

Simple living, high thinking

Life



**ASSIGN
BUSTER**

A Life devoid of enough sleep, laughter, happiness and extreme satisfaction is something which each one of us is leading. In today's world finding time for yourself is a thing of the past. People are having luxuries unlimited that come in latest modern gadgets like cell phones, laptops, plasma TVs, comfortable household gadgets, modern luxuries apartments, club memberships etc. Anything new in the market is bound to be with the consumer. Inspire of all these facilities, the common man has no time to devour these luxuries which he spent with his hard earned money.

The trauma does not end here. He also takes perks like hospital expenditure with the fat income he earns. The amount of miseries he faces stand nowhere in front of the salary he acquires. What is the thing he is missing on? A simple living. This is related to high thinking in the context that his happiness is not bound on materialistic things rather than internal peace and satisfaction. If one is truly serious about achieving the ultimate goal of human life by perfecting his spiritual inquiry, he must adopt a life style that is conducive to the cultivation of self-realizing knowledge.

This life style can be beautifully summarized in the phrase 'simple living and high thinking'. Here simple living is in relation to maintenance of the body, and high thinking is in relation to the aim of one's intellectual pursuits. As a person puts on new garments, giving up old and useless ones, the soul similarly accepts new material bodies, giving up old and useless ones. Throughout one's life the body is slowly but surely deteriorating, coming closer and closer to its end. When that body is no longer able to accommodate the soul, the nature provides the soul with another suitable body according to his previous actions.

As the embodied soul continuously passes in this body from boyhood to youth to old age, the soul similarly passes into another body at the time of death. One who understands this fundamental truth of the self - that the eternal soul is separate and distinct from the temporary material body - becomes a self-realized soul. This stage of self-realization is the culmination of the process of high thinking backed by a dedicated life style of simple living directed towards the aim of life.