



Samvad

संवाद



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the Clutches
of Stammering



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“Stop Not Till The Goal is Achieved”

Dear Readers,

We recently celebrated the 150th Birth Anniversary of Swami Vivekanand- an inspirational figure who gave rise to a world-wide awakening and awareness of Indian culture to the west. True to his words, he walked his talk- “Arise, awake and stop not until your goal is achieved.”

It's time we bring yet another edition of Samvad- new stories, perspectives, information and events happening in TISA. Tarak Goradia, an entrepreneur from Mumbai writes about ‘Detached Awareness’ and how it helped him to deal with stammering. Tarak narrates his experiences with Vipassana with some really interesting analogies.

TISA Co-ordinator Jai Prakash Sunda represented the Stammering Community in Diversity & Inclusion Conference, a conference in Hong Kong. Samvad interviewed JP after his participation, in which he shares about the event and how we can make the most of this opportunity.

Abhinav Singh from Bangalore in his write up ‘Stay Hungry, Stay Foolish’, shares his story of ups and downs and how joining and coordinating self help meetings helped him changed his perspective towards stammering.

We also have a fiction story by Dr. Sachin Srivastava which is studded with nuggets of lessons of acceptance.

A detailed report of the recently held Communication Workshop in Hyderabad also features in this issue.

In the Hindi Section, Amit Kushwah's article inspires you to fulfill your new year's resolutions. Jitendra Gupta in the form of a story tells how confiding to close friends can make our recovery easy. Finally, we have an article by the spiritual Guru- Osho, on Human Psychology.

We sincerely hope that you all enjoy reading this issue. Do write to us with your suggestions.

Happy New Year to all our readers.

- Samvad Team

प्रिय पाठको,

हाल ही में हम सबने प्रेरणादायी महापुरुष स्वामी विवेकानन्द जी की एक सौ पचासवीं जन्म शताब्दी पर उनकी और उनकी विचारधाराओं का पुनः स्मरण किया। उन्होंने पूरे विश्व को जागृत किया, और पश्चिमी दुनिया को भारतीय संस्कृति से अवगत भी कराया। उनके आचरण में उनके विचारों का प्रतिबिंब साक्षात् झलकता था। उन्होंने समस्त मानव जाति का आह्वान किया और कहा “ जागो ! उठो ! और जब तक अपने लक्ष्य की प्राप्ति नहीं कर लेते, तब तक रुकना नहीं ..”

“ संवाद ” के इस नवीन कलेवर में हमने शामिल की है कुछ नयी कहानियाँ , लेख, हकलाहट से जुड़ी विविध विषयों की जानकारीयाँ और तीसा में रच और घट रहे सभी कार्यक्रमों का ब्यौरा श्री तारक गरोडिया जो की मुंबई के उद्यमी है उनका आलेख “Detached Awareness” की भी प्रस्तुति इस संस्करण में की गयी है। इस आलेख के माध्यम से उन्होंने हमें यह ज्ञात करवाया कि हकलाने की समस्या का सामना हम कैसे कर सकते हैं। उन्होंने “ विपासना ” की लाभदायी प्रक्रिया का और उसके रोचक फायदेमंद प्रभाव जो उनके व्यक्तिगत जीवन पर पड़ा है उनका भी ज़िक्र किया है।

तीसा के समन्वयक श्री जयप्रकाश सुंडा ने “Stammering Community” को चंद महीनों पूर्व हांगकांग में आयोजित “Diversity & Inclusion” सम्मलेन में हम सभी का प्रतिनिधित्व किया। “संवाद” के साथ साक्षात्कार में उन्होंने सम्मलेन में चर्चित विषयों पर जानकारी दी और समझाया की किस तरह से इस तरह के सम्मलेन में सहभागिता देना “Stammering Community” के लिए फायदेमंद सिद्ध हो सकता है।

बैंगलुरु के निवासी श्री अभिनव सिंह ने अपने आलेख “Stay Hungry, Stay Foolish” के माध्यम से अपने जीवन के उतार चढ़ाव को पाठकों के समक्ष उजागर किया, और बताया है की किस तरह से “स्वयं सहायता समूह” में भाग लेने से और उसके संचालन के दायित्व ने उनका हकलाहट के प्रति नज़रिए को बदला है।

डॉ सचिन श्रीवास्तव द्वारा स्वरचित एक कहानी भी इस अंक में दी जा रही है। इस कल्पित रह को छूने वाली कहानी का तत्व और निचोड़ है- स्वयं की स्वीकृति।

हैदराबाद में हाल ही में आयोजित संचार कार्यशाला का ब्यौरा भी इस अंक में दिया है।

हिंदी सेक्शन में नव वर्ष के संकल्पों को पूरा करने की प्रेरणा देता एक आलेख समाहित किया गया है। श्री जितेंद्र गुप्ता ने कहानी के जरिए सन्देश देने की कोशिश की है की हकलाने वाला व्यक्ति अपने सामान्य दोस्त की मदद और नेक सलाह की बदौलत हकलाहट की चुनौती का सामना करने के लिए प्रेरित होता है। एक अन्य लेख में व्यक्तित्व के मनोविज्ञान पर ओशो के विचारों को आप जान पाएँगे।

हम आशा करते हैं की संवाद का यह नवीन अंक हमारे पाठकों को पसंद आएगा। अपने सुझाव हमें लिख भेजें।

सभी पाठकों को नववर्ष की शुभकामनाये ...

— संवाद टीम



The
Indian Stammering
Association

Breaking Free from the Clutches of Stammering

There is no magic in life, but every little truth about life is itself magical ... if only we take time to understand it, experience it, and steadfastly stick to it. In this article, Dr. Tarak Goradia writes about his experiments with a practical truth called Detached Awareness, how it has helped him break free from the clutches of stammering and more importantly, become a better person!

"It is pointless", I proclaimed to myself when my hostel-mates at college commented that my speech was deteriorating again. Over the summer vacation, I had spent long days over several weeks at Rami Clinic in Ghatkopar, Mumbai, practicing various techniques using a breathing device along with PWS from many parts of India. When the academic year began, my friends complimented me about how my speech had become a lot better. However, the effect wore off in a few months. I gave up all hopes of being 'cured' of stammering and accepted this impediment as my companion for life.

Thanks to my analytical abilities and the guts to communicate despite the impediment, I did manage to land a decent job. As I began my work career, I noticed that while people gave me concessions for my impediment, the unspoken words gave a clear hint that better communication was essential to my growth. I applied standard techniques ... sliding the words beginning with feared letters, last minute substitutions, taking a deep breath, and so on. I had lots of innovative ideas, but when I tried expressing an idea, it ended up with either a look of pity in listener's eyes or no one really understanding it because every fourth word was substituted by something that destroyed the entire meaning.

One day, I spent several long minutes talking aloud to myself in the mirror complaining about how life was so unfair. At the end of it, as I crouched in my bed, it occurred to me that my soliloquy had been absolutely fluent, not even a trace of hesitation. (*I challenge all readers to try out stammering while talking to yourself in the mirror!*) 'Aha! there is definitely a circuit in my brain that is capable of fluent speech!' The engineer in me thought: 'How do I ensure that this circuit gets used more often than the bad circuit!' Years rolled by experimenting with this technique and that technique, this device and that device, this theory and that theory; I never gave up. The modern engineer in me was looking for a solution to fix the problem! Unfortunately, as I know better now, this was a sort of problems that get more entrenched

when given more attention.

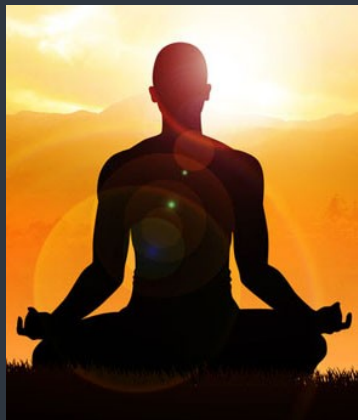
The Eureka moments came when I was caught in a rush hour traffic. It was almost two weeks after returning from my first Vipassana meditation course. I was peaceful and quiet within myself despite the chaos and misbehavior all around, without any anger or frustration at the people breaking common sense traffic rules. I couldn't believe myself. What had happened to me? Ever since returning back from the USA in 2000, my driving stints in Bangalore had been extremely frustrating and stressful to say the least. But there I was, in the chaotic stop-n-go traffic, keenly aware about everything that's going on around, ensuring not to endanger someone's life or my own, but not getting involved in the happenings or emotionally reacting to them. Hmm... that's what Detached Awareness is all about!

Applying it to my speech impediment -- objectively looking at various episodes of stammering, it is clear that speech fluency has a lot to do with my emotional state of mind. Whenever I am aware about my stammering but not react to it, it becomes less intense and disappears like an unwanted guest. However, when I emotionally react to my stammering, by imagining others' reactions or indulging in self-pity, it becomes more intense. Note that being aware without reaction is very distinct from ignoring. When you ignore an emotion, it returns back at unguarded moments. When you observe it without reaction, it weakens and dissolves away. I am sure all PWS would relate to this experience.

You probably agree that detached awareness sounds like a useful tool, and want to know how do I keep it sharpened at all times. Nothing worthwhile in life comes easily! It took a lot of strong determination and perseverance during Vipassana courses to practice detached awareness.



"The Eureka moments came when I was caught in a rush hour traffic. I was peaceful and quiet within myself despite the chaos and misbehavior all around, without any anger or frustration at the people breaking common sense traffic rules. I couldn't believe myself. What had happened to me?"



PICKS



From Our Blog

A few cherished memories of Hyderabad Workshop... See the pictures here:

<http://t-tisa.blogspot.in/2013/01/pics-tisas-communication-workshop.html>

It took even more determination and perseverance to continue its practice after returning to the real world. Bangalore traffic has now become my practice ground! The outcome of this perseverance has been outstanding. Not only have the intensity and frequency of my stammering episodes decreased drastically, but I have become a much better person. People around me have asked: what magic have you done that the quality of your responses are so much better and you are much less irritable than before? In my mind, the answer is plain

and simple: I understand the power of detached awareness and I make it a point to practice it as often as possible!

P.S: I'll be forever indebted to this nameless Ph.D. student at VYASA, Bangalore, who suggested Vipassana meditation to me.

Tarak Goradia, Mumbai
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Hyderabad Hosts Communication Workshop



TISA conducted a 3-day Communication Workshop in Hyderabad from 29th Dec to 31st Dec, 2012. The workshop was coordinated by Dr. Sachin Srivastava and facilitated by Mr. Raja Poladi.

The idea of this workshop was to make people accept stammering and concentrate on communication skills rather than fluency. It had a holistic approach which instills confidence in every PWS. The stuttering modification approach was practiced in all its activities.

Acceptance levels of all participants have stepped up as per a post survey of the workshop.

The following are brief activities which were held during the workshop:

Day 1

1. Importance of Eye contact in communication.
2. Presentation on Stammering and its probable

causes.

3. Bouncing technique - approach and its uses.
4. Humming, Prolongation and Active listening - approach and their uses.
5. Videos are shown on above techniques.
6. Acceptance in a broader angle and its uses and approach.
7. Breathing types.

Day 2

1. A wonderful 45 minutes of meditation on walk through of air when passing through nose and to lungs and back from nose in exhalation.
2. Pausing technique - approach and its uses.
3. Voluntary Stuttering - approach and its uses.

4. Block correction techniques(3 types - Post, In and Pre block) - approach and its uses.
5. Interviewing strangers on stammering in a park by using Voluntary Stuttering style of talking.
6. Fun activities.

Day 3

1. Modulating voice from human body
2. Voluntary Stuttering practice.
3. Participants gave 3 minutes impromptu speech and also spoken on a phone before a video camera using all the techniques and approaches discussed in workshop.
4. Feedback given by Dr. Sachin on the impromptu speech videos.

5. Secondary Characteristics and controlling tips in speech.
6. NLP (Neuro-Linguistic Programming) - approach and uses.

Apart from all the above activities a variety of fun activities were held which spread some happy smiles during the workshop.

The Hyderabad coordinator Rajesh Vassey says, "Such workshops are ideal platforms and every PWS must attend such events and learn how to modify their stuttering and its blocks. It makes all of us to concentrate more on communication rather than working on fluency. Stammering at ease is the magical by-product which is learned in these workshops."



PICKS

From Our Blog

Dr. Sachin Srivastava shares his thoughts after coordinating the Hyderabad Workshop

<http://t-tisa.blogspot.in/2013/01/commws-hyd-some-thoughts.html>

Detail Reports on Hyderabad Workshop

Couldn't make it for the Hyderabad Workshop? Read the detail reports of each day on our blog:

Day 1: <http://t-tisa.blogspot.in/2012/12/summary-of-day-1-of-communication.html>

Day 2: <http://t-tisa.blogspot.in/2012/12/2nd-day-in-communication-workshop-tisa.html>

Day 3: <http://t-tisa.blogspot.in/2013/01/3rd-day-in-communication-workshop.html>

Stammering on Radio Again..!



And this time it's Jasbir Singh Sandhu, from Chandigarh. Jasbirji was featured on a Sunday talk-show called 'Aaj ka Akhbar' on All India Radio (AIR). Listen to the recording of the program on youtube:

http://www.youtube.com/watch?feature=player_embedded&v=cjwuC--drq4



Speaking for Stammering

TISA participated in the Diversity & Inclusion in Asia 2012, held in Hong Kong. Samvad interviewed Jai Prakash Sunda, the National Coordinator of TISA who spoke at the event which witnessed participation from HR Executives and Business Managers from renowned corporates and business houses. Excerpts from the interview...

"I shared a collective story of my own experiences and the experiences of many other TISA members. Tried to point out that how many eligible youngsters get rejected in job interviews sometimes only because they stammer. And many who get jobs face many conscious and unconscious biases like not being given more responsibilities and chances to learn and grow."

"The initial response was good. Some people were amazed when they listened to some of the inner struggles that stammering causes. Many have expressed desire to have informative sessions on stammering at their offices."

Samvad: *How did the participation in Diversity and Inclusion Conference, Asia 2012 happen for TISA?*

JP: It happened through a TISA friend and volunteer - Mr Pawas Anand who is a senior HR Manager with a reputed company. Pawas introduced us to Community Business (the organization that organizes this event) and we participated in a first of its kind event on Diversity and Inclusion in Bangalore in September. They liked the story that Vivek Singh shared in Bangalore and invited us to participate in their Hong Kong event.

Samvad: *Tell us more about what the conference is, about its motive.*

JP: The event was a get together of senior HR and Business Managers who want to make their workplaces more inclusive by first of all learning about diversities in various contexts like: gender, disability, sexual orientation, age, culture; and some of the challenges that this diversity brings and some practical solutions. There were speakers bringing out various perspectives – Business, HR, NGOs, Employers, Employees etc.

Samvad: *As a coordinator and a person representing the stammering community, what were the things you tried to bring to focus in your presentation?*

JP: I shared a collective story of my own experiences and the experiences of many other TISA members. Tried to point out that how many eligible youngsters get rejected in job interviews sometimes only because they stammer. And many who get jobs face many conscious and unconscious biases like not being given more responsibilities and chances to learn and grow. Eventually the audience brainstormed and suggested solutions to some of these problems. I hope they will go back and

implement what they suggested. I also pointed out the very interesting nature of stammering – variable, situational and at most times "invisible" suffering, where we may have people who stammer around us but hidden.

Samvad: *What was the response from the delegates and participants?*

JP: The initial response was good. Some people were amazed when they listened to some of the inner struggles that stammering causes. Many have expressed desire to have informative sessions on stammering at their offices. We are following up with them and hopefully we will have some sessions on stammering in 2013.

Samvad: *Do you think stammering as diversity is seen in the same lines as Visual Impairment, Epilepsy or others? Or is there a difference?*

JP: A very difficult question to answer. To be honest I think some disabilities where the challenges are more "visible" or where people who are impacted by them have been working on bringing awareness for longer duration, tend to have more empathy. But then as I said it's difficult to answer because it depends on who are you dealing with. E.g. In the same company, my experience changed when I moved from one team to another. I think in most cases people would behave better if they are informed. Another challenge is that since people who stammer are having trouble expressing them, it's a bigger challenge for them to talk about it!

Samvad: *According to you, what does this representation mean to stammering community?*

JP: I see this as a very good beginning where we can eventually bring some meaningful



Jai Prakash Sunda, at the Diversity & Inclusion In Asia 2012 Conference in Hong Kong

changes to workplaces where we spend most of our lives and many times derive our self worth. And since all colleagues are also part of the society, it will also help us create a better society. I would also like to point it out here that personally it has been nothing short of a miracle for me from being a young college pass out struggling with stammering to someone who could talk about stammering with a room full of people. All thanks to all the great people I have come in touch with, in TISA.

Samvad: *How does TISA plan to go ahead and make the most of opportunity?*

JP: We have started with following up with the

contacts that we got from this conference. We have suggested them to start with some very basic things like sending an informational email on stammering to all the employees and following that up with an interactive session with someone from TISA which could eventually lead to setting up of a SHG at many of the Indian companies because from our experience people who stammer are everywhere. Many times they are just hidden!

Write to us with your comments and / or suggestions at info@stammer.in

“I see this as a very good beginning where we can eventually bring some meaningful changes to workplaces where we spend most of our lives and many times derive our self worth. And since all colleagues are also part of the society, it will also help us create a better society.”



SHG is the best thing that happened to me last year. I always wanted to have good friends to share and discuss my life, feelings and doubts. I made very good friends for a lifetime in SHG.

I started asking right questions. We need to ask right questions to get meaningful and right answers. I retrospect each day of my life and ask myself- Is there anything I did today to make my life better?

Stay Hungry, Stay Foolish

“Life is too short to be pissed off all the time, It's just not worth it..” says Abhinav, a PWS from Bangalore who shares his story and how attending and coordinating the self-help meetings changed his life.

There was a moment in my life, when I used to blame everything and everyone for all the pain and suffering. I used to blame everybody, blamed society, blamed God. I got no answers because I was asking wrong questions. I used to ask questions like why God is unfair to me, why only me in this entire world..?. Even vegetable-vendors can speak fluently.

In this article I'll not be talking about what is stammering, how to cure stammering, effects of stammering in personal and social life because I think every PWS has almost the same story- problem in interviews, problem in answering roll calls, bad relationship with parents, phone phobia etc. So I thought of writing on how attending SHG (Self Help Group) meetings helped me in shaping my overall personality.



Abhinav of Yesterday: Blaming everybody– Society, God...

My journey so far with SHG

SHG is the best thing that happened to me last year. I always wanted to have good friends to share and discuss my life, feelings and doubts. I made very good friends for a lifetime in SHG. I am an active member of Bangalore SHG since March 2012. Best thing about SHG is that “we are allowed to stammer freely”. I stammered with ease for first time in life in the very first SHG meeting. Here are the benefits which I get from attending SHG meetings every week-

a) I discuss and debate about various topics

about proper communication, stammering and life at large. Its really good to have open discussions on problems which I never have shared with any one in my life, not even my family.

b) I learned the concept of acceptance and I'm practicing it every single day in my life and results are amazing. Acceptance is really powerful. I still stammer but I do not feel ashamed and guilty. I learned values of effective communication. That communication is more important than fluency.

c) I came in contact with really good people after joining SHG. I attend Skype calls and Google Hangouts in free time. PWS from all over world join these calls. Its really good to get in touch with people from different backgrounds and cultures. Stammering is just part of life, there are many other things to explore in life and I started focusing on building my overall personality. Talking and discussing with people really broaden my thinking and perspective.

d) I started asking right questions. We need to ask right questions to get meaningful and right answers. I retrospect each day of my life and ask myself- Is there anything I did today to make my life better?

When I retrospect my last 10 months after joining SHG, I see that I have gained a lot of confidence, confidence to do many things in life, confidence to live a better life, confidence to do things for society, confidence to achieve my dreams, confidence to be a good human and SHG played a very significant role in gaining this confidence.

My suggestions to young PWS (People Who Stammer)

First step is the most difficult, rest of the journey is quite easy. Do not wait for 'auspicious' moment to join SHG. In SHG you will learn from experiences of PWS and it will really change your perspective of looking at life and will help in shaping your personality. Start



**Abhinav of Today: Self-content,
beaming with confidence and ever smiling**

reading TISA and other PWS blogs. In free time try to talk to PWS over phone or Internet. Do not ever join centers which promise to cure stammering in X no of days. From my experiences I will strongly suggest you to join SHG than spending money in these 'Cure Stammering in X days' centers.

Life is too short to be pissed off all the time, It's just not worth it. Do not waste it in hating yourself because of stammering. Accept stammering and start working on effective communication.

Its your life and you have all rights to live peaceful, successful and happy life.

I will end this article with Steve Job's message in Stanford's commencement address. I'm not Job's fan but yes, this message inspires me always-

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

Contact me at abhinav.singh8@yahoo.com for your feedback, suggestions or queries. I love to talk to people and I will reply back as soon as possible.

Abhinav is Free & Open Source Advocate and a Technology Enthusiast. In free time he loves to explore nature, talk to other PWS from all over world and solve mathematical puzzles.

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First step is the most difficult, rest of the journey is quite easy. Do not wait for 'auspicious' moment to join SHG.

Use That Phone!

Dr Hiten Vyas, an IPWS based in UK has written a self help book. The book is brief, to the point, simply written and explains the NLP techniques step by step and very clearly. Many of you might be able to do it on their own OR in a self help group setting. It deals with deep fears, which many of us have about talking on a phone. The ideas discussed are applicable to other situations and other fears as well (we have plenty of them!). Dr Vyas has written other books too- about dealing with Interviews etc. The price of this e-book is only ₹69. It is currently available as PDF download. Check it out!

<http://pothi.com/pothi/book/ebook-dr-hiten-vas-phone-confidence>





The Child: A Story

The child got up from the bed and prayed fervently- even before he looked at the toys and his personal play station in the corner. Yes, he did it every day. He prayed with the fervor of a dying man- and the faith of a prophet. Yet, he prayed not for devotion or salvation. He just prayed for his tongue to be freed.

Vishnu one day, got totally fed up, with the prayers of the child. People ask for *Gyan*, divine love, discrimination, eternal life, even progeny, fame, riches, long life... but this insistent prayer- Lord, fix my tongue- was not only unusual, but demeaning too.

...He said, finally: "Okay. Don't worry. Tomorrow is the *Kalpataru Day*- the first day of the next cycle. Go and see Dhanvantri!"

Brahma, the creator. His one day equals our one million years. Brahma's one cycle- Kalpa- equals our one thousand cycles. But each Kalpa begins with a day of healing and wholeness. That one day, Dhanvantri, the first healer of creation, blesses everyone with a panacea. It is called Kalpataru day: the day when impossible can be asked for- and received.

The child got up from the bed and prayed fervently- even before he looked at the toys and his personal play station in the corner. Yes, he did it every day. He prayed with the fervor of a dying man- and the faith of a prophet. Yet, he prayed not for devotion or salvation. He just prayed for his tongue to be freed. Yes, sometimes it worked – like greased lightening- and sometime, oh.. how to explain..

Sometime it just dug its heels in like the village donkey and moved no further, try what he may. The tongue had a mind of its own and no one knew it. The child certainly had no clue- how his tongue would behave in the class on a particular day. Not knowing was even worse.

Vishnu one day, got totally fed up, with the prayers of the child. People ask for *Gyan*¹, divine love, discrimination, eternal life, even progeny, fame, riches, long life.. but this insistent prayer- Lord, fix my tongue- was not only unusual, but demeaning too.

" Am I good for nothing else but straightening people's crooked tongues? I mean, how do people get these ideas? Imagine, asking me to fix their tongue!" Vishnu thought with some irritation. Finally, he relented and appeared to the child. The child tried to explain his problem but

was increasingly getting stuck at 'T' 'D' 'P' and 'B' sounds. The only sounds he was able to make were- Um, er, uh, well. Vishnu got hold of his wandering mind and tried to re-focus. Gradually he began to understand the struggle, the child was undergoing. He said, finally: "Okay. Don't worry. Tomorrow is the Kalpataru Day- the first day of the next cycle. Go and see Dhanvantri!"

Dhanvantri was supremely busy. It was that one day in the entire cycle when he worked extremely hard: no intermediaries, no second opinions, no referrals and no 'googling'. He would just take spot decisions and tell people then & there, what to do for their problems of body and mind. The crowds were unimaginable. A crowd management team was working non-stop and unobtrusively. Children, elderly and women were being given priority. A huge crowd was sprawling on the front lawns, eating popcorn and waiting for their turn. It was like famous Pashu Mela² of Kurukshetra.

Every now and then, Dhanvantri will raise his head from his desk and shout to his volunteers: "Any sign of the child? Send him straight in". But there was no sign of the child... Where was the child?

The child started the day with a breakfast in bed- it was a beautiful day, as seen from his bedside window: auburn east sky, finches and seven sisters singing beneath his window and a lightness in the air, he had never felt earlier: something unusual is going to happen today, the child thought as he decided to go to loo and wash up. Then, he decided to finish off the story he was reading to bed last night. Just two pages were left; why not finish it off- he

1 - Knowledge, Divine Wisdom

2 - A Festival in Kurukshetra, a land of historical and religious importance in India

thought. Yes, he has to go and see Dhanvantri, but the Kalpataru day lasts the whole day- yes, till the sunset. In any case there is a huge waiting line- visible from his window. Instead of waiting out there, he might as well wait here, in his bed. Who could grudge a child enjoying a little story in his bed on day one of the Kalpa?

At the end of the story book, he discovered with some surprise- there was a free ticket to be redeemed. You just had to fill a crossword puzzle and send it off by post: you would get gift hampers worth Rs one thousand. Now, who wouldn't want that? And if you are a child, solving puzzles comes naturally to you..

Finally when he got up to get ready, he discovered that he had to put in a new pair of shoe laces in his shoes! What a misery! Why do things have to go wrong, when you are in a hurry?

The crowd milling in front of Dhanvantri's clinic had thinned out to a mere trickle now, late in the golden hues of afternoon. Yet, no sign of the child. Dhanvantri recalled the unexpected call from Vishnu, rather late, last night: "I am sending a child tomorrow. Special case. After Dhruva & Prahlad, I have seen such fervour for the first time. Amazing..."

The child was still struggling with his shoe laces, then, his other gadgets- the pocket rabbit, without which he never left home and...

At the end of the day, as the sun was about to set- the intercom in the clinic budged: "Sir, the child is here. But time is up. Shall we send him in?"

Dhanvantri almost shouted: "Yes. For God's sake!" The child walked in, half expecting a rousing welcome. The old man sitting across the huge table narrowed his eyes and kept looking at him and- at his watch. After full one minute, the old man spoke:

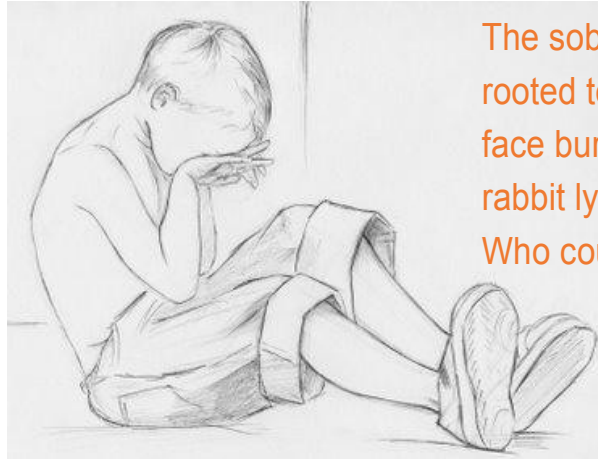
"The way Vishnu talked, I thought it was some very very serious problem."

"I-I- it is my Lord."

"Hmm. Don't think it is. If it were you would be here well in time-" Dhanvantri's nostrils flared with impatience and repressed anger. His face was like dark sky in the month of Ashadh.

"S-Sir, I tried. I was extremely busy since morning. As soon as I was free, I ran.." The child continued bravely, even if a little inaccurately.

Dhanvantri got up and pronounced as he walked



The sobbing child was rooted to the ground, his face buried in his arms, his rabbit lying next to him... Who could ask him to leave?

away: "Time is up. All I can grant is a kind of magic - neither the world, nor you will ever think of it as a problem. It will remain a private game of daily hope and daily surrender between you and your tongue. No one will ever understand it. It will remain like a.. like a.. puzzle, you are so fond of solving- to the end of the days on this earth. No solution – just a little magic, that is all I can offer now.."

"But I came for a cure.." Child interjected hurriedly.

"Sorry. No disease, no cure. Just a puzzle". – that was the final answer as Dhanvantri floated behind thick curtains, beyond the reach of mere mortals.

The facility could not be closed down as long as a single mortal remained inside. Angels from maintenance department hovered around uneasily. But the sobbing child was rooted to the ground, his face buried in his arms, his rabbit lying next to him... Who could ask him to leave?

Days passed. When the sun goes on the southerly journey, everything goes to sleep for six months. Even Gods go to sleep. But the clinic staff was still in quandary: how to shut down the clinic with the child still inside? Finally the Angel in charge phoned Dhanvantri: "Sir, we cant close up the clinic. That last child refuses to leave. What shall we do?"

"WHAT! That child is still there? You mean, last six months he has stayed in my clinic?" Dhanvantri rubbed his eyes in disbelief and shot up from his water bed, next to his private Jacuzzi. He knew desperate people could come up with desperate acts- but this was madness: six months in that one place? He will have to do something soon, else there will be questions. All kind of questions from ethics committee...

Dhanvantri got up and pronounced as he walked away: "Time is up. All I can grant is a kind of magic - neither the world, nor you will ever think of it as a problem. It will remain a private game of daily hope and daily surrender between you and your tongue. No one will ever understand it. It will remain like a.. like a.. puzzle, you are so fond of solving- to the end of the days on this earth. No solution – just a little magic, that is all I can offer now..."



The child was brimming with questions, counter-questions, imputations and disputations- since he had nothing else to do but to rehearse this very dialogue in last six months. Yes, the kid was over-prepared for this interview.

“C-C-Can finite causes lead to infinite results?” The child was ready with his first salvo, as soon as Dhanvantri walked in; Dhanvantri, a little woozy with his sudden dash to the clinic, could see that the child was brimming with questions, counter-questions, imputations and disputations- since he had nothing else to do but to rehearse this very dialogue in last six months. Yes, the kid was over-prepared for this interview. He knew well that many mortals who really had nothing to say would often use triple C in such situations – Convince, Confound, Confuse!

“Of course not. What are you driving at? But wait a minute, let me order a milk shake for you, first..”

“No, Thank you Sir. I will survive yet another day without milkshake-” The child continued with a brave face- “But your command does exactly that: for my mistake of just one day- you condemn my problem to people’s indifference forever and ever! Isn’t that an illogical case of finite actions leading to infinite results? And just by saying that there is no problem, does it go away? Does the pain too go away by your little magic? Does..”

Dhanvantri cleared his throat impatiently. He had had enough of mortals who loved to argue with gods, having read paperback editions of Nyaya³, Darshan⁴ and Logic.

“You are a child but pose like a wise man!” He interrupted firmly- “You are assuming that there IS a problem in the first place. You have to prove that assumption FIRST. I cannot hand out remedies for imagined problems. And if you are so fond of imagining problems, imagine a solution as well!”

“But I have a p-p-problem. Can’t you see it? Feel it?” Child took courage, grabbed Dhanvantri’s hand and put it on his heart..on his head.. finally on his mouth.

“Okay, okay. Let us say, it is a problem. But then- how was it that you arrived so late on the Kalpataru day? The way Vishnu had spoken to me, I had an idea that you will be brought in on a stretcher, with Oxygen and IV running- right at the head of the queue in the morning..” Dhanvantri had a little irritating smile on his face.

“Okay- “ The child changed the tack “Sir, tell me one thing: whose devotion is greater- of the King

who gives up his empire or of the beggar who gives up his begging bowl?”

“Size and shape do not matter. Certainly it is the inner intent, which matters.”

“Then, why do you doubt my inner intent and suffering?” Child sang out victoriously.

Dhanvantri was in a dilemma. There was no precedent of ever reversing a Kalpataru day pronouncements. But something had to be done. When someone says something- it has to be taken as a truth, until of course, later events prove it otherwise. That has been the gold standard since the beginning of the creation. And why should he not believe the child? Dhanvantri searched his heart and really found no reason, to disbelieve the child. Deeper he thought, more he wanted to believe him and help him out but.. Oh, why these mortals create these situations!

As the two angels from Child welfare wing escorted him off, the child heard, Dhanvantri, talking in a low voice. As if he talked to himself:

“Laws have to be obeyed. The cycle has begun. What has been said is said. The magic is out there in the air. But when time is ripe, repeat this mantra- and it will break the magical spell and you will be healed from inside..”

The child slipped from the angels grasp and raced back to Dhanvantri: “What mantra? Can you please repeat a little louder?”

Angels grabbed him tighter this time and gently brushed a Mayurpankhi⁵ feather across his face. Everything melted in a white swirling mass of thoughts, sounds and forms. Shapes changed, names changed, time flew by- till it was another day, another place.

The child on earth was like other children- but different. He was aware of the difference but never could put his finger on it. This sense of being different came and went, all the time. But it left a mark on his thoughts, feelings, moods and personality. Have you ever heard a symphony- like Pastoral symphony? Played by a 100 instrument orchestra? On a true hi-fi surround system? Wow! Now, take a thoroughly wet blanket and throw it on top of those speakers. What do you hear now? Yes, only noises. You will have to be a Chopin or a

Beethoven himself, to pick up the notes and guess the genius behind it.

That is what this child was like: subdued, lost and a little bit confused. He lived in imagination. Almost exclusively. For example, he always wanted to talk to the girl with the blue tiffin box in the class- but never actually did. He wanted to be the class monitor too, but declined it with an imperial disdain, when offered by the class teacher! Yes, his life was a mystery- to himself and to others. And a magic too. Things happened or failed to happen- all as if by magic! No reason, no logic.

And that 'magic' thing reminded him of a long lost dream: an old man mumbling something about his life being like a magic.. He tried hard to recall but thoughts would fail him. As he would drift off to sleep, he would often worry: is he normal? Will he ever be normal? What does it mean to be normal? What should he do to feel like normal?

Sometime he felt that he had figured out the whole thing in his head. The last piece of the puzzle was found: he should just act and behave like normal people. That would certainly make him a normal person. Again after some days, he felt that in doing so, he was living like someone else. When was he going to live his own life? His own dreams? Oh, what a nuisance! What a pain! He

had solved Rubik's cube under 3 hours- but this puzzle was taking a lot, lot more time.

He grew up to be a man- but of the same kind. A man with the wet blanket on. But since man has bigger shoulders, he carried a few extra wet blankets on top of original one! But inside, he heard the muffled notes of a primeval symphony. An ancient composition. One day as he showered, he heard it again- the music was like a background score to his imaginary flight over a vast landscape, a forest, a green canopy, a meandering river, a noisy waterfall.. The gentle beginning of the symphony merged into an allegro (fast) movement- a build up, like a thunderstorm during the monsoons, bursting into a crescendo- and then he heard the rumblings of the mantra, as the allegro changed into allegretto movement towards the end of the symphony of his life. He recalled the whole scene from before the beginning of his days: When you think you had had enough of the magic, repeat these words: "I stammer" – and you will be set free...

This is a fiction story, penned by Dr. Sachin Srivastava. The story is a beautiful allegory with a message of 'Acceptance'.

Ravi's Daring Act



Ravi Prajapati is a member of Delhi SHG. On a Sunday morning, when he was going to attend the SHG meeting, he saw a reporter of a renowned satellite TV channel taking opinions of general public on the streets. He noticed many people hesitated and refused.

Ravi saw this as an opportunity to challenge himself. He volunteered to speak. He faced the camera and attempted to give his opinion on the question raised by the reporter. He dared to speak on national television. So what if he stammered..?

Read his experience on the blog:

<http://t-tisa.blogspot.in/2012/12/my-unexpected-beautiful-day-with-media.html>

2013 : नई शुरुआत करने का समय..!



नया साल हमें बीती हुई बातों को भूलकर एक नई शुरुआत करने का सन्देश देता है। अब तक हकालाहट के बारे में हमारा नजरिया, हमारा अनुभव कैसा भी रहा हो, लेकिन अब 2013 में कुछ ऐसा काम करना चाहिए की यह वर्ष यादगार बन जाए...

हकलाहट कोई दुश्मन की तरह नहीं है, इसे हमें एक चुनौती और एक दोस्त दोनों ही रूपों में स्वीकार करना चाहिए। जब आप इसे एक चुनौती मान लेंगे तो हकलाहट का सामना करने का नजरिया बदल जाएगा। आप ज्यादा सकारात्मक हो जाएंगे

हम अक्सर उन लोगों के ज्यादा नजदीक होते हैं जो हमारी बातों को ध्यान से सुनते हैं, हमें भावनात्मक सहयोग प्रदान करते हैं। इसलिए हमें भी सभी की बातों में रुचि लेकर ध्यान से सुनना चाहिए

ह- ह- हकलाहट, खामोशी, उदासी, बेचैनी और जिन्दगी में कोहराम। अक्सर हकलाने वाले साथियों को इन सबका सामना करना पड़ता है। मन में यह सवाल बार-बार उठता है कि मैं ही क्यों हकलाता हूँ। और उपजती है यह वेदना की अगर मैं हकलाता नहीं होता हो शायद आज किसी अच्छे मुकाम पर होता। कभी खुद को दोष देना, तो कभी अपने परिवार और समाज के प्रति नाराजगी तथा गुस्सा जाहिर करना। यही सब जीवन का हिस्सा बन जाता है।

अगर आप अपने आस-पास नजर दौड़ाएं तो आपको हर इंसान दुःखी, परेशान और हताश दिखाई देगा। दरअसल, जिन्दगी में इन सब पर विजय पाना ही एक सफल यात्रा है। हकलाहट की चुनौती हमारे सामने है तो हम हार क्यों मानें? हकलाहट के सामने घुटने टेकने से कहीं बेहतर है उसका सामना करना। यह हिम्मत और ताकत तभी आएगी जब हम संकल्प लेंगे और उसे पूरा करने के लिए कदम आगे बढ़ाएंगे। आगे बढ़ने का साहस आपको सभी चुनौतियों से लड़ने की प्रेरणा देगा, कामयाबी की ओर मार्ग प्रशस्त करेगा।



वास्तव में हकलाहट कोई दुश्मन की तरह नहीं है, इसे हमें एक चुनौती और एक दोस्त दोनों ही रूपों में स्वीकार करना चाहिए। जब आप इसे एक चुनौती मान लेंगे तो हकलाहट का सामना करने का नजरिया बदल जाएगा। आप ज्यादा सकारात्मक हो जाएंगे। खुद की कोशिशें भी अधिक सार्थक लगने लगेंगी। असल में अगर हम किसी चीज को लड़ाई या संघर्ष की तरह लेते हैं तो एक ही लक्ष्य होता है, जीतना। लेकिन चुनौती जैसा लेते हैं तो उर्जावान होकर, सही मार्ग पर चलकर सफलता की तरफ आगे बढ़ते हैं।

हकलाहट पर काम शुरू करने से पहले हमें परिवार और समाज के लोगों की भावनाओं, रुचियों, पसंद और उनके जीवन अनुभवों का भी सम्मान करना सीखना होगा। हम अक्सर उन लोगों के ज्यादा नजदीक होते हैं जो हमारी बातों को ध्यान से सुनते

हैं, हमें भावनात्मक सहयोग प्रदान करते हैं। इसलिए हमें भी सभी की बातों में रुचि लेकर ध्यान से सुनना चाहिए। आप जितना लोगों को सुनेगे, उतना आपका ज्ञान बढ़ेगा और आपके दोस्तों की संख्या भी बढ़ती जाएगी। बोलने का मौका देकर हम दूसरों को खुद से जुड़ने का आमंत्रण देते हैं।

हम हकलाहट पर सही अर्थों में तभी विजय पा सकते हैं, जब हम ज्यादा से ज्यादा लोगों से खुलकर बात करें। अपने कार्यालय में हो या किसी काम के सिलसिले में बाहर आपको बात करते समय झिझक या शर्म को निकल फेंकना होगा। जिस तरह तैरना सीखने के लिए पानी में उतरना जरूरी है, वैसे ही सही संवाद के लिए बोलना। बिना बोले, चुप रहकर, छिपाकर आप हकलाहट पर काम नहीं कर सकते। यह एक ऐसा अभ्यास है जिसे सबके सामने और ज्यादा से ज्यादा लोगों के सामने करना चाहिए।

मान लीजिए, आप किसी के सामने बोलने में हकलाते हैं, रुक जाते हैं, तो इसको लेकर अपने मन में अपराधबोध और हीनभावना पनपने से बचना चाहिए। याद रखें की आप तो केवल कुछ ही शब्दों पर अटकते हैं, अधिकतर शब्द और वाक्य तो आप अच्छे से ही बोल

पाते हैं। मन के वश में होना नहीं, मन को जीतना सीखें। यह तभी संभव है जब आप हकलाहट के बारे में सकारात्मक सोच रखेंगे। अच्छे विचार हमें हकलाहट का सामना करने की ताकत देते हैं, हमें सही रास्ते पर ले जाते हैं।

नया साल हमें बीती हुई बातों को भूलकर एक नई शुरुआत करने का सन्देश देता है। अब तक हकालाहट के बारे में हमारा नजरिया, हमारा अनुभव कैसा भी रहा हो, लेकिन अब 2013 में कुछ ऐसा काम करना चाहिए की यह वर्ष यादगार बन जाए। नया संकल्प लें और उसे पूरा करने में जुट जाएं। यही जीवन की निरंतरता है, और जीवन का उद्देश्य भी।

अमितसिंह कुशवाह

परिवर्तन



अर्जुन आज फिर उदास बैठा था। उसके चेहरे पर चिंता की लकीरें कुछ ज्यादा थीं, ऐसा लग रहा था मानो अब वह रोने ही वाला हो, तभी उसका दोस्त विजय उसके पास आता है और उससे उसका हाल-चाल पूछता है। विजय ऐसा व्यक्ति है जिससे अर्जुन खुलकर बात करता है, अर्जुन अपने 48वें इंटरव्यू में भी असफल हो गया है, इंजीनियरिंग की शिक्षा पूरी किए हुए उसे दो साल बीत चुके हैं, लेकिन आजतक उसे किसी कंपनी ने नौकरी नहीं दी है। ऐसा बिलकुल नहीं है की अर्जुन में प्रतिभा की कोई कमी है। वह तो साधारण लोगों से अधिक टैलेंटेड है। नौकरी न मिलने का कारण वह किसी से भी शेयर नहीं करता लेकिन उसके करीबी बताते हैं की वह हकलाता है, और शायद यही कारण है की उसे नौकरी नहीं मिलती।

अर्जुन, विजय से : मैं इस दुनिया का सबसे दुःखी इन्सान हूँ, मुझसे ज्यादा दुःखी शायद ही कोई और होगा!

विजय : ऐसा बिलकुल भी नहीं है, तुम अभी बहुत सुखी हो। असल में सभी को अपनी समस्या ही सबसे बड़ी समस्या लगती है क्योंकि लोग दूसरे की समस्या को महसूस नहीं करते।

अर्जुन : मैं ठीक से बात भी नहीं कर पाता और तुम कह रहे हो मैं सुखी हूँ, मुझसे अच्छे तो म्यूट व्यक्ति होते हैं, उनसे कोई बोलने की अपेक्षा तो नहीं करता!

विजय : (कुछ सोचता है)।

अर्जुन : मुझे तो कभी-कभी आत्महत्या करने का मन

अर्जुन आज फिर उदास बैठा था। उसके चेहरे पर चिंता की लकीरें कुछ ज्यादा थीं, ऐसा लग रहा था मानो अब वह रोने ही वाला हो, तभी उसका दोस्त विजय उसके पास आता है और उससे उसका हाल-चाल पूछता है। विजय ऐसा व्यक्ति है जिससे अर्जुन खुलकर बात करता है...

करता है मैं अपनी इस जिंदगी से तंग आ चुका हूँ!

विजय : आत्महत्या तो कायर करते हैं जिनमें अपनी जिंदगी की विपरीत परिस्थितियों का सामना करने की हिम्मत नहीं होती, सोना बिना तपे कुंदन नहीं बनता।

अर्जुन : तुम सही कह रहे लेकिन मैं अपनी हकलाहट से बहुत ज्यादा तंग आ चुका, ये बोझ मैं बहुत अधिक दिनों तक नहीं ढो पाऊंगा, शायद यह बोझ मेरी जिंदगी के साथ ही समाप्त होगा।

विजय : तुम्हारे कहने का मतलब यह है की इस दुनिया में हकलाने से बड़ी कोई और समस्या हो ही नहीं सकती?

अर्जुन : बिलकुल ! कम से कम मेरे लिए तो ज़रूर!

विजय : मैं, तुमसे कुछ सवाल पूछता हूँ ! प्लीज, उनका जवाब सही-सही देना, ठीक है?

अर्जुन : ठीक है!

विजय : इस सर्दी में बहुत सारे लोग फुटपाथ पर सोते हैं! आज भी बहुत से लोग कुपोषण से ग्रसित हैं और भुखमरी से मर रहे हैं, भारत का एक बड़ा हिस्सा साक्षर नहीं है, शिक्षित होना तो दूर की बात है! इस दुनिया में ऐसे लाखों लोग हैं जो विकलांग हैं! लाखों लोग गंभीर बीमारियों से पीड़ित हैं! ये सभी तो कुछ उदहारण हैं, इससे बड़े-बड़े दुःख और समस्याएँ लोगों की जिन्दगी में होते हैं, इनके सामने हकलाना तो मामूली समस्या है जिसे हम कण्ट्रोल कर सकते हैं, अब तुम बताओ कौन ज्यादा सौभाग्यशाली है तुम या वह लोग??

अर्जुन : अगर ऐसे देखा जाए तो स्वाभाविक बात है की मैं ही सबसे ज्यादा सुखी हूँ!

विजय : बिलकुल तुम सबसे ज्यादा सुखी हो, और थोड़े सुख-दुःख तो सभी के जीवन में अवश्य होते हैं, क्योंकि बिना धूप सहे हमें छाव की शीतलता का अहसास नहीं होता।

अर्जुन : क्या तुम्हे नहीं लगता मुझसे अधिक भाग्यशाली तो विकलांग या म्यूट लोग होते हैं जिन पर कोई हँसता तो नहीं है, मैं जब भी अपना नाम

“...इस सर्दी में बहुत सारे लोग फुटपाथ पर सोते हैं! आज भी बहुत से लोग कुपोषण से ग्रसित हैं और भुखमरी से मर रहे हैं, भारत का एक बड़ा हिस्सा साक्षर नहीं है, शिक्षित होना तो दूर की बात है! इस दुनिया में ऐसे लाखों लोग हैं जो विकलांग हैं! लाखों लोग गंभीर बीमारियों से पीड़ित हैं! ये सभी तो कुछ उदहारण हैं, इससे बड़े-बड़े दुःख और समस्याएँ लोगों की जिन्दगी में होते हैं, इनके सामने हकलाना तो मामूली समस्या है जिसे हम कण्ट्रोल कर सकते हैं...”

“विकलांगो पर कोई नहीं हँसता बल्कि लोग उनकी हेल्प करते हैं क्योंकि वे अपनी समस्या को छुपाने की कोशिश नहीं करते और तुम हर वक्त अपनी समस्या को छुपाने की नाकाम कोशिश करते रहते हो। जिस दिन तुम अपनी इस समस्या को स्वीकार कर लोगे उस दिन के बाद लोग तुम पर हंसने के बजाय तुम्हारी हेल्प करेंगे तथा हकलाना तुम्हारे लिए समस्या नहीं लगेगी”

बोलता हूँ सुननेवाले अपनी हंसी रोक नहीं पाते, मैं अपनी बात को किसी के सामने प्रभावशाली ढंग से नहीं रख पाता, अक्सर मेरी बात को अनसुना कर दिया जाता है।

विजय : विकलांगो पर कोई नहीं हँसता बल्कि लोग उनकी हेल्प करते हैं क्योंकि वे अपनी समस्या को छुपाने की कोशिश नहीं करते और तुम हर वक्त अपनी समस्या को छुपाने की नाकाम कोशिश करते रहते हो। जिस दिन तुम अपनी इस समस्या को स्वीकार कर लोगे उस दिन के बाद लोग तुम पर हंसने के बजाय तुम्हारी हेल्प करेंगे तथा हकलाना तुम्हारे लिए समस्या नहीं लगेगी क्योंकि हमें हकलाना कम हकलाने का डर ज्यादा परेशान करता है।

अर्जुन : कैसी बात कर रहे हो? स्वीकार कर लेने से मैं ठीक हो जाऊंगा?

विजय : स्वीकार कर लेने भर से तुम ठीक नहीं हो जाओगे लेकिन हकलाने से जुड़ी दूसरी नेगेटिव फीलिंग्स जैसे की डर (fear), शर्म (shame), अपराधबोध (guilt), ग्लानि, शर्मिंदगी (embracement), विराग (Denial), निराशा (hopelessness), पृथक (isolation) इत्यादि से तुम्हें छुटकारा मिल जायेगा!

अर्जुन : मैं तो बहुत पहले ही स्वीकार कर चुका हूँ की मैं हकलाता हूँ और बात नहीं कर सकता इसीलिए मैं कभी अकेले बाज़ार नहीं जाता। मम्मी कोई काम कहती हैं तो मैं पढ़ने का बहाना करके टालने की कोशिश करता हूँ। कॉलेज में अगर टीचर अगर कोई

सवाल पूछते हैं तो उत्तर मुझे मालूम हो या न हो मैं यही कहता हूँ की मुझे याद नहीं है। Acceptance तो यही है न?

विजय : (हंसते हुए)... मेरे दोस्त, इसे Acceptance नहीं परिस्थिति से भागना कहते हैं। शायद तुम अभी Acceptance का मतलब समझे ही नहीं हो, इसका मतलब यह होता है की हम अपनी समस्या को स्वीकार करके उस पर कार्य करना शुरू कर दें न की हाथ पर हाथ रखकर बैठ जाएँ या उससे भागें।

अर्जुन : तो क्या स्वीकार कर लेने के बाद लोग मेरी बात को ध्यान से सुनेंगे?

विजय : बढ़िया कम्यूनिकेटर अपनी स्पीच के साथ-साथ अपनी लिसनिंग पर भी पूरा ध्यान देता है। वह दूसरों की बात को बहुत ध्यान से सुनता है। अगर कोई तुम्हारी बात ध्यान से नहीं सुनता तो वह उसकी कमी है तुम्हारी नहीं।

अर्जुन : ठीक है! धन्यवाद! मैं तुम्हारी इन बातों को फॉलो करने की कोशिश करूँगा। बाय!

विजय : बाय! बाय!

जितेंदर गुप्ता

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ओशो प्रवचन : व्यक्तित्व का मनोविज्ञान

ओशो के अधिकतर प्रवचन आपके जीवन की समस्याओं से जुड़े हैं। धर्म, समाज, राष्ट्र और तथाकथित बौद्धिक लोगों ने आपके जीवन को मार दिया है। ढेर सारे प्रश्नों के बोझ तले दबे व्यक्ति का स्वाभाविक व्यक्तित्व कहीं खो गया है। लोगों के पास प्रश्न है और ओशो के पास उन प्रश्नों को समझने की दृष्टि। प्रश्न और उत्तरों की प्रवचन माला में से एक मोती निकाल कर हम लाएं है...

प्रश्न : मुझे महसूस होता है कि मेरे पास आलस्य और पलायनवाद की पूरी विरासत है। या तो मैं अपने भीतर ऊर्जा महसूस नहीं करता, अगर करता भी हूँ तो मेरे लिए पूरी तरह लेट गो करना मुश्किल होता है। मैं एक नियंत्रण अनुभव करता हूँ।

ओशो का उत्तर : मुझे लगता है कि कहीं न कहीं यह तुम्हारे जैव कंप्यूटर का हिस्सा बन चुका है। मन एक कंप्यूटर की तरह काम करता है, और हमारा सोचने का ढंग इसके लिए चारे का काम करता है। हमारे विचार इसमें इकट्ठे होते रहते हैं और धीरे-धीरे वे गहराई से जम जाते हैं। व्यक्तित्व को हम दो श्रेणियों में बांट सकते हैं। एक जिसे मनोविज्ञानी टी-व्यक्तित्व कहते हैं, विषैला, और दूसरा जिसे वे एन-व्यक्तित्व कहते हैं, पुष्टिकर।

विषैला व्यक्तित्व हमेशा चीजों के प्रति नकारात्मक नजरिया रखता है। विषैले व्यक्तित्व का दुनिया को देखने का नजरिया निराशावादी और उदासीन होता है। विषैला व्यक्तित्व हमेशा सुंदर चेहरों के पीछे छिपता है। पराकाष्ठावादी विषैले व्यक्तित्व का एक उदाहरण है। तुम यह नहीं कह सकते कि पराकाष्ठावादी में कुछ गलत है, लेकिन पराकाष्ठावाद का एकमात्र लक्ष्य ही त्रुटियाँ, गलतियाँ, खामियाँ निकालना है। यही सारी चाल है।

आप ऐसे व्यक्ति में गलतियाँ नहीं ढूँढ सकते जो पूर्णता की तलाश में हैं। परन्तु वास्तव में पूर्णता उसका उद्देश्य नहीं है; यह एक साधन मात्र है। वह सिर्फ त्रुटियाँ, गलतियाँ, खामियाँ, और अभाव को देखना चाहता है, और यह सबसे अच्छा तरीका है: पराकाष्ठावाद को एक लक्ष्य की तरह रखना ताकि वह हर चीज की अपने आदर्श से तुलना करके उनकी निंदा कर सके।

विषैला व्यक्तित्व हमेशा उन चीजों को देखता है जो नहीं हैं और मौजूद चीजें कभी उसकी नजर में नहीं आती, इसलिए असंतोष स्वाभाविक बन जाता है। विषैला व्यक्तित्व अपने आपको ही विषाक्त नहीं बनाता बल्कि दूसरों पर भी विष टपकाता रहता है।

यह एक विरासत की तरह भी हो सकता है। अगर तुम अपने बचपन में नकारात्मक लोगों के साथ जिए हो.....यह नकारात्मकता चमकदार शब्द, सुंदर भाषा, आदर्शों, स्वर्ग, धर्म, भगवान, आत्मा आदि के पीछे छिपी हो सकती है; वे सुंदर शब्दों का प्रयोग कर सकते हैं, लेकिन वह सिर्फ प्रयास मात्र है....और वे सिर्फ इस दुनिया की निंदा करने के लिए दूसरी दुनिया के विषय में बात करते हैं। वे दूसरी दुनिया के बारे में चिंतित

नहीं हैं। उनका संत-महात्माओं से कुछ लेना-देना नहीं है, लेकिन सिर्फ दूसरों को पापी सिद्ध करने के लिए वे संतों की बातें करते हैं।

यह बहुत रुग्ण रवैया है। वे कहेंगे जीसस की तरह बनो। वे जीसस में बिल्कुल दिलचस्पी नहीं रखते। अगर जीसस वहां होते तो वे उनके पास जाने वाले आखिरी मनुष्य होते, लेकिन सिर्फ तुम्हारी निंदा करने के लिए यह उनका एक उपाय मात्र है। तुम उनके शिकार बनते हो क्योंकि तुम जीसस नहीं बन सकते। वे हमेशा तुम्हारी निंदा करते रहेंगे। वे मान-मर्यादा, आचार, नीति, नैतिकतावादी नजरिया बनाते हैं। जो नैतिकतावादी, समाज के ठेकेदार हैं; उन्हीं का दुनिया को विषाक्त बनाने में सबसे बड़ा हाथ है।

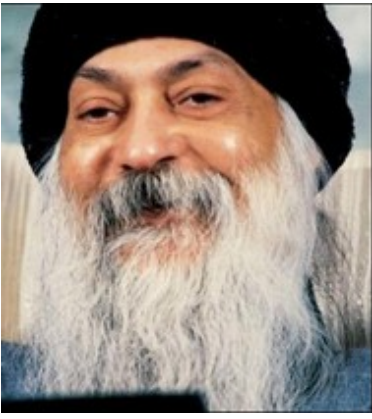
और ये लोग हर जगह हैं। ऐसे लोग ही ज्यादातर शिक्षक, शिक्षाविद, प्रोफेसर, कुलपति, संत, बिशप, पोप वगैरह बनते हैं; वे ऐसे बनना चाहते हैं ताकि वे निंदा कर सकें। यहां तक कि वे सब कुछ त्यागने के लिए तैयार रहते हैं अगर उन्हें दूसरों की निंदा करने का सुख मिले। वे हर कहीं हैं, कई परदों के पीछे छुपे हुए। और वे हमेशा तुम्हारी भलाई के लिए काम करते हैं, सिर्फ तुम्हारी भलाई के लिए, इसलिए तुम उनके आगे रक्षाहीन हो। उनकी विरासत वास्तविक और बड़ी है। पूरे इतिहास पर उनका प्रभुत्व रहा है।

ये लोग बड़ी जल्दी हावी हो जाते हैं। उनकी विचारधारा ही उनका सबसे बड़ा हथियार है क्योंकि वे निंदक बन सकते हैं। और वे तर्कसंगत बातें करते हैं। तर्कसंगत होना भी विषैले व्यक्तित्व का एक हिस्सा है। वे बड़े तर्कसंगत होते हैं.....वाद-विवाद में उन्हें हराना बड़ा मुश्किल है। वे कभी युक्तियुक्त (रीजनेबुल) नहीं होते, पर वे हमेशा तर्कसंगत होते हैं।

युक्तियुक्त मनुष्य और तर्कसंगत मनुष्य के बीच अंतर जानना बड़ा जरूरी है। एक युक्तियुक्त मनुष्य कभी सिर्फ तर्कसंगत नहीं होता, क्योंकि एक युक्तियुक्त मनुष्य अपने अनुभव से जानता है कि तर्कसंगत और तर्कहीनता दोनों ही जीवन के पहलू हैं; कि जीवन में तर्क और भावनाएं, मस्तिष्क और हृदय दोनों होते हैं।

दूसरे प्रकार का व्यक्तित्व है एन-व्यक्तित्व, पुष्टिकर व्यक्तित्व जो बिल्कुल अलग है। उनका कोई आदर्श नहीं होता, वे जीवन को देखते हैं और वास्तविकता ही उनका आदर्श तय करती है। वह अत्यंत युक्तियुक्त होता है। वह कभी भी पराकाष्ठावादी नहीं होता; वह





संपूर्णतावादी होता है लेकिन पराकाष्ठावादी नहीं होता। और वास्तविकता तर्कसंगत और होने की बजाय वे पूर्णतावादी होते हैं। और वे हमेशा चीजों में अच्छाई देखते हैं। एन व्यक्तित्व हमेशा आशावान, उज्ज्वल, साहसी, निंदा में भरोसा नहीं रखने वाला होता है। ऐसे लोग ही ज्यादातर कवि, चित्रकार, या संगीतकार बनते हैं।

अगर कोई एन-प्रकार का व्यक्तित्व संत बनता है तो वह सच्चा संत होगा। अगर कोई टी-प्रकार का व्यक्तित्व संत बनता है तो वह झूठा संत होगा, एक छद्म संत। अगर कोई एन-प्रकार का व्यक्तित्व पिता बनता है तो वह सच्चा पिता होगा। अगर कोई एन-प्रकार की स्त्री मां बनती है तो वह सच्ची मां होगी।

टी-प्रकार के मनुष्य छद्म माता-पिता होते हैं। उनका माता-पिता होना बच्चे का शोषण करने की, यातना देने, हावी होने, अधिकारी बनकर बच्चे को कुचलने की और बच्चे को कुचलकर शक्तिशाली अनुभव करने की एक चाल भर है। टी-प्रकार के लोग बहुमत में हैं, तो तुम शायद ठीक ही समझते हो कि तुम भी हर किसी की तरह ये विरासत लिए हुए हो। परन्तु एक बार सजग होने के बाद ये ज्यादा परेशानी पैदा नहीं करता। तुम टी से एन तक आसानी से पहुंच सकते हो।

कुछ बातें याद रखने जैसी हैं। अगर तुम सुस्त महसूस करो तो इसे आलस्य का नाम मत दो, अपने मन की आवाज सुनो, शायद ये आलस्य ही तुम्हारे लिए सही है। उसी को मैं युक्तियुक्त मनुष्य कहता हूं। तुम क्या कर सकते हो? अगर तुम्हें आलस्य आता है तो तुम बस वही कर सकते हो। तुम उसके खिलाफ जाने वाले कौन होते हो? और तुम इसके खिलाफ जा कर जीत भी कैसे सकते हो? तुम अपनी लड़ाई में भी आलसी रहोगे। फिर कौन जीतेगा? तुम बार-बार हारते जाओगे, तब तुम नाहक ही दुखी महसूस करोगे।

यथार्थवादी बनो, अपने अंतरतम की आवाज़ सुनो। हर कोई अपनी गति से चलता है। कुछ लोग बहुत सक्रिय होते हैं, ऐसा होने में कुछ गलत नहीं है। अगर वे इससे अच्छा महसूस करते हैं तो ये उनके लिए अच्छा है।

और कोई आदर्श मत रखो की तुम्हें ये करना ही है। ऐसा मत सोचो कि ऐसा करना चाहिए; 'करना चाहिए'

न्युरोसिस की स्थिति पैदा करता है। फिर व्यक्ति आविष्ट हो जाता है ; फिर 'करना चाहिए' हमेशा बीच में आता है, वहां खड़ा हुआ तुम्हारी निंदा करता हुआ। फिर तुम किसी भी चीज का आनंद नहीं ले सकते। आनंद लो!

आदर्श को पूरी तरह से खत्म करो और अभी और यहीं रहो। तुम जो कर सकते हो, करो; अगर तुम कुछ नहीं कर सकते तो उसे स्वीकार करो। तुम ऐसे ही हो, और यहां तुम स्वयं बनने के लिए हो, न की कोई और। धीरे-धीरे तुम देखोगे कि कैसे तुम टी से एन में बदल रहे हो। तुम पुष्टिकर बन जाओगे और जीवन का ज्यादा आनंद लेने लगोगे, तुम ज्यादा प्रेम करने लगोगे, ज्यादा जागरूक बन जाओगे और ज्यादा ध्यानपूर्ण होओगे।

वस्तुतः एक सक्रिय मनुष्य की बजाय एक आलसी का ध्यानपूर्ण बनना ज्यादा आसान है। यही कारण है की पूरा पूर्व इतना सुस्त है, वे अत्यधिक ध्यान करते थे। ध्यान एक तरह की निष्क्रियता है। एक सक्रिय मनुष्य बड़ा अशांत होता है। उसके लिए शांत बैठना बड़ा मुश्किल काम है। कुछ न करना एक सक्रिय मनुष्य के लिए बड़ा कठिन होता है।

इसका आनंद लो और जो अपने अंतरतम को ठीक लगे, करो ; बिना किसी आदर्श और पराकाष्ठा के। वरना ये तुम्हें नष्ट कर देंगे। गहरी आशा के साथ जीवन को देखो। जीवन वास्तव में सुंदर है। इसे सिर्फ देखो, और किसी पराकाष्ठा का इंतजार मत करो। ऐसा मत सोचो कि जब सब कुछ सम्पूर्ण होगा तभी तुम उसका आनंद ले सकोगे, अगर तुम ऐसा सोचोगे तो कभी किसी चीज का आनंद नहीं उठा पाओगे।

अगर टी-प्रकार का मनुष्य परमात्मा से भी मिलेगा तो तुरंत उसमें कमियां निकालना शुरू कर देगा। इसीलिए परमात्मा छुपा बैठा है। वह सिर्फ एन-टाइप के लोगों के सामने आता है, टी-टाइप से हमेशा छुपा रहता है। परमात्मा सिर्फ उनसे मिलता है जो न सिर्फ उससे पोषण ग्रहण कर सके, बल्कि उसे पोषण दे भी सके।

तो सिर्फ विश्राम करो, आनंद लो, और सारी मुसीबतें खुद हल हो जाएंगी।

सौजन्य से : ओशो इंटरनेशनल फाउंडेशन, पुणे

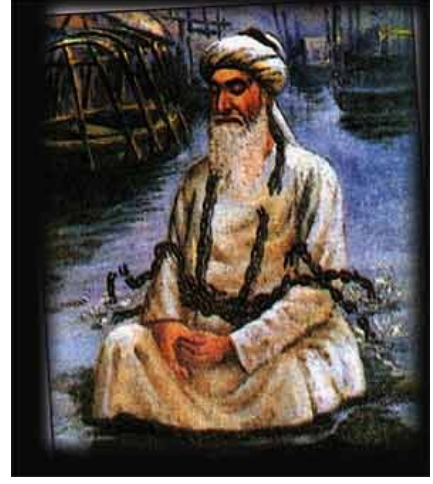
The Moon Shines in my Body

The moon shines in my body, but my blind eyes cannot see it:
The moon is within me, and so is the sun.
The unstruck drum of Eternity is sounded within me; but my deaf ears cannot hear it.

So long as man clamours for the I and the Mine, his works are as naught:
When all love of the I and the Mine is dead, then the work of the Lord is done.
For work has no other aim than the getting of knowledge:
When that comes, then work is put away.

The flower blooms for the fruit: when the fruit comes, the flower withers.
The musk is in the deer, but it seeks it not within itself: it wanders in quest of grass.

By Kabir (15th Century)
(English Version by: Rabindranath Tagore)



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