Spirituality and Entrepreneurship

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Abstract: Spirituality, as I understand, is the sum total ethical/unethical decision of the abstract mind with its similar abstract constituents viz. a) intellect- intelligence, memories, assumed to be located in the brain b) ego – abstract and eternal say Ego as the Self representing the Almighty within one's heart located in the right side of the body (not on the left side as the physical one) and so ever & ever for the entire span of the life of the concerned mortal soul for not only the concerned life but also for its all future incarnations till its merger with the ultimate bliss-Self.

Entrepreneur can be, in this present day Mega world, either financier and/or consultant, technical adviser, secretarial adviser market etc. etc. So for the ethical growth, one has to follow the righteous track with no semblance for cut throat competition, nor any mix up for temporary illusory cartel with similar industry for cut throat competition. Instead the righteous ones should be located, consented and then run the cartel for fair and just function of each one of such healthy cartels. We have such ethical companies since a long past of glorious decades/centuries of Tatas, Birlas etc and also with their growth and expansion with diversification. They have their slogan-I grow and you grow with clientele too happy as well.

However the spirituality is not achieved in a day as they say Rome was not built in a day.

Here after in this full paper it is minutely detailed out so that in the decades /centuries here after we go by the correct path all over and that is the land mark and target for all of us to overcome the existing mess and cobwebs in practically all disciplines and in all faculties commencing with the top-Judiciary and ending up in the education and that too in all the world over.

Key words: ethics, entrepreneurship, spirituality in totality, healthy cartels.

I. NECESSITY

Financial crisis exists practically all over the globe such as prices of daily used commodities and also needed by almost all categories-particularly the poor and middle class people, as a result of inflation, resulting in also the unhealthy practices and similar vices in the agriculture, industry and political governance, particularly in the developing democratic country that spirals up to unbearable level for its total ultimate collapse, through its correlated fraudulent growth of finance such as bribes and corruption. To day it has reached its peak, causing us to be aware and active through such transformation of operations at all levels with what is called Spirituality This calls for a very intensive action by each & every one of us for a total change in our existing materialistic action & operations to value base ones; in other words from selfish action to one with action enfolding all concerned in the field including ecology as well. This is possible with lot of patience, persuasion with only one purely ethical mind and also looking within our own self which is the spirituality. This is attainable with constant and deep concentration on our abstract mind that should have finally one aspect for mind and prevalent stock of thoughts with in it alone, and no other external contacts or pressures at all on our mind, as detailed here under and as best as I could do from my horizon of knowledge and wisdom.

II. EFFORTS TO ATTAIN OUR MIND IN TOTAL ETHICS AND SPIRITUALITY ONLY

Primarily we have to take stock of actual facts that are prevalent in the whole world and along with it the materialistic approach for any of our activities, may be, to start first with the education-academy, societies & families, industry, business, professionals, engineering, medical, commerce, politicians, ministers and also in the top of the judiciary. Thus from bottom to the top of ladder in almost all disciplines & activities, all have been engaged in the rat race with each other for their individual security and safety, with respect to that of others. In short, there is no sense of conscience / clairvoyance / telepathy / subconscious mind in our execution of our daily activities; whereas, we talk of spirituality and its application in the whole world, for establishing peace, tranquility and all round growth everywhere with ecology too. As an educationist, we first see how we have come to this level of selfish mode of working in not just 5-10 years but, I am afraid, it happened in decades/centuries. All our efforts are of spineless activities, not because of our head & heart missing but we are too humble to call a spade as spade. Here I shall give you an example of our ancient highly intellectual tale of the called ‘Panch Tantra’, as under.

Once upon there was a king and his people were busy with his coronation and all activities and preliminaries for the same. All were busy with their respective duty; like others, the tailor was also extremely busy for the King’s attire for the coronation. He was showing therefore all the king’s principal citizens and finally got absolute o.k. for the king’s dress as they all would like for the king for his coronation wear and the D-day arrived. He was attired in this special attire and all without any exception accorded its fantastic design and tailor’s work The king was dressed with the said attire and the procession started for the all round tour of the town. All through and through the march was helloed profusely by one
and all and was about to return back to the palace, with the musical band and all instruments. All of a sudden, a small & innocent boy saw the king with his coronation attire and said, "King is necked and without his attire'.

This is what is existing at present all over the world.

Never the less, we try our best to overcome it in a pessimistic guess of 5 years from now.

We have lost a century and aggravated our miseries in this selfish materialistic basis for our individual aggrandizement for security and safety against fear of safety and security and health; so is done by all along with us for similar purpose. Now we all are awake and sincerely desire to bring this to knot and leave our present policy of activities ‘material base’ for the new policy of activity ‘value base’- live and let live; work is worship, hurt never, help ever and love and let love.'

This is what the Indian vedic scriptures profess and in all scriptures unanimously and also repeatedly impressed by the realized saints and seers of the past as well. If we do not realize now even with the Nature (Almighty) who is also creating disasters of different kinds [tsunami, volcano (snow) etc. etc.] and also their frequency and magnitude heavily increased. There is sure to be a total dissolution of the world as a whole, as is profusely professed in our vedic scriptures.

This is the most opportune time for all of us in the world, who are more sensitive to most needed transformation from Material base to Value base in all our affair. So do it now and now only or never because the total collapse of the universe is popping out next door.

1. Sit all alone in a room, if possible or any where you find tranquility so that you can coolly and consciously think of stock of your mind-say memories a) ethical, or otherwise, b) pertaining to your own involvement, c) related to ethics concerning you and you alone, d) start thinking with full concentration for weeding the undesired ones out and e) fixing all the ethical ones together. This last task is difficult and we should resort to follow the path of our favorite missionaries / visionaries as under; particularly when we can not find a solution from our common sense, on our first attempt.

2. Study of the life style of our known visionary, say Mahatma Gahdhi, Ramkrishna / Sardamani devi, Vivekananda or Lord Krishna, Rama and Sita.

3. On making a sincere and fight to a finish attempt, we are sure to succeed to weed out all undesired memories and then concentrate on only the ethical ones for the time being, one single job and its memory, for its application thoroughly and see its result, we may have to exert this, a number of times in the beginning till it is ethically resorted to. I give an example for its better and faster application.

Suppose I behaved to my bosom friend in retaliation to his similarly assumed one, but soon I find that he had reason to do so as usual, and I should not do so from my projection of ethics, I should correct it for ethics. The next moment or so, I shall find my friend accordingly corrected in return. You may await his correction, perhaps for some time. You may have to repeat this for some more time, coolly till he gets corrected. There are very useful proverbs for patience -1)"Rome was not built in a day.2) Charity begins from home' Our international leader Gandhiji started alone his fight against the British government in Africa and the people then joined him there and a little after words his fight that ultimately succeeded; so much so that the similar struggle in India had a great success in getting India independent in 1945.Gandhiji so succeeded principally because his fight was for the right and justice against the then ruler, his singular effort in the beginning flooded with one and all. Not only this, but followed successively by similar other nations of the world as well.

Here we can see the abstract mind of Gandhiji absolutely ethical and his all attempts were truly for the masses’ good and just that could attract the rest of the world in his single fold for the right.

Abraham Lincoln said ‘So shall I not be the slave, so shall I not be the master’ He was a shoe maker and became president of the U.S.A and even as a the president he mended his old friend ’s shoe when it was called upon by his friend to do so. Besides it is said that when he was running a shop, some one knowingly or otherwise left 4 cents plus, in payment for his purchase. On checking his account after a long period of time, he remembered this plus money for the correct person; so he went in search of him and gave it back to him. He was the only and the first person to eradicate engaging slave in his country when he was the president of the U.S.A.way back in1865.

Tolstoy born reach as the millionaire in the Russian ministry’s family, was very kind to the poor and when the Tzar ministry was formed, his old colleague was poor. As he could not help his family, was very kind to the poor and went in search of him and gave i his money for the correct person; so he knewingly or otherwise left 4 cents plus, in payment for his purchase. On checking his account after a long period of time, he remembered this plus money for the correct person; so he went in search of him and gave it back to him. He was the only and the first person to eradicate engaging slave in his country when he was the president of the U.S.A.way back in1865.

We shall discuss the physical therapy for the mind to be healthy through the Indian exercises viz. Yogasana & Pranayamas as against the western therapy –aerobics / work outs. The yogic exercise is cheaper, easier, less in time consumption, with no bars for the sex, age. period and place.

III. YOGASANAS & PRANAYAMAS

Prerequisites:

1. Time- preferably morning ½ hr between 06:00-08:30 hrs or late evening between 18:00-19:00 hrs.
2. Frequency: daily: once only. either morning or evening.
5. Requirement: Simple carpet 2.5’x 6’ on solid floor.
7. Breathing normal and preferably without cough & cold.

Breathing cycle–inhale ( 1 unit), arrest (1.5unit), exhale (1 or < 1 unit )  Arrest (1.5 or < unit ) so on , to continue during doing Yogasana; or at least 10 cycles daily in the morning/evening. This may be done at work also either sitting in a chair or squatting on the floor.

This cycle should be so adjusted while doing any ‘asana’ that it should exhale when the stomach is cave-in and inhale when the stomach is cave-out ( bulging out); this is necessary & useful for the control of breath; it becomes automatic in course of time.

Most important: I would like to suggest, out of my own experience , while doing ‘asana’ with such control breathing , as this” “If we remember our choice deity, or the one whom we love the most-(Because he or she is also the visible and living incarnation of the ‘Lord’ deity only who is not visible and perceptible); the effect of it, will be experienced multiplied, because the loved one will transmit his or her love / regards to us invariably through vibrations / Sentiments implicitly in synchronism with our efforts for toning up our body and mind. You may be already aware of the principle of synchronism that it becomes multifold in strength in overall intensity / strength of love & regard. Example- The army is made to break their steps while marching on the river bridge to safeguard against the damage to the bridge for the same reason.

IV. ASANAS

Now we shall take a few ‘asanas’ of the many existing ones, that are common, easier, and helpful for our health and development of our mind as under.

1. Asanas while sitting.
2. Asanas while standing and
3. Asanas while lying on the floor.

1. Asana Sitting:

1.1 Padmasana.

Squatting on the floor with crossed legs; feet resting on the thighs; hands each stretched on separately & fully so that the respective palms rest on the respective knees.- this is good for meditation, chest, stomach, diabetes control etc .etc.. Besides you may do a bit of a 'swing' of your whole body in this 'squat position', with your both hands as the pillars one on each side for the swing; do it for 5/6 times .

1.2. Shashankasana.

Similar to 1.1; but the hands are stretched here to touch the floor breathing in & out as in. 1.1.repeat - 3-4 times; with the breathing cycle as prescribed earlier. Gain; Menstrual flow regulated, diabetes, blood deficit, gas emission etc. etc.

2. Asanas Standing


1. Stand with folded hands for salutations to the Sun deity
2. Hands raised fully and bending from the waist backward.
3. Bend & bring hands to touch the floor or the toes.
4. Stretch one leg parallel to the ground & the other bend from its knee with hands firm on the ground, head high looking up
5. Stretch the other leg on the ground parallel to the first leg.
6. Take the body back concaving at the ground, & head looking down.
7. Get the body forward and without touching the ground but parallel to ground, & supported on the 2 toes at the back & 2 hands bent from the elbow in the front with head now high or raised.
8. Get back to position 6 as above.
9. Bring one leg near the hands still on the ground.
10. Bring the second leg as done in 9 above with head still looking down.
11. Do as in 2 above.
12. Regain the position 1 as above. Do it for 5-7 times. Gain: all joints become Flexible / free for all movement easily ; it is the Sun (visible)deity that we are Prostrating (bowing) to.

2.2. Shirsa sana:

Note: It is a difficult one and also restricted to those who are not normal in their heart; but very gainful for many diseases, such as pulse control, brain, gases created by congestion/constipation, stresses in eye, deafness migraine, hernia, hydro cell, appendix, excess urination, tonsil, uterus, etc.

1. Lie down on floor with back on the floor.
2. Clasp your hands & put them together folded from their elbows.
3. Bring your head (back of the head) inside these folded hands.
4. Try to lift your body (half- head to the waist) to its right angle gradually and with all care not to lose balance at all under any fear; feel free & confident of what you do is good for your self and others. Your legs are still touching the floor as & for your safety. Once you are sure for the balance with your half body lifted up on your head safe, try to take your legs either one by one or together gradually & without fear, up till the whole body (head to foot) is lifted up vertically on the ground.

Note: here you must remember that you walk on the ground with your body erect on the support of your 2
tiny feet spread about a foot and a half; whereas in this ‘asana’, you have support of over two feet and that too in a triangular position that is built up by your own hands duly elbowed and with the central support of your head. So when you are confident in your walk on legs, you need not have fears for this upside down stature. It needs only practice with calm & concentrated mind. Here you may continue to breathe normal. Stay in this position for about 1 / 2 minutes & get down after it in the same way as you did for the head rest.

Note: relax after this asana with Shavasana, lying down on the floor as described here under.

3. Asanas lying on the floor.

3.1. Shavasana

Simply lie down on the floor with chest facing ceiling or the sky. This is for total relaxation of the body and mind & hence attaining tranquility. Here all body components have to be imagined & made without any sort of activities and also to be totally relaxed, as if you are practically a dead body.

The difference between you and the real dead body is just the presence and absence of the continuance of breath, respectively.

Note: Our realized seer of recent times -- Sri Ramana Maharshi tried this just to know what happens when a person dies; and he thus confirmed that only the component ‘breath’ is eternal / indestructible and different from all the rest of the body components that are temporal.

Time - say 5 minutes.

Diet control: simple diet with no fries/fats, less carbohydrates, but lot of milk, curd, fruits, vegetables. Our stomach is like the earth & the sea in between their distribution - 3/4 solid ¼ kept free for gas generated and liquid; so we must never get it fully packed up during our meals; always keep space for the generation of gases out of our inputs: so never be tempted to over eat the delicacy, you may like the most; because the love of taste is only tongue deep but the harm is created in almost all components of our body.

Vedic scriptures are 1) Gita, Upanishads (major 11 as spiritually commented by Adi Shankaracharya-the divine descendent of the Lord Almighty, but in reality the total runs into 400 or so) and Brahmasutra. These three together are called ‘Prasthan trayi’ and Gita is the dialogue between the Almighty the charioteer and the Arjuna the warrior on the battle field of the two warring families viz Kauravas & Pandavas. In this battle field, the Almighty was in the Pandava group and the army of the Almighty was selected by the Chieftain of Kauravas... Pandavas won the battle. This is not just the battle but a sermon of the Almighty to Arjuna and so also to each one of us in this world for maintaining ethics, spirituality and lead life with “hurt never, help ever; live & let live; work is worship and love / let love”. The third book is Brahma Sutra. This book is for solving all apprehensions and doubts that may arise in following / understanding any scriptures satisfactorily. Upanishads are the dialogue between the teacher & the taught in series of the teacher and the taught commencing from Lord Almighty Himself to cascading in the series of the teacher & the taught till the divine soul Adi Shankaracharya and his 4 disciples. Besides this, there are volumes of 18 Puranas and others for the seers of the past for reading as the light ones at leisure and get ready for further study with the teacher and the taught in series.