



DIVINITY IN LIVING

For Stress Elimination and Spiritual Enlightenment

“An innovative capsule of values and codes for instant spirituality by Daduzen”

“The greatest art of living lies in living in a state of balance between spirituality and the mundane”

- Daduzen

Introduction

Before we take the step of implementing such a curriculum on spirituality, it is necessary to understand why it is needed. The demands of society from young people today are enormous. They are required to be competent in several aspects of life from academics to sports to being well behaved while also not succumbing to the addictive influences drugs, nicotine, television or even video games. At the same time, they must deal with the expectations of their parents and family, handle peer pressure and reconcile these with their personal needs and ambitions. As the opportunities for them have multiplied, post liberalization, so have the difficulties in ascertaining what they want to do with their lives.

It is therefore important for them to be well centered and to know who they are and what is important to them. Spirituality is a medium that will help them discover themselves and in the process learn what truly matters and know what their strengths are. It is a journey that will better equip them to deal with the pressures around them and to find true happiness.

On our journey from our present state to a better evolved state in terms of body, mind and soul, a few things have to be understood which are extremely important and that starts with a review of our present chain of thoughts and our attitudes towards our relationships in life.

The 5 noble truths as realized by the Sages

We are responsible for our own destiny

To a great extent we do not suffer for the mistakes of others. **We suffer mainly due to our own ignorance**, choices made due to that ignorance and our corresponding responses in life. So it is pointless to blame others for your misfortunes or sufferings. **Look within for answers**, as well as seek guidance from the true masters and elders, **reflect and rise**.

The Primary Aim of Life Is To Seek Perfection

The purpose of life is to **achieve a state of self-realization** or spiritual illumination.

This state of realization is also known as *Sat Chit Ananda* in Sanskrit. There are many paths to achieve this state. For example some paths open to us are in the way of *Asanas* (yoga postures), *Pranayama* (breathing exercises), *Meditation*, *Bhakti* (devotional prayer) and by the tenets of *Karma Yoga* and *Gyan Yoga*.

In order to change, we must be sick and tired of being sick and tired - Mystic

We are our habits

The root cause of **all sorrows such as pain, violence, ill-health, disease lies in our acquired bad habits** such as smoking tobacco, drugs, drinking alcohol, eating wrong foods, bad habits of breathing, wrong company, wrong ideas about humanity, high degree of expectations & desires, selfishness and greed.

All these have the potential to lead you towards violence by inciting anger, jealousy, envy, hatred within you and ultimately lead to ruin.

Your children are not your possessions

Every child that is born is only born through you. You are merely a passage and as such the child does not belong to you in the sense of being a possession as an object.

Each child carries his or her own fate as earmarked by nature and past actions. Do not try to possess your child instead facilitate the life of your child towards better learning and good health by inculcating positive as well as right values. This will empower them to face life with intelligence and equanimity.

Every child is a miraculous produce of nature brought into being through your body and the laws that encompass this universe.

Respect your body

This body of ours is a miraculous piece of bio-engineering devised by the divine hands of God and his supreme intelligence, unparalleled by any human being. The body is the temple of the soul and vehicle of the spirit energy in each of us. Therefore it is our obligation to maintain this God given body in its optimum state with a sense of sacredness and responsibility (response + ability).

Secondly our heart is the altar of this temple wherein God resides. You may ring a thousand bells in concrete temples, but if the bells in your heart do not ring then nothing extraordinary in your life will happen. Moral of the story always check your heart or have your heart checked. If you purify and strengthen it, it will pump better and enable you to live a healthy and cheerful life.

If you are not your own doctor then you are a fool - Hippocrates

Living with the 5 D's

We must all learn to live life with Dignity, Discrimination, Devotion, Dedication and Discipline.

Dignity

Living life with dignity implies living with an understanding that we are all part of the divine irrespective our caste, creed or color or religion or status. In the eyes of God we are born equal and without any enmity from God towards us, His eternal flock.

So you should learn to walk with your head held high and walk in self confidence, self respect and self esteem, but without any pride or any superiority or inferiority complex. You should find your balance and live at peace with yourself in total acceptance of your current personality.

Discrimination

This means training yourself to differentiate between the transient or temporary aspects of life and the real or permanent. We all have to conserve our energies and by not giving importance to unnecessary things in thought, speech or action. We should stop imagining wild things in desire or any kind of fear.

Learn to distinguish between Dharma and Adharma and apply yourself armed with certain values in life.

Devotion

This has a few aspects to consider:

- 1) Whatever you do in life, for your own self or for the welfare of others, **be devoted to such acts and people.**
- 2) Living in devotion to your master, guru or God feelings, and your parents. **Always be devoted to elders with a feeling of servitude and to God with a prayerful attitude** in your heart.

Where devotion to God is concerned It is not necessary to go somewhere, any temple or place of worship, to pray. You can pray anywhere and at any time.

Dedication

First is to **be dedicated to your work** from where you are able to earn your livelihood and secondly as time prevails one should **be dedicated towards at least one social cause** or some service to humanity. Without this sense of commitment it is very difficult to withstand the vagaries of circumstances and diligently complete your task and or strive towards the fulfillment of your task.

Discipline

This word has many connotations. We must **understand that discipline is all about control**, and training to be regular and orderly. For example if you are reading to learn then it is imperative to make time for regular revision.

Whatever you resolve to do, do it on a regular basis to reap the maximum benefit! It could be any form of exercise, meditation, study, contemplation or introspection.

To find enough time attend to your obligations and duties is a part of one's discipline.

Learning not to delay and procrastinate (Everything tomorrow or some other time) is an aspect of discipline. Without this attribute one's life becomes like meandering river sometime here, sometimes there. In other words, the mind becomes a loafer.

Morality based on Yamas and Niyamas is mystically known to produce a healthy crop of moralists ready to serve in the interest of humanity" - Mystic

The 5 Yamas

Yamas means a set of social codes, ethically inclined to bring into our lives a certain amount of peace in our interactions with the world. That is within all our Relationships and our Environment.

Ahimsa

The first and foremost is the practice of Ahimsa: which means **the practice of non-violence** or, in other words, non-injury to any person in thought, word and deed.

This practice alone will shower your life with grace and your lives will become a fragrant and colorful garden in due time. As this will eventually create love for one another, one must ask oneself, is there any greater feeling than true love? It is said God is love and you can surely find God within you if you come to a point in your life that you begin to love everyone. This aspect of loving is difficult but very much possible.

Everyone, big or small, rich or poor, must **practice Ahimsa to understand life better**. First we practice within the four walls of the family and then later on, as you progress and become more sensitive to the feelings of others, in the outside world. As the fountain of compassion starts flowing from your heart you will come to know what to do or not to do in your daily life.

However it is important to know that this word is not an absolute and has been misunderstood to the point that people over the millennium became complacent, leading to the various tragedies wrought upon nations and communities by invaders and aggressors. Therefore some exclusion have been made and which needs to be understood and pondered upon .Mystics are of the opinion as follows” Anyone who by the use of brute force wants to take possession of your property, abducts your loved ones, comes with a weapon to kill you, snatches your wealth, lets fire, wants to take life by administering poison is called “Atatayii” and so to fight in defense becomes an exclusion. “ On a macro level “any nation or person wants to occupy all or a part of another country “then the use of physical force is not against such invading forces” Any action with a true spirit of rectification (like parents punishing a child)- not to create tears though but connection(the intent) is not considered Ahimsa.”

“So the use of force against an aggressor to defend is valor and to desist to use of force in retaliation to protect oneself or a larger number of people is cowardice. However it is necessary to acquire adequate strength before declaring war against the aggressor.” “To pardon aggressors before correcting their nature is encouraging injustice.” “However if you find that the aggressor is bent on destroying you whether you use force or not ,it could be better to die at least giving a blow to the best of your might without wanting to assemble the adequate forces.” – Sri Sri Anand Murt. In conclusion ‘Ahimsa’ and its practice is double edge sword like many other virtues and one has to have a balancing act attitude and rise out of all confusions and wrong interpretations.

Satya

Satya means truth. We should all refrain from lies as much as possible. It is not so easy especially when you are in fear of someone. But we all have to try. In addition, **this practice also involves not breaking our promises, not to betray anyone or their confidence and not to resort to any kind of injustice.**

People who tell lies to cheat people ultimately become candidates of a disease called schizophrenia and other mental problems arising out of guilt and fear.

All these negative thoughts accumulate, causing mental stress which leads to tension, and this tension in the body leads to disease.

In other words it implies proper action of mind and the right use of words with the spirit of welfare. Even though it envelopes the word true or truth(“RTA’in Sanskri) it does not mean to state facts like in a case of protecting the innocent or giving sad – upsetting news to someone instantly or abruptly to avoid emotional shocks. This way the dignity is maintained.

This means non-theft or non-stealing: We do not have much to explain as we all have heard this from our parents and elders in our society. **People who resort to any kind of theft eventually pay it back the hard way** as a consequence of the Law of Compensation. Or as the law of *karma* says, there is always a reactive *karma* for every act, good or bad.

That is why great souls like Christ said “Do unto others as you would have them do unto you.”

This would also imply

- 1) Learning to live within your means.
- 2) One who steals other people’s rights, property, money and possessions by force or trickery is violating the principle of *asteya*.
- 3) To live by corrupt activities, extortion, kidnapping and other painful acts is also a violation of this principle.
- 4) Depriving others of their dues, not returning loans, not paying taxes ,not paying timely salaries is considered as stealing.
- 5) There is as an aspect of theft which is psychic in nature and therefore planning a theft (Mental stealing) It is only the fear of law or adverse criticism or condemnation that prevent you from doing action.
- 6) **When such evil karmas are accumulated by parents, the effect is also felt by their children**, which causes much suffering to the growing child.

Brahmacharya

This word has confused many people and we will now try and achieve a better understanding.

In its actual meaning, **it means one who lives in Brahman** or the experience of Brahman (the unchanging reality amidst and beyond the world). The sages of the Upanishads teach that **Brahman is the ultimate essence of material phenomena** (including the original identity of the human self) that cannot be seen or heard but whose nature can be known through the development of self-knowledge.

But nowadays to a Sannyasi or a Swami it means to have sexual restraint or sexual abstention, the practice of which will depend upon their maturity and degree of dis-identification from the gross levels of physical and psychic bodies.)

For the householder it means regulating your sexual life by avoiding over indulgence and preventing the loss of vital life force due to extensive loss of sexual emissions. Having discipline in sexual life gives you enough time to spend on your spiritual life and the development of self-knowledge.

Aparigraha

This means **non-possessiveness**. This practice involves constant inquiry to your self and asking your self-questions like, is this really mine? or is this is a temporary gift from God or a temporary result of your past good actions.

If you always assert this is mine and I am great or I am powerful or rich or famous, these kinds of assertions lead to greed or anger. **When someone steals your possessions or strips you of name and fame this will make you angry, vengeful or depressed.**

When all this affects your mind, the nearest thing you will grasp is either a cigarette or alcohol to reduce the burden of negative thoughts and the restlessness it causes. Nobody can say with 100% confidence that

I will be rich forever or I will be famous and powerful for ever. So the best way to live is to be detached from possessions. **Let all your wealth and comforts be there, use and enjoy them as much as possible but do not assert that this is mine.** Never misuse or abuse your material objects. Aparigraha is an endless fight to reduce one's own objects out of sympathy for the common people, after ensuring that individuals are able to maintain solidarity in their physical, mental and spiritual lives for themselves and their families.

Play the game of life not to compete with one another, but with understanding and cooperation.

Niyamas

These are individual codes of conduct so as to reduce or remove all the inner conflicts and make the mind tranquil for better or harmonious living and at the same time prepare the mind for concentration and meditational practices.

Shaucha

This is a very important aspect of living. **It means clean in body and mind**, which certainly extends towards the environment.

It is said cleanliness is next to Godliness and therefore no one should ever compromise with unclean and unhealthy situations.

In practical terms, the body must be regularly bathed and cleansed of all dirt accumulation at the level of the pores of the skin so as to enhance perspiration, evaporation and removal of free radicals from the body. One must ensure that the nails are short and clean, and the hair is properly groomed.

One must be aware and alert to make sure one eats unadulterated food. Also, eat fresh and nutritious food to maintain a healthy body and mind. It has been realized by mystics that food plays a great role in the context of your *Sadhana* or meditational practice. So by taking care of all aspects of cleanliness one can be assured of a body free of disease and better immunity to tackle all kinds of infections.

On a mental level the purity of the mind gets distorted when people are driven by instincts and sentiments and direct their mind towards objects of pleasure and mind that gets crucified by constantly being goaded by selfish motives oblivious of the possibility of doing harm to others. In another case scenario when an acquaintance suddenly more money or acquires prestige fame or knowledge then people develop jealousy towards him or her. People suffer from mental trouble at the prosperity of others. People should reflect upon their own shortcomings and creating mess in their own minds instead of thinking ill of others or blaming others.

Santosha

This means **contentment**: Not external contentment to impress others but inner contentment.

What it really means is that you should **find acceptance for the things that you cannot change** and stop complaining and blaming others or gossiping or maligning others for your shortcomings.

Be aware of your moods and ask why there are so many fluctuations in your moods.

Sometimes happy and sometimes unhappy, like a pendulum our lives are move, with hardly any moments of peace and contentment. **Only a content mind can do something good** for one's family, society and also be prepared for prayer, devotional activities and meditation.

Tapas

This means **austerity**, implying some control and a conscious change from your normal routine life.

For example: keeping a day long vow of silence once in a while or fasting while eating only fruits or salads once in a while, is exercising control over your senses. So is avoiding TV and spending time teaching your children or in learning something new.

In the long, run this practice will be extremely beneficial. Slowly and gradually you will develop will power and **when you have sufficient will power you can easily get rid of disturbing thoughts** from your mind. It must be noted that disturbing thoughts are responsible for your tensions and disease. The more calm you are the less disease will affect you.

Swadhya

This means **self-study**. One must realize that this universe is a university to educate our souls.

Therefore in order to improve our living conditions and maintain our balance it is **important to constantly study some aspect of life to achieve a state of excellence** and merit.

This also implies self analysis and to watch your actions and reactions with growing awareness. By this you will slowly become aware of the things that disturb you and you will be able to attend to them consciously with a non-violent solution.

Ishwar Pranidhana - Self surrender or Submission to the cosmic intelligence.

This surrendering of all your actions to the supreme consciousness or God means that **all your actions should be a dedication of worship**.

This is a very important matter to understand. Some people may fall into a trap, become lazy and say to themselves, "OK we have surrendered everything to God, so let Him take care of everything and I am going to relax under this tree or beach and do nothing".

What we should surrender in earnest is the result of all our actions and dedicate to God our hearts. We should never marginalize our actions but continue to act in a *dharmic* manner in life.

Besides, this aspect of surrender has a great psychological benefit. **By bringing this feeling in your daily life, one's ego gradually decreases**. If you think about this carefully, you will also come to the conclusion that it is the ego that causes so many mental and emotional problems. It is this wrestling match of the ego which creates enmity, hatred, anger, jealousy, envy etc. So the best solution is to surrender in a prayerful mood and full of trust towards the Great Architect of this universe.

So let us pray that the Lord of your hearts takes away all your loneliness and show you the way to be Alone meaning "All in one."

When we all practice the values of 'Module Dilse' which is not a new philosophy but it is a different and innovative package for a quick approach to spirituality and national and world peace.

“Not by revolution but by evolution” - Daduzen

Implementation Plan

Created and implemented by Milaan on 15th August 2013

The curriculum covers 20 points that together make up the foundation of this spiritual philosophy. To give each idea its rightful due and to provide enough time to comprehend, at least, the framework of the concepts, the following plan is being adopted.

Each week, one idea will be taken up and discussed in the morning assembly. These will be five to ten minutes with a few stories to introduce the idea. For the rest of the week, all members of the school will implement that idea in their own lives, to the best of their abilities. At the end of the week, the class teachers will invite their students to share their experiences and learning during the week. They will use the concrete experiences and if required examples to flesh out the idea and underline its importance.

Besides this, during the morning assembly every day there will also be a 5 minute meditation, where the students will be asked to sit quietly for 5 minutes and meditate before beginning their school day.

The above spiritual orientation program is presented by courtesy of Daduzen

Milaan Be the Change

First organization to implement the curriculum



The name Milaan is a combination of two words: Milan (मिलन), meaning union and Elaan (एलान), meaning declaration, which together signify the coming together of diverse but likeminded young people for a declaration of change.

Milaan Be the Change is a youth-led non-profit organization that works to educate children, enable youth and empower communities in rural India. It provides a platform that identifies, incubates and invests in youth led social actions to transform rural communities.

As an organization, we believe it is imperative to bring about equality in society. Such equality will only exist, when the children and young people in rural India are offered the same opportunities as are available to those of us fortunate to be in the cities of India. Only then will the divide between the two Indias, so often talked about, begin to be bridged. It is our belief that the penetration of quality education in rural India is the surest means by which access to opportunities can be opened up.

The three words on our logo - Educating, Empowering and Enabling - are a reflection of our philosophy. Together they recognize the fact that providing education in itself is not sufficient to bring change. It must be education that provides not only knowledge but also develops the abilities, skills and attitudes of disadvantaged children and youth so that they become capable of taking advantage of the opportunities around them and also are able to create opportunities for themselves where they may not exist.



OUR PROGRAMS

Swarachna Learning and Resource Center, Kaintain

Milaan, in 2007, initiated “Swarachna Learning and Resource Center” in a remote, rural village called Kaintain in Sitapur District, Uttar Pradesh. The centre started with 10 students and one teacher operating out of a small hovel.

Having completed its 5 years in October 2012, it currently provides education to around 400+ in-need children. It is the first and only Senior Secondary School in 13 villages in Sidhauri Block of Sitapur District.



The center, besides providing education, acts as a creative learning space for the children, introducing them to the larger world, by means of books, magazines, critically selected movies as well as documentaries and then encourages discussions, debates and exploration of these new ideas.

Swabhiman



Swabhiman aims to empower girls who have dropped out of school at any point between Class 5 and 9, to help them get back to school and clear class 10. The philosophy of Swabhiman comes from the belief that educating a girl is educating a future family. Educated women are better able to manage their families and take a more meaningful part in their community.



The girls enjoy a game of football

Providing quality education is only one aspect of Swabhiman. The girls also receive Vocational Training which includes computer literacy, stitching, life skills training and sports. Exposure visits also form a part of the program.



Mobilization work

Mentor Mothers are fundamental to Swabhiman. The concept of Mentor Mothers was introduced to provide comprehensive support to our Swabhiman girls. Mentor mothers are benevolent, strong, confident and independent women from a nearby city, who have been sensitized to the issue of, out of school rural girls, and who wish to bring about change in the lives of such disadvantaged girls and nurture them. They are selfless individuals who are concerned about the overall welfare of their wards.



Swabhiman's new batch

The program being run at the Swarachna Learning and Resource Center, Kaintain, has expanded to 100 girls this year. A new centre has also started in Bahraich with 30 girls.



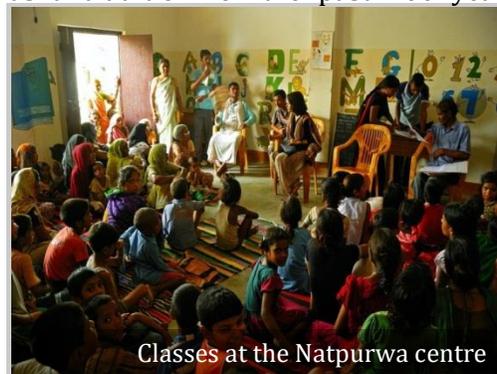
Home Visits

Swarachna Learning and Resource Center, Natpurwa

Natpurwa is a village that has been following prostitution as a tradition for the past 400 years. Unbelievable but true, prostitution has been silently accepted by the villagers.

The need now is to create awareness against the vices of this blindly followed custom. Adolescent girls are at high risk. It is understood that education is the only way through which awareness can be spread and can help them access better opportunities.

Milaan has established a Learning and Resource Center in



Classes at the Natpurwa centre

Natpurwa. This center, facilitated by teachers, will work to provide quality education to the children of the village, with special focus the girl child. The center will also act as a space for gatherings and meetings where the youth of



The Centre from outside

the village will receive trainings on capacity building and will be encouraged to discuss issues prevalent in the village.

The Centre has been operating since January 2013, with 102 children and two teachers. The centre runs in two shifts morning and evening.

Swarachna Entrepreneurship Center, Kaintain

It is very common for educated youth in rural India to migrate to cities in search of a better life. They are compelled to take up jobs that, sometimes, do not even fulfill their basic needs; at the same time separating them from their families and friends. Such lack of success also reflects badly on their self-esteem when they cannot see themselves fulfilling the dream they had brought with them to the city.



With this in mind, Milaan created a platform that identifies, incubates and invests in youth-led for-profit enterprises in rural Sitapur. By setting up an Entrepreneurship Center, Milaan seeks to motivate young people between the age of 18-35 years to start their own entrepreneurship ventures. This empowers them to meet all their own needs while also ensuring that they remain amidst the people they've known. In turn, this will create opportunities for the people around them and make them capable of giving back to their community.

Midday Meal

Milaan's Midday Meal program provides the 400+ children studying at the Swarachna Learning and Resource Centre a complete meal as part of their daily routine during the school day.

The one instant and visible impact of this program has been that the incentive of a full belly keeps the children coming back to the school every day which means that they regularly attend classes which in turn has a direct impact on their grades. It has also improved their health, allowing them to avoid falling ill thereby being able to attend school still more regularly.

