha ha....there is hatred in them too. I quote them because they are called “Jala Pushpam” (the flowers in the water) and are not categorized as non vegetarian food by some, because of their low level of “I” ness.

The collective minds are the part of Cosmic mind. When the “I” ness is expanded from the body limitations to Universal horizons, it becomes “Viswaahankaaram” (Universal Ego). When everything in the universe is “I am”, there cannot be second thing to be jealous of, to hate or harm. That expanded ego is called “self-realization”. This is the Ultimate Truth, a man has to realize.

But, there hasn't been even the minimum realization of his connection with the Universe. He has become unconscious that he is the co existent in the universe along with so many creatures and is a part and parcel of the universe. This un-

consciousness brought all the misery to humanity.

When he realizes the truth that he is a small component of this magnificent universe and starts living in it, in harmony with it, the problems he is facing now without any solutions ...will be resolved. If we could think, in this realization lies the universal peace and harmony.

Every creature helps the eco balance in the universe. The seen world is more of a mind-stuff than of physical stuff. But the human is limiting his identity only with his body. No. He is a part of One single Whole. When he realizes this truth, that would be the end of his sorrow.

May we realize the truth that we are a small speck of the universe and be considerate to fellow creatures. Or may we expand our ego to the horizons of the universe and treat all the creatures as our own self. May the harmony prevail!

(Author is a well-known musician, Devotional singer, writer and composer.) 

