

## A SHOT OF HOPE THE SPEAKING TREE

# The Way To Blossom In The Eye Of The Storm

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The human race is caught in a tornado of cosmic forces. The Covid crisis rages on leaving man struggling for oxygen. Breathing is an autonomic function which heralds the commencement of life as it emerges out of the mother's womb. The last expiration carries the person beyond the threshold of the manifest realm, to the un-manifest realm where we pronounce him dead. A normal individual breathes 21,600 times a day, each breath being an opportunity to create the presence of wellness and health.

The answer to any crisis lies in holistic knowledge. Wisdom is a skilful blend of science and spirituality.

The outer cosmos is complete and overflowing with every conceivable potentiality. The psyche of man is the inner cosmos which reflects every miraculous possibility as a faculty of strength waiting to be actualised. The psyche is the giant magician within man. Then why is a mere virus throttling lives, robbing us of the dignity to use our knowledge, technology and other resources?

French physicist Alfred Kastler said, "Matter can only be considered from its two complementary aspects – the wave and particle." All matter is essentially a wave of electromagnetic vibrations. An entity has dual nature. It is both fixed and fluid.

'Mantra Pushpam', the Vedic hymn from the 'Taittiriya Aranayaka', corresponds to the wave and particle theory. 'Pushpam' means 'flower' and symbolises the manifestation of particles from the waves of universal consciousness during the emanation of creation. All that exists in the cosmos is a whirlpool of energy emerging and disappearing into the infinite ocean of parent consciousness. The word 'pushpam' is derived from the Sanskrit root 'pooshayati', meaning 'to nourish'.

The 'Mantra Pushpam' affirms the essential oneness of the finite with the infinite. The ocean and flowers are one in the basic essence. That the human individual is capable of self-nourishment, self-healing and fulfilment from within is the crowning realisation of the sage in samadhi.

The felicity of such a realisation is expressed as ‘Pushpavaan, prajavaan, pashumaan bhavati’. Such a person is blessed with ‘pushpa’, established abode in the healthy body; ‘praja’, progeny and companions; and ‘pashu’, vehicle of knowledge and technology.

The universe is teleological, says Sri Aurobindo. The cyclone is like the proverbial Samudra Manthan, churning of the ocean. The cosmic forces of health, wellness and empowerment are the devatas which need a field and collaboration of companion forces of human tapas, sincere endeavours, tireless altruism and skilful use of knowledge.

Hope and power lie in the present moment, conscious choices. Shraddha, reverence, is the shakti that enables you to hang in there, dwell in the kaal chakra, wheel of time, and by submitting to the relentless pressure of its crunching wheel, exude a fragrance of hope, rejuvenation and compassion, even as you get crushed by it.

*The writer is a medical specialist and a teacher of Vedic chants*



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