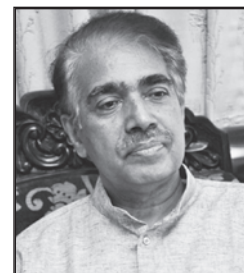


EDITORIAL



Be Ethical in Thoughts, Plans and Actions for a Peaceful, Joyful, Prosperous World

Greetings and Best Wishes to all our dear readers and authors of articles for a Happy, Prosperous and peaceful New Year with excellent health, energy and wisdom to succeed in one's personal and professional life.

In this world of chaos, natural and man-made disasters, coronavirus pandemic and such other challenges, how one can remain calm and peaceful and continue worldly activities; personal and professional? Firstly, we must analyse the reasons for such disturbing and distressing circumstances and realise that we are primarily responsible. Our greed based excessive exploitation of natural resources without any concern for sustainable development, utter disregard to the continued excessive pollution of environment and nature with waste like used plastics and other rubbish, emission of excessive CO₂ and other poisonous gases to the atmosphere resulting in global warming, deforestation due to indiscriminate cutting of trees from the forest, polluting our rivers, lakes and even the vast oceans. Our rat race to become rich and powerful, by hook or crook, engaging in corrupt practices and corrupting others to get favours and get other selfish interests at all levels - individual, community and regional are all the reasons. If individuals can reform and adhere to ethics and values in thoughts and actions it will also reform all other levels. We need to develop a powerful ethical mind which can harmonise with intellect and body and do the right. Learning and practice of yoga is an important way to develop an ethical and powerful mind

by communion and communication with the 'inner voice', the Divine self within. 'Jnana Yoga' gives knowledge and wisdom. 'Karma yoga' teaches to do our duty / dharma without selfish desire for one's own gains, but as a worship to God in the form of service to society and nature. 'Bhakti yoga' makes us realise God through prayers and worship and realisation of the oneness of God and universal brother-hood : Vasudhaiva kudumbakam- the world is my family.

Aham Brahmasmi, Tat tuamasi – Experience God within oneself. See self in others – God in me – God in you.

'Isavasyopanishad, The great Upanishad exhorts: *Yas tu sarvani bhutani atmakyevanupasyati Sanva bhute su catmanain tatona vijugupsate!*

The wise person who perceives all beings as not different from his/her own self as the self of every being – he/she does not by virtue of that perception hate anyone.

Dr. C.G. Krishnadas Nair
Chairman - Editorial Advisory Board

