

## ONE STEP AND THE JOURNEY IS OVER

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She was the head of department of biotechnology in a famous university. Many were her academic achievements, and some of her students also had already gained fame in the field. Despite this, the professor was feeling low. Certain comments made by senior fellow-academicians about her work had made her quite miserable. Everything seemed meaningless, and suicidal thoughts were creeping into her mind.

Insecurity seems to be universal. Not only the poor but the rich are also insecure in their own ways. Scholars too suffer from varieties of uncertainty. It is a paradox that we continue to find ourselves incomplete even after we acquire, gather or hoard a lot of material or intellectual property!

A great scholar in the olden days understood this 'wild goose chase', and asked a revered teacher, "Is there something, upon knowing which everything becomes known?" (Mundaka Upanishad)

This is the 'out-of-the-box thinking' in today's language, where we step aside from the usual mode of handling an issue. Edward de Bono coined the term lateral thinking to signify a way to solve problems through an indirect and creative approach. The reasoning employed is not immediately obvious and involves ideas that are not obtainable by using only traditional step-by-step logic.

Who feels the incompleteness? What is that centre in us that hosts this feeling of misery? Matching the factors outside us that make us unhappy, is there a component within us that is equally responsible, if not more, for all the turmoil? Who am I? If we raise such questions, we become aware of the self that is a bundle of memories and is, therefore, a psychological creation.

The wisdom of the Upanishads is set to mitigate the ego centre. If we take this step on the path of self-inquiry rather than collecting more wealth or knowledge, life quietly changes for us. When the mature minds take this one inward step with all clarity, their journey gets completed right away.