

ALL INDIA ESSAY WRITING EVENT - 2013

Organized by

Shri Ram Chandra Mission

in collaboration with the

United Nations Information Center for India and Bhutan

PARTICIPANT INFORMATION SLIP

[to be filled in BLOCK LETTERS, signed by the participant and securely attached to the essay]

Serial Number

(For official use only)

Student Name : HARSHITA CHARI
प्रतिभागी का नामFather's Name : Mr. V.D. CHARI
पिता का नामDate of Birth (dd-mm-yyyy) : 18.01.1997 Standard : XII
जन्म तिथि (दिन-माह-वर्ष) कक्षाFull Name of School/ College : Dr. A.N.KHOSLA D.A.V. PUBLIC
विद्यालय / कॉलेज का पूरा नाम
SCHOOLCity/ Town : ROURKELA State : ODISHA Phone : _____
शहर / कस्बा राज्य दूरभाषe-mail ID : Kritikaa18@gmail.com Mobile : 9437941900
ई-मेल मोबाईलCategory : 1. - Class 9 to 12 2. - (UG and PG) Language tick
श्रेणी : 1 - कक्षा 9 से 12 2 - स्नातक और परास्नातक भाषा चुनाव करें हिन्दी अंग्रेजी तेलुगुTopic : Select Category wise topic from given below :विषय : निम्न में से श्रेणी के अनुसार विषय का चुनाव करें : Category 1 (Class 9 to 12)
Minds are opened only when hearts are opened.
मन तभी खुल सकते हैं जब दिल खुलते हैं। Category 2 (UG and PG)
Its not what you look at that matters, but what you see. - H.D.Thoreau
आप जिस पर नज़र डालते हैं उसका रतना पहन्य नहीं हैं जितना कि उसका जिसे आप वाकई देखते हैं। - हेनरी डेविड थोरो

Through the submission of the Essay, the author grants and assigns all proprietary rights (including copy-rights) to Shri Ram Chandra Mission. The assignment shall be deemed to be royalty-free, perpetual, worldwide and irrevocable. Shri Ram Chandra Mission may sublicense its rights through multiple tiers of sublicenses and may use, reproduce, create derivative works from, modify, publish, edit, translate, distribute, perform and display the communication or content in any media or medium, or any from, format or forum now known or hereafter developed.

I hereby declare that I am the sole person who has written this essay. Though I am encouraged to discuss the topic with others, I hereby agree to give credit to the ideas obtained from others or any reference material.

Signature of Participant : Harshita Chari

"Mind has a door. A password can open it. That word is safely stored in your heart, waiting for your willingness to retrieve it".
- Toba Beta

The dysfunctional lives that we are leading right now, denies us the privilege of having a clear conversation with our heart.

Our mechanical lives have deprived us from of contemplating on our thoughts and spiritually connecting with the soul. We've become experts at multitasking. Our minds work like perpetual news channels, complete with big windows showing the main story of the moment, side windows showing stocks and weather reports, and "crawlers" providing the latest, often sensational updates.

We have become emotionally delinquent, as we continue to shut our hearts and blindly follow our calculated and stubborn mind. Everyday, we are carrying disappointments, regrets, failures, grudges, troubles from our daily world that should have been put down a long time ago. Are we supposed to carry this junk all our life? And unfortunately, the answer is a big "Yes". We fail to understand that the basic premise of a culturally strong civilisation lies in progression and acceptance of ideas, opinions and thoughts of people from all

②

walks of life.

"Vasudhiva Kutumbakam", is a simple Sanskrit phrase of two words, but it signifies the essence of our lives which should stand beyond all the names we call ourselves and the roles we play in life. It asks us to open our hearts and subsequently our minds to the entire ecosystem and then respect the diversity that exists. A free mind that follows the inner soul, leads to openness and intelligence that enables us to see the suffering of others and spontaneously move to help them. Thus, it may be best described as the very basic sense of wellbeing, which can extend to a kinship with all other living beings.

The degree of openness we have in our thoughts is cultured during our formative years. The innocent, intelligent or even the trivial conversations, discussions and arguments one has with our parents, friends, teachers and mentors, shapes our character and thinking. This is the time when one should strive to be receptive and open to all kind of induced information, ideas, criticism and opinions.

I remember one such conversation with my father that started with an innocent question. While researching on Hitler for a project, I could not come to terms with the ghastly act of Holocaust, and went to my father to understand it. I asked him, "Papa, when I look at the achievements of Hitler, he seems to be an able and excellent administrator who revived German economy from doldrums. But how can such an intelligent person commit genocide at such a large scale. I am sure he was heartless". My father smiled and replied, "See dear, you can neither call him intelligent nor heartless, but the actual truth is that he was a person who had closed his heart to a section of people living in his country. He stopped empathizing with them and blamed them for all the problems. His degree of openness was limited to only the welfare of the section of society which he considered to be superior, and subsequently his prejudice assumed monstrous proportions and prevented him ~~to be~~ ^{from being} humane. So 'beta', the prerequisite to be a good human being is to have an open heart, which can accept anything and enlighten our mind and soul."

(4)

This conversation indeed, enlightened me and helped me understand that, the judging mind congeals the heart. We need to appreciate uniqueness of all beings. This will subsequently lead to the development of a grounded, mature and creative human being. We have been given the power to develop ideas and exercise free will. Unfortunately, too often these ideas die as a seed and people use free will to close their mind to opportunities.

The current crisis our country is into is because of lack of openness in our society. Humiliation of women, superstitions, communalism, apathy towards poor and corruption are all the fruits of narrow mindedness that has got incorporated in our mindset. Having an open mind is a continual process, which begins with healthy and receptive heart and helps you to love everything around you unconditionally.

"Minds are like parachutes. They only function when they are open".
- James Dewar

Also, we should examine our beliefs regularly. If they represent truth, we should keep them, else let them go. We ought to be always hopeful and positive.

(5)

All these measures help us to cultivate a beautiful heart that gives birth to a wise mind. Your external reality is a manifestation of your mental and spiritual self. So, corrupted mind and polluted heart can neither help you to be prepared to be teachable, nor to learn something new and take advantages of opportunities that present themselves. You don't have to agree with people, but accept who they are and feel free to express yourself. When you open your mind it means that you begin to practice a greater sense of awareness. Opportunities are presented to you, it may be from a friend, a neutral party or from a source about which you are skeptical. If you are not sure, instruct your subconscious mind to guide you by simply saying, "I am making the right decision".

As a famous Zen story goes wherein two celibate monks on their way to the monastery encountered a beautiful young lady who was facing difficulty to cross the stream, the senior monk immediately carried the lady on her request and helped her cross the stream. The other monk was flabbergasted and remained stiff for

⑥

next four hours and finally blurted out, "Sir, how could you do that, when we are not supposed to touch women?" The senior monk smiled and calming the agitated young monk replied, "Son, I dropped that lady four hours ago, but you are still carrying her with you, in your mind".

"Combine a grown up mind with a childlike heart."
- Tsoknyi Rinpoche

In conclusion, when you connect with your child's heart or open heart, you develop a mature mind that enables you to discover a deeper, broader sense of courage, confidence, and well-being that is much bigger and sustainable and helps you face all the challenges with grace, kindness and openness. Thus, your conduct, your way of being, will become an inspiration to others.

—x—