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# Sensitivity Will Give You Right Perception

The English poet John Donne said: "No man is an island, entire of itself. Every man is a piece of the continent, a part of the main... Any man's death diminishes me, because I am involved in mankind." The crux of what Donne said is that the whole universe is one and everybody is an integral part of that whole. The same spirit runs in all, from the tiniest insect to the largest living being. Everybody is related to everybody else, or say, every living being is related to every other living being. It may even be said that every atom of the universe is a part of the whole. If such is the truth, then we are not islands or separate from everyone and everything else. When we realize this truth, we are bound to develop sensitivity towards all. That is the right vision and the right perception. Alas! we are blind to that great truth and face hatred, cunning, fraud, cruelty, insensitivity all around, which are the bane of our lives and the cause of our unhappiness, sorrow, depression and despair. When we adopt an attitude of a belongingness to the entire universe, the demon of ignominious selfishness will evaporate into thin air and we shall achieve the peace, serenity and tranquillity of mind we have ever been yearning for. In the context of what has been said above, it will be our worthwhile to develop in us that attitude of sensitivity and belongingness which will make us truly human. Other qualities like compassion, generosity, large heartedness and true perception of life will automatically follow suit.

Life is a journey through a series of incarnations. We have come a long way. We have got to go a long way.

The world journey brings to one's mind a goal to be reached and a path to be traversed. The trio of destination, road and movement, ever go together and each has a significance in relation to the other two.

In any case, a journey cannot be undertaken in the absence of knowledge of the goal or the route or the path leading thereto. We generally begin believing in the goal and the route told by different teachers and preachers.

We have developed the notion of separateness, foregetting that there is one force flowing in everything from the biggest planet to the tiniest particle. In such a universe there is no sharp division between the animate and the inanimate, the living and the dead. The great philosopher American author Emerson has written that God reappears with all His parts in every moss and cobweb. The English poet Shelley has said that:

Love makes all things equal,
I have heard
By mine own heart,
this joyous truth averred
The spirit of the worm
beneath the soil
In love and worship blends with

Therefore, when we use energy, we are using the one energy, which all have in common, the energy of the

God.

immanent. In this context, these words of the great scientist Albert Einstein are of very great importance: "A human being is a part of the whole, called by us the universe. A part limited in time, experiences himself, his thoughts and feelings as separated from the rest. A kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and affections for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion, to embrace all living creatures and the whole of nature in its beauty." Nobody is able to achieve this completely but the striving for this achievement in itself is a part of this liberation and a function for inner security.