

A LOOK AT LIFE by Anu Anand

Anu Anand trained as a medical doctor and was a general practitioner in Scotland from 1972 until 2002. He has always had a great interest in natural medicine, has carried out research at Strathclyde University in Scotland and has world patents on medicines for both cancer and psoriasis, which are currently undergoing further development. He is greatly disturbed by the way in which the pharmaceutical industry has been operating, in that despite the vast worldwide expenditure on their medicines illness is increasing. He is also concerned by the evidence of increasing corruption and self interest amongst the leadership of many countries and believes that they should be accountable for their actions to some kind of globally constituted body, similar to the United Nations.

Shall we ever find the answers? We have been searching for millennia – our thinkers, philosophers, physicists, cosmologists and scientists have been trying for so long to solve the big riddle of whom, what and how we are here on the surface of this beautiful planet. The mystery is very deep and would it not be so much better to enjoy it rather than keep struggling to understand it? Life is the only thing we have got, either you are living or you are not living. What else is there – tell me plainly? Don't impress me with your great or small acquisitions of world's materials, houses, villas, SUVs and bank balances and so on, which are no use, once your life factory gets shut down. The most valuable thing is "life", to be lived enjoyed, respected by us and all other humans, flora, fauna and all varieties of life. Albert Schweitzer, the great

lambarene physician, philosopher and musicologist coined the phrase “reverence for life”. I would like to even go further and call it a celebration of life.

Our beautiful planet is hopelessly divided, with ever changing borders, leaders and governments which bungle, blunder, plunder and continue making war against each other. The human races’ beliefs in parochial causes, religions and oppressions and suppression of the others cause strife, war, death and destruction on our earth every day and continue unabated. We should learn from our yesterdays and our mistakes, but we really don’t; controlling, suppressing, and exploiting the weaker ones appearing to be out generic modus operandi.

Do we love ourselves and do we value and treasure and enjoy the big gift of life? If we really adore this gift then why is there so much misery, depression, disease and hatred? If we start to adore this gift we should also remember to adore it in all others, all humans and all other life forms. Everyone should respect all others as they have the same gift of life. A radical change of attitude is needed and has to be inculcated at all levels, ages and all times. How can we bring it about? The big brothers; CNN, BBC and the mega-corporations and universities are not teaching it. Jesus expressed it as love thy neighbour and who is the neighbour? I say everything and everyone – this kind of transformation is essential before the human race can take the next leap. It would make our planet so much more beautiful, colourful and happy.

I believe we are on a work permit here: we are put somewhere and we always want to do something, and that something has to be done before the life factory shuts one day unknown and unannounced. We can do whatever we wish, provided we do not declare it difficult and impossible. We have all the faculties and powers inherent and

stored in us and we can utilize and bring them out to accomplish our desire – our objective and our goal. Little in life is achieved easily – the workers are tested, tried and tortured even and the test is to determine their tenacity, depth of desire to do and dare and staying on course – whatever the difficulties. Giving up on the way is so easy and so common. But carrying on regardless is the only way to reach the goal and achieve the target. If you love yourself – you also love your faculties and thus you can utilize them to achieve your objective, your desire and remit. Stress, restlessness, anxiety and anticipation only help to pollute the outcome of your effort. The great philosophy enunciated by Lord Krishna – *“do the work with your entire devotion and joy and do not look for the results of one form or another.”* He says, even forget the results, they will come anyway – stress-less and thus less disease and suffering. Our anticipating a particularly shaped kind of result produces sickness in us and then gradually we start to be afflicted by all manner of illnesses and infirmities.

We should be happy with our lot, as otherwise we will be stressed and sick doing what we are forcing ourselves to do. This is the place to practise love of everyone and everything. Imagine the change when we decide to love and respect everyone and glorify life and our planet. Our birthright is freedom from oppression, control and being led by others, and we should endeavour to realise this in our lives. After all we are not here forever and during our limited sojourn we have to accomplish whatever we feel is important. Everything and everyone has a purpose – there is no one and nothing that is useless and not beautiful. Life is totally beautiful, deeply shrouded in mystery and completely unknowable. Have we understood really the great mystery at all? I will say ‘no’: we have understood little despite our efforts which continue at all levels. For example, have we understood the structure and workings of an atom – a living animal, human or a plant cell? The mystery remains, although libraries of the

world are full of books about them. In an atomic space, there are nuclei particles in orbit all in a constant state of very high speed revolutions of millions of miles in a second. The atom is so very small that we can only observe it at great magnification. How can this happen? My little mind stops at this: tens of different types of fundamental particles all moving at great speed without any food. More fundamental particles are being discovered and the big enigma only remains. In a living cell the ultra-structure, the chemicals – the organization – are so complex – sophisticated and deeply perceived that we yet do not exactly know how it really functions. Our scientific research, our philosophical insights have not provided any real answers.

We are denizens of our beautiful planet and of course the whole universe, which is ever evolving and expanding and would take many billion light years to traverse. The feeling that I am a part of everything is extremely powerful and transformative and the changeover is completely radical and fundamental, and can become a basis of our new now. All we have are the 'now' and 'life', which we should treasure and we will see the makeover – a different larger 'we' emerging – it is all inherent in our attitude, comprehension and understanding. The tomorrow will then be much fuller, purposeful, promising and above all happy and beautiful and we can shed our misery, unhappiness, sickness and suffering and bring smiles all around. Just look at the grasses, flowers, plants and trees: silently they do their work and sustain us, and the sun comes out at the exact nanosecond and gives us all necessary light, heat, life and energy. Clearly it is a created universe and even life – yes life evolves but it has been created by a higher designer, which in the USA, was recently defined as 'Intelligent Design'. Surely once created, the whole thing keeps evolving – don't tell me the molecules of earth, air and water came together myriad years ago to form the mega-phenomenon of life. The design is so deep, mysterious and super-structured that our

minds and our instruments have provided few answers and the mystery remains.

Instead of trying to understand it, let us love it, revere, adore and treasure it and be a means to a lasting happy celebration. With this attitude alone we can reform and cool this burning, warring and hatred infested planet. Everything, including all forms of life, is made of atoms. If you look on the inside of an atom – whichever- it is almost totally empty – these myriads of empty spaces constitute us, our planet, our universe and everything else – the solidity and weight of things depending on multiple energy particles moving at inordinate speeds in micro-space. In fact the whole universe has been created from empty space and energy, Einstein's big E being all that there is.

How has it all been so cleverly assembled? Imagine consulting an architect and asking him to make a big building out of "nothing" – he will in the next minute throw me out of his office. But this is exactly what the great creator has done, made us and the planet and the whole universe out of nothing. Big Bang or Small Bang – whatever - we have been placed here to respect, honour, and love, adore and glorify it through our allotted work – work permit, faculties and immense possibilities. We have to relearn the ultimate principle of love and by deliberation, slowly, shed other qualities that afflict our lives and emerge as a new 'me' and 'you' thus bringing about a new tomorrow, a new age and a golden age on our wonderful planet.