



JULY 2021 (VOLUME - II)

SHADOW SPEAK



**NAVY CHILDREN SCHOOL
VIZAG**



We don't always need to be inspired or motivated; sometimes we just need to slow down and reconnect...

During our quest for greater happiness, success and freedom, we often neglect our spiritual side. As human beings, it's important for us to develop spiritually. Because it's at the core of who we are and what drives us.



We have embraced the change that crept -in in 2020 and this was a challenging change - a never dreamt change. The most effected are the children. Staying indoors with no physical activity to do, sitting in front of their gadgets all through the day.

We as elders should make the children to see this change as a chance to search themselves within themselves.

***You have to grow from the inside out. None can teach you, none can make you spiritual. T
here is no other teacher but your own soul.***

- Swami Vivekananda

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Taking a step in this direction, we have dedicated this edition of e magazine to SPIRITUALITY. Thank you for your inputs for culminating this theme.

Dr Parul Kumar

Principal,

Navy Children School,

Visakhapatnam.



“You have to grow from the inside out.

None can teach you, none can make you spiritual. There is no other teacher, but your own soul.”

--- Swami Vivekananda



Spirituality in broad concept means search for meaning in life. Every individual's personal definition of spirituality may change throughout their life. This change could be based on their experiences, connectedness to the moment, to self, to others, to nature or sacred.

Mindfulness can be the tool to discover how spirituality manifests our life, it teaches us to be aware of what is happening in our body and mind. At this present moment we need to explore beliefs, perspectives and experience in a new way that may lead us to new insights around spirituality and help us embrace them with courage, faith and hope.

We need to broaden our outlook to recognize and incorporate a connection to something larger than our self. Seeking a spiritual purpose has its own reward: to savour life and flourish in areas like personal relationship, self esteem and finding meaning in life.

I would sum up by saying, spiritual purpose is not necessarily to connect to anything materialistic but to find “TRUE HAPPINESS.” Sending to all readers love and light.

Mrs. Vijaya Negi
Vice Principal,
NCS, Vizag.



Beware Of “Your” Enemy...It’s Inside You Only!

Don’t hold on to “me”. It will destroy “you”.

In this world where all of us are achieving something or the other, Where each one of us is consuming lots of information and knowledge every day, Where everyone wants a tag of “successful” in front of his name, all these things we do is making our “enemy” stronger than us.

The enemy that unknowingly harming us every moment is **EGO**.

Yes we all have listened to all these stuff like ego is bad, Keep your ego under control...But what I think about Ego is something different.

So what is Ego??

Ego is everything that is a part of your “self-identity”.

Let’s say your...

Sanjana. O

Parent of

V.Praneeth Prakash 7E

V.KsheerajShankar 6E



SPIRITUALITY IN THE NEW WORLD

Spirituality is a process of personal transformation, either in accordance with traditional religious ideals, or, increasingly, oriented on subjective experience and psychological growth independently of any specific religious context. In a more general sense, it may refer to almost any kind of meaningful activity or blissful experience. There is no single, widely-agreed definition for the concept. Spirituality can never be taught by anyone.....The only teacher is your soul. You have to grow from the inside to become spiritual.

Religion can be preached by many but spirituality is not religion as we perceive it. Religion is connected solely to God but spirituality is the domain of awareness where we experience values like truth, goodness, beauty, love and compassion, and also intuition, creativity, insight and focused attention. Religion has divided humanity through narrow domestic walls of caste, creed, color and race. Religious gurus say that Vishnu is the best or Jesus is the best or say Allah is the best and urge us to focus solely on our religion, disregard what others say. But I believe that the origins of all religions should be taught because then we will our similarities and not just our differences. I believe that if Vishnu, Mohammed, Jesus, Buddha and Moses were to meet, they would be the best of friends because the spiritual basis of all religions is something that promotes unity.

Today's youth lives a hectic and pressure filled life. People see a chair and think of it as a piece of furniture....They never appreciate the hard work that has gone behind making it what it is....nor do they sympathize with the tree from which life was torn out with a single stroke of the axe Spirituality helps us find mental peace and contentment. We learn to be mindful of what we are doing and what we see. While eating a fruit spirituality not only makes us mindful of its taste but also makes us think of the way it became what it is, it makes us see the blossoming tree, the rain, the wind and the sunshine....as well as the farmer's hard work and the patience and care with which he nurtured the little sapling into a fully grown tree.....

Today's youth struggles to find the purpose of their existence....the struggle to find peace and support in this harsh and fast paced world. They have started to lose faith in religion because it never gives them what it promises. They fail to relate to what is preached to them..... Depression is rife among the younger generation. People frequently commit suicide under peer pressure, lack of success, lack of friends, love or satisfaction in what they do. People have lost their will power....they can no longer cling to hope, hope that tomorrow might spell the arrival of brighter times. They no longer find the reason for their existence and collapse under the burden they have to cope with everyday. It is here that spirituality again comes in. "I am spiritual but not religious" is the ongoing trend....They no longer want to abide by written rules to approach God, they want to explore...find unconventional paths to inner peace and material success. Young people follow spirituality because they want to take their life into their own hands....be free to do what they want and whenever they want without any constraints...they want to feel responsible for their own life and what they do....they no longer want to put the blame of their failures on God nor do they want to give the credit of their successes to Him. They no longer want to box themselves in as A Hindu or a Christian or a Muslim. They believe that when they die, all their accounting will be done to God and then they don't want to walk through a door with a label on it...because there is only one God and for Him...it doesn't matter which religion you belong to...what matters is what you have done in your life. And this is



what spirituality actually does, it doesn't teach you about God, it teaches you the fundamental principles of life, gives you advice on how to live and helps you understand the true value of friendship, honesty, love and other qualities.....It makes you see the brighter side of life, see the good in others and keep your faith in humanity.....

Spirituality does away with the concept of Hell and Heaven. It removes the fear of the afterlife. The elusive concepts of Hell and Heaven prevent people from exploring, experimenting and trying new things....because they never know what's right and what's wrong. We often make mistakes but spirituality makes us take the responsibility for them. We lie, cheat and hurt people- sometimes on purpose but we always feel sorry for what we have done and apologize but spirituality makes us do so because we know the values of friendship, love and honesty...we know it's wrong so we do it but never out of fear for God.

Today's youth suffers a lot under depression and stress....peer pressure often makes them think that they are useless and just a waste of space.....they are better off dead so that someone better can take their place. Spirituality calms their troubled soul, gives them hopeIt makes them think rationally. It stops people from thinking that they are just a waste of space and are better off dead so that someone better can take their place because it creates a doubt in their hearts: "How do they know that that someone is going to be better than them....He or she could be worse for all they know". This gives them hope... hope that God must have sent them into this world for a purpose and that tomorrow might spell the arrival of better times.....The Almighty is as perfect as anyone can be...spirituality opens our mind, removes evil from our hearts helps us reach the stage where we no longer hold any attachment to this material world and where problems and poisonous words and deeds said and committed by mere mortals can no longer hurt us....

To attain enlightenment we must never approach God with the thinking mind because it may only stimulate our intellectual activities, ideas and beliefs...we should try to do so with our crying heart because it will awaken our soulful and spiritual consciousness. Religion, as perceived by us, boxes us in and prevents exploration, experimentation and free mixing between people. True religion and spirituality are so entwined that it is impossible for us to tell the difference between them.....there are scarcely any who understand religion's true meaning so we just follow what we understand. Religion, as perceived by us, makes us a devotee of God while spirituality brings us close, in terms of qualities and wisdom, to the Almighty Himself....

The majority of this generation may be self-centred in many ways but we are more concerned with finding the true purpose of our existence and discovering beauty and hope where it seems nonexistent than many generations before us. Our Generation had no Great War or Great Depression....our war is spiritual and our depression is our lives.....Spirituality, peace, happiness and religion, are what we fight for and the quest for which makes us stand up against injustice and fight for what we deserve...

**ANURAG SINGH
F/O AADITYA SINGH
UKG**



SPIRITUALITY

Spirituality is a process of personal transformation, either in accordance with traditional religious ideal, or, increasingly, oriented on subjective experience and psychological growth independently of any specific religious context. It involves the recognition of a feeling or sense or belief that there is something greater than myself, something which is more to being human than sensory experience, an opening of the heart is an essential aspect of true spirituality. Spirituality can ever be taught by anyone.... The teacher is your soul. You have to grow from the inside to become spiritual.

Religion can be preached by many but spirituality is not religion as we perceive it. Religion is connected solely to God but spirituality is domain of awareness where we experience values like truth, goodness, beauty, creativity, etc. Today's youth lives a hectic and pressure filled life. People see the success but not the hard work behind that success..... Today's youth struggles to find the purpose of their existence, the struggle to find peace and support in this harsh and fast paced world. They have started to lose faith in religion because they don't get what it promises than the depression is rise among this young generation. People commit suicide for several reasons. They follow spirituality because they want to take their life into their hands and want to be free of doing what they feel like, they want to be responsible, they don't want to put the blame on God for their failure nor they want to give the credit to him.

They believe that when they die, all their accounting will be done to God and then they don't want to walk through a door with a label on it. It doesn't matter which religion you belong to no matter what you have done in your life. Spirituality teaches you about the fundamental principles of life, gives you advice on how to live and helps you understand the true value of honesty, love, friendship and other quality.

Spirituality does away the concept of hell and heaven it makes you see the brighter side of life, see the good in others and keep your faith in humanity.

Young generation had no great war or depression. Our war is spiritual and our depression is our lives. Spirituality, peace, happiness and religion, are what we fight for and the quest for which makes us stand up against injustice and fight for what we deserve.

- BY RAJKUMAR MAURYA



Spirituality in the new world.....

When we talk about spirituality, the main thought which comes in our mind is the universal energy. Spirituality is basically connecting to the universe. Universal energy is present in each and every part of our body and soul. The only thing is that we are not aware about it. Once we accept it, the connection becomes visible and we are able to feel it fully. The realization of our own soul energy, makes the connection to the divine easy.

In today's modern world, most of us are busy chasing the materialistic comforts. Along with it comes stress and lack of mental peace and many times health issues also. So what is the solution.....? We just can't leave our family, friends, job or society.....in order to avoid stress. In today's world money, physical comfort, luxuries play an important role which cannot be neglected. Everyone is busy chasing their own dreams, which is not wrong also. But in this race we have forgotten few things which need to be done to maintain our physical and mental health. Stress has become a part of our life nowadays. We are willingly welcoming stress in our life...in our mind.

We need to balance our material world and our spiritual strength. A proper harmony and balance between these two will surely help us to reduce our stress. The art to balance spirituality and materialism can be attained by doing certain things. The most powerful tool to master this art is **meditation**. Meditation is like listening to the divine universal messages , listening to our own higher self.

Another tool is connecting to the nature. When we spend time with nature it rejuvenates our whole spirit. Music also has very soothing effect on human mind. It relaxes our body and mind both.

In today's modern world, the best and the cheapest way to detoxicate ourselves from the harmful effect of modern lifestyle is, to meditate while listening to music (of your choice), sitting in the lap of nature. The element of nature can be brought by few green plants as everyone doesn't have a garden. Believe me....these few peaceful moments spent in your own company will do wonders. You will be filled with a new energy. The pandemic brought the whole world to a halt. We actually got the time to think and realize that however advance we may become there is a force, an energy which is beyond our control.....Saluting that divine force, let's get spiritually connected. This spiritual connection helps us to become a better person, a better human being. If each person strives to become a better version of one's own self by following spirituality, no doubt the world too will become the best version of itself.

- Jyothi Rai



Spirituality in the new world.....

Man's relation spirituality with the spirit world is no more wonderful than his connection with the natural world. The two parts of his nature respond to the same affinities in the natural and spiritual world. The spirit world is regarded as an external environment for spirits. Although independent from the natural world, both the spirit world and the natural world are in constant interaction. To be spiritual has always been also understood as to be gentle has unfortunately to be gentle has always been misunderstand and misinterpreted as to be soft or to be weak.

If a man of spiritual truthfulness and democratic action, both at the public and personal levels, with a unique method of struggle that combined political pragmatism with ethical integrity. If intention is to evolve as an ongoing process every day, every hour, every moment, if want to evolve, the brake should go off. Only then it will roll. For example, driving a car or whatever, don't have to keep the throttle on all time; if have it on for some time and then leave it depending upon the kind of terrain are doing, it will keep rolling as long as don't touch the brakes, it keeps rolling. Life and spiritual process is like that too.

If you reading a book is called literacy, not spirituality. When people use the word life, we have to shift through that, because we may be talking about their job, we may be talking about their family, pet dogs and wealth or business, all gathered on things only to enhance this life, but this totally forgotten. So, if this comes into attention, use this most corrupt word called "Spirituality".

Restlessness and stress are aspects of life they are making too many people's life bitter. Stress is like friction in a machine. If all to know manage the body, mind, emotions and energy there is no question of stress. Most people think it is their job, family. It is the life situations, taxes, unpaid bills are stress. Stress is enable inability to manage the own system. Life situations are there always for everyone but each person manages it differently depending upon how smoothly his or her own system functions with itself. The simple tools for a stress – free life are must be able to harness the process of mind and body.

The restlessness be taken away and brought to restfulness; if you are giving it too many names, Don't give it too many names for any problem. Your problem is just this, your body and your mind are not taking instructions from you, that's all. If you give too many names because you like to decorate your problems. If you decorate the problems, you may not get rid of it. Your body and mind are not taking instructions from you so if these two things were taking instructions from you, if you want action, intense action, do not want action, absolute stillness. Both would be possible. The reason is for not taking instructions from you that you are like a super computer without a keyboard. 'Should your body and your mind take instructions from you, you and you alone and nobody but you'.

Satish Babu

F/o. Lohith Babu - 4D



SPIRITUALITY IN NEW WORLD

“The spiritual journey is the unlearning of the fear and acceptance of love.”

-Marianne Williamson

1. **Introduction.** Spirituality is a process of personal transformation, either in accordance with traditional religious ideals, or, increasingly, oriented on subjective experience and psychological growth independently of any specific religious context. In a more general sense, it may refer to almost any kind of meaningful activity or blissful experience. There is no single, widely-agreed definition for the concept. Spirituality can never be taught by anyone.....The only teacher is your soul. You have to grow from the inside to become spiritual.
2. **Religion:** Most of the time we get confuse between religion and spirituality, Is it same?? Getting a closer look into it we can understand that religion is more of the way in look into god it is connected solely to god but spirituality is more like awareness of things around us, it is more like being aware of all positive energy around us, it's about experiencing values of love, truth, beauty, love, compassion. Religion has divided humanity through narrow domestic walls of caste, creed, color and race. Religious gurus say that Jesus is the best or Allah is the best or say Vishnu is the best and urge us to focus solely on our religion, disregard what others say. One shall lay emphasis on origin of this religion gurus. I believe anytime if Allah, Jesus, Vishnu would meet they would be best of friends.
3. **Spirituality:** Today's youth lives a hectic and pressure filled life. People see a chair and think of it as a piece of furniture. They never appreciate the hard work that has gone behind making it what it is nor do they sympathize with the tree from which life was torn out with a single stroke of the axe. Spirituality helps us find mental peace and contentment. We learn to be mindful of what we are doing and what we see. While eating a fruit spirituality not only makes us mindful of its taste but also makes us think of the way it became what it is, it makes us see the blossoming tree, the rain, the wind and the sunshine....as well as the farmer's hard work and the patience and care with which he nurtured the little sapling into a fully grown tree.
4. **Problems in youth:** Today's youth struggles to find the purpose of their existence. The struggle to find peace and support in this harsh and fast paced world. They have started to lose faith in religion because it never gives them what it promises. They fail to relate to what is preached to them. Depression is life among the younger generation. People frequently commit suicide under peer pressure, lack of success, lack of fiends, love or satisfaction in what they do. People have lost their will power. They can no longer cling to hope, hope that tomorrow might spell the arrival of brighter times. They no longer find the reason for their existence and collapse under the burden they have to cope with every day. It is here that spirituality again comes in. “I am spiritual but not religious” is the ongoing trend. They no longer want to abide by written rules to approach God, they want to explore, find unconventional paths to inner peace and material success.



Young people follow spirituality because they want to take their life into their own hands, be free to do what they want and whenever they want without any constraints...they want to feel responsible for their own life and what they do. They no longer want to put the blame of their failures on God nor do they want to give the credit of their successes to Him. They no longer want to box themselves in as a Hindu or a Christian or a Muslim. They believe that when they die, all their accounting will be done to God and then they don't want to walk through a door with a label on it. Because there is only one God and for Him. It doesn't matter which religion you belong to. What matters is what you have done in your life. And this is what spirituality actually does, it doesn't teach you about God, it teaches you the fundamental principles of life, gives you advice on how to live and helps you understand the true value of friendship, honesty, love and other qualities. It makes you see the brighter side of life, see the good in others and keep your faith in humanity.

5. **What Spirituality Teaches You:** Spirituality does away with the concept of Hell and Heaven. It removes the fear of the afterlife. The elusive concepts of Hell and Heaven prevent people from exploring, experimenting and trying new things, because they never know what's right and what's wrong. We often make mistakes but spirituality makes us take the responsibility for them. We lie, cheat and hurt people-sometimes on purpose but we always feel sorry for what we have done and apologize but spirituality makes us do so because we know the values of friendship, love and honesty. We know it's wrong so we do it but never out of fear for God.

6. **Modern Day Challenges:** Today's youth suffers a lot under depression and stress. Peer pressure often makes them think that they are useless and just a waste of space. They are better off dead so that someone better can take their place. Spirituality calms their troubled soul, gives them hope. It makes them think rationally. It stops people from thinking that they are just a waste of space and are better off dead so that someone better can take their place because it creates a doubt in their hearts: "How do they know that that someone is going to be better than them. He or she could be worse for all they know". This gives them hope, hope that God must have sent them into this world for a purpose and that tomorrow might spell the arrival of better times. The Almighty is as perfect as anyone can be, spirituality opens our mind and removes evil from our hearts helps us reach the stage where we no longer hold any attachment to this material world and where problems and poisonous words and deeds said and committed by mere mortals can no longer hurt us.

7. **Conclusion:** The majority of this generation may be self-centred in many ways but we are more concerned with finding the true purpose of our existence and discovering beauty and hope where it seems nonexistent than many generations before us. Our Generation had no Great War or Great Depression. Our war is spiritual and our depression is our lives. Spirituality, peace, happiness and religion, are what we fight for and the quest for which makes us stand up against injustice and fight for what we deserve.

SMITA SINGH
MOTHER OF CHOPPA VAIDEHI - LKG-E
NCS, NKG, NSB



Spirituality In The New World

Spirituality is the broad concept of a belief in something beyond the self. It is a complex word to define, but very simple once understood/practiced. You might be wondering why I made this statement. Yes, It is true, Spirituality is simple if you are satisfied with your life with simple things. Confused? Well. Let me explain.

An Individual, who can understand/experience the difference between pleasure from physical objects and the pleasure in practicing spirituality, can enjoy the real sense of life. A spiritual purpose is about establishing a set of values, principles and beliefs that give life meaning to you, and then using them to guide the decisions and actions you take.

There were many a set of beliefs and customs that are being carried forward since ancient times represents our religion rather than spirituality. Religion and Spirituality are different from one another. Religious beliefs having Spirituality whereas Spirituality doesn't need religion. Religion doesn't consist in erecting temples or building churches or attending public worship. It is not to be found in books or words or in the lectures or in the organizations. Religion consists in realization of self.

It is very interesting to hear this statement. In this new world, so many people practicing spirituality without binding themselves to any religious practices. It is appreciable to practice spirituality in different methods such as Yoga and Meditation. The ultimate goal of spirituality is enhancing will power and hope. You may experience better confidence, self-esteem, self-control. It can help you feel inner strength result in faster recovery.

Spirituality is a sense of heart. Heart is a very good fertiliser anything we plant love, hate, fear, hope, revenge, jealousy surely grows and bears fruit. So, we must decide what to harvest. We are, what our thoughts have made us. So, Take care about what you think. Words are secondary and thoughts are live. They travel far. There is always conflict between heart and brain. Just follow your heart.

Health is a state of complete physical, mental, social well being and not merely the absence of a disease or infirmity. One should be mentally fit to become a healthy wellbeing. Spirituality has been linked to:

- ✓ Better health
- ✓ Greater psychological well being
- ✓ Less depression
- ✓ Less hypertension
- ✓ Less stress, even during difficult times
- ✓ More positive feelings
- ✓ Superior ability to handle the stress



I am very impressed by one of the quotes from Swami Vivekananda. Once a British asked “Why can’t you wear proper clothes to look like a gentleman?”. Swami Vivekananda smiled and replied “In your culture a tailor makes you gentleman. But, In our culture character makes a gentleman”. By these words, Will power plays vital role in shaping the individual than appearance.

I would like to conclude this topic by providing advices which might be helpful to younger generation.

- ✓ An environment plays a key role in the development of behaviour in children. A child brought up in an environment where prayer, yoga, chanting and practicing of religious customs exists would be having positive impact on self and society.
- ✓ Can you imagine a house constructed without foundation? I strongly believe the spirituality should have religion as the foundation.
- ✓ We should encourage our future generation to develop spirituality by respecting our religious norms and customs.
- ✓ Parents who encourage their children to focus on academic results should also encourage their children to habituate spirituality on a regular basis.
- ✓ Make peace with your past. So, It doesn’t spoil your present.
- ✓ What others think of you is none of your business.
- ✓ Time heals almost everything, Give the time, Some time.
- ✓ No one is the reason for your happiness except you yourself. Don’t blame neither man nor god nor anyone in the world. When you find yourself suffering, blame yourself and try to do better.
- ✓ Don’t compare your life with others, You have no idea what their journey is all about.
- ✓ Stop thinking too much, It’s alright not to know all the answers. Smile, You don’t own all the problems in the world.

ARISE! AWAKE! AND STOP NOT, TILL THE GOAL IS REACHED

—Mrs. Anu Rajesh
M/o. M. Aarush Gowtham (LKG-R)



Spirituality In The New World

Swami Vivekananda a patriot, philosopher, educator and above all a great spiritual leader...

Swami Vivekananda was a great religious, Hindu saint and a Leader who founded the Ramakrishna Mission and the Ramakrishna Math. Every person in India remembers him as an extraordinary person with spiritual thoughts. Swami Vivekananda was born in Kolkata on 18 January in 1863 as Vishwanath Dutt and Bhuvaneshwari Devi as Narendranath Dutt. His education was irregular, but he completed his Bachelor of Arts degree from Scottish Church College, Kolkata. His religious and monk life began when he met Sri Ramakrishna and accepted him as his guru. He later led the Vedanta movement and introduced the Indian philosophy of Hinduism to Western countries. His Chicago speech at the World Religion Parliament on 11 September 1893, where he represented India, helped establish Hinduism as an important world religion. He was a brilliant man with in-depth knowledge of Hindu scriptures (Vedas, Upanishads, Puranas, Bhagavad Gita, etc.). Karma Yoga, Bhakti Yoga, Raja Yoga, and Jnana Yoga are some of his significant and famous works. Swami Vivekananda's birth anniversary is celebrated as National Youth Day on 12 January every year since 1985. This festival helps inspire the younger generations as well as teach the religious ideals of Vivekananda in the coming generations. His teachings and philosophy are the guiding light for the youth of India, and his ideas have always inspired people and will still serve as a source of energy for future generations. On 04 July 1902, Swami Vivekananda attained Mahasamadhi and left this world, but his great teachings always inspired the world.

Swami Vivekananda was a great leader and philosopher who represented India on an international stage and won the hearts of the global audience. He was the promoter of spirituality, peace, harmony, and universal brotherhood.

Asharani
M/o Vihaan Patro
CLASS - 4 -F
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WHERE IS GOD?

It was three months since I joined academy and the only way we could be in touch with our family was the Sunday evening phone calls from cafeteria. We would have a long queue at the booth and at times we would miss our turn because someone would eat up into the time of those standing behind. It was on the unlucky side for three weeks and this weekend we had our prestigious X (cross) country. “Win the race and you would get the entire day in cafeteria” the Squadron Cadet Captain (SCC) said. It was D day and the Commandant flagged off the race. We all ran our hearts out but our squadron was not on the winning side. It was a long walk back and we were absolutely gutted. We avoided going to the cafeteria for what face will we show to the winning squadron who would be celebrating over chocolate pastries and cold coffee.

Little did I know that not calling up home for over four weeks would get my parents worried. And the next morning, my father called the number given in the joining instructions – The Adjutant. He said that I hadn't called for almost four weeks and asked if everything was alright. The Adjutant predictably was pretty angry with the SCC and thankfully did not tell my name. The SCC mustered the squadron and was visibly furious. “I am giving you guys fifteen minutes, call up your parents and give me a headcount. Go!” he shouted. The cafeteria was a five minutes run and few of us got a chance to talk to our families and again I was unlucky. I vividly remember that night where I wished if we all could have the superpower of telepathy and slipped into deep sleep.

We had our watermanship training the next day. We formed up into our groups and rigged our whaler and as luck would have it, Lord Vaayu took a day off which meant we had to row. The sun was beating down and we rowed for over half an hour. The instructor ordered us to rest our oars and take deep breaths. There was gentle breeze and we were sitting there slowly drifting in the water. “Cadet, you look pretty sad” he said looking at me. “Nothing Saab, I am good” I replied (academy ka first rule is not to crib about anything to any of the staff around). “*Ghar pe baath kab hui aapki* (when did you call up home)” he asked. I looked into his eyes surprised and muttered “*Kal* (yesterday)”. He took his small Nokia phone out and handed it over to me. “Take this and call up your parents.



I am not going to tell anyone” he said with a reassuring smile. I refused politely, but he insisted. “I have spent enough time at sea to understand how it feels to not being able to call up home. And I can see it in you too. Take it” he said. When he said that, I couldn’t resist. I spoke to my mother and never felt so relieved in life. Some of the members in my group also called their families.

I never really believed in God in mythological terms for it felt like a selfish creation to blame all mistakes and to be unreasonably selfish in our demands. But that day, that morning, that hour – I experienced the presence of God. My instructor was God that morning for he facilitated something I badly needed without me even asking him for it. It was a watershed moment for I remember every detail of it. Every morning we wake up praying to the Almighty to give us strength to wade through our lifes` problems but little do we realise small acts of kindness can make a sea of difference in someone elses` lives. Let us strive to help others in ways we can, giving lift to a person in need or helping someone out with something we are good at or something as small as greeting others with a smile – we never know what can make a difference in others` life. For God is in the detail, he is in the food we eat to the air we breathe, for he is omnipresent, for he is in you and me!

About the Author.

Lt Cdr B Venkata Phani was commissioned into the Indian Navy on 05 Jul 10 and is an Anti Submarine Warfare Specialist. He is presently posted at WATT(Vzg). He is married to Mrs Navya Sumedha who is a freelance artist and the couple have twin daughters Ameya and Anika who are studying in LKG, Section D at NCS (NSB Branch).



नव जगत में आध्यात्मिकता

भारतीय संस्कृति में, आध्यात्मिकता का एक सर्वोपरि स्थान है। वर्तमान समय में 'अध्यात्म' शब्द प्राचीन काल से संबंधित शब्द लगने लगा है। इसे एक असाध्य और कष्टमय प्रक्रिया समझते हैं। अध्यात्म का अर्थ –**स्वयं का अध्ययन है।** अर्थात् बाह्य व आंतरिक रूप से स्वयं को पहचानना और समायोजन करना है।

वर्तमान समय में व्यक्ति, मात्र भौतिक वस्तुओं का उपार्जन को ही जीवन की उपलब्धि समझ रहा है। वास्तव में ऐसी प्राप्ति से मनुष्य अहंकार और भय नामक रज्जु से जकड़ता चला जाता है। आलीशान व अधुनातन वस्तुओं के नाम पर स्वयं बंधनगृह में बंदी होता जाता है। विलासिता के चलते अकर्मण्य भी हो जाता है। या तो वह अमीर व्यक्तियों से तुलना कर स्वयं को गरीब मानकर सर्वदा असन्तुष्ट रहता है, या फिर अभागों के सम्मुख स्वयं को विशेष और सर्वोपरि समझकर अहंकारयुक्त रहता है। मनुष्यता का मूलभूत व्यवहार ही भूलने लगता है।

इन सबके विपरीत, यदि मनुष्य अध्यात्म की ओर देखता है, तो वह स्वयं की ओर देखता है। अपनी क्षमताओं को पहचानने लगता है। इस प्रक्रिया में वह स्वयं को स्थूल से सूक्ष्म की ओर बढ़ाता है। विवेकशील हो जाता है। वास्तविक अस्तित्व को पहचानने लगता है। अल्पकालिक, वस्तुगत सुखों के परे, जीवन में सर्वदा परमानन्द का अनुभव करने लगता है। ऐसा प्रबुद्ध व्यक्ति जहाँ होगा, वहाँ श्रेयस्कर और हितकारी ही सिद्ध होगा। **आंध्र के जाने माने भक्त और संगीतज्ञ 'त्यागराजु'** अपने एक कीर्तन में पूछते हैं – **निधि चाला सुखमा?** अर्थात् – **निधि पर्याप्त है या सुख?** तकनीकी रूप से विकसित सुसम्पन्न इस दुनिया में स्वयं की शक्तियों को पहचानकर, मनुष्यता के धर्मों को निभाते हुए आगे बढ़ेंगे, तो निःसंदेह यह दुनिया का भविष्य आनंदमय होगा। **आध्यात्मिकता से नव जगत साध्य है।**

— डॉ दुर्गा शारदा



Team NCS thanks each of our readers for taking time out to read Shadow Speak. We would appreciate any feedback that would help make this undertaking better.

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With sincere appreciation and gratitude.

Team NCS,
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