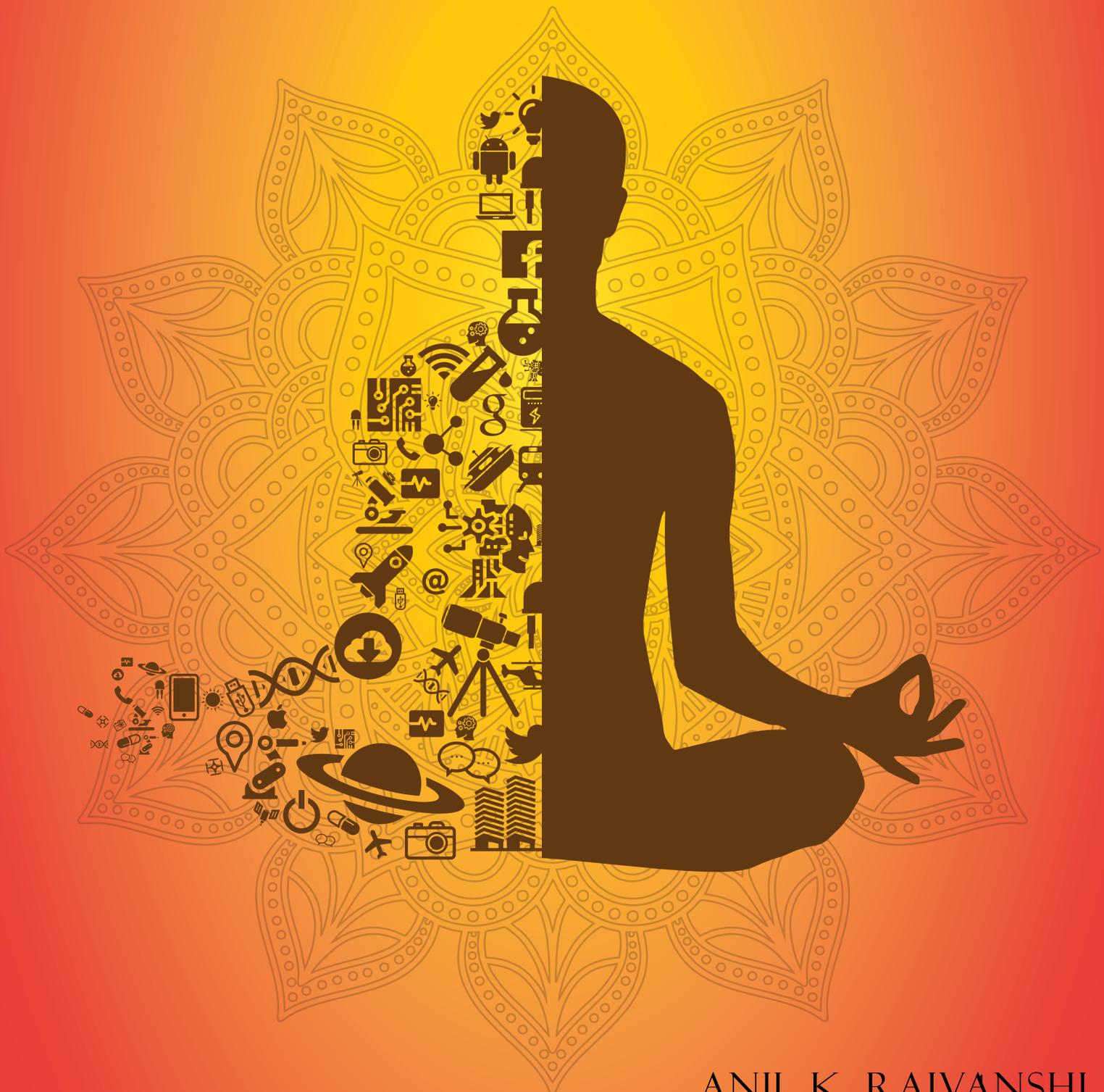


# EXPLORING THE MIND OF GOD

HOW TECHNOLOGY GUIDED BY SPIRITUALITY CAN LEAD TO HAPPINESS



ANIL K. RAJVANSHI

# Exploring the Mind of God

## How Technology Guided by Spirituality can lead to Happiness

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**ISBN: 978-81-905781-7-2**

### Published by

[Nimbkar Agricultural Research Institute \(NARI\)](#)

Tambmal, Phaltan-Lonand Road,

P.O. Box 44,

Phaltan – 415523,

Maharashtra, India

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**Cover Design:** Rahul Pisharody

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## About the author



[Dr. Anil K. Rajvanshi](#) has more than 42 years of experience in renewable energy R&D and rural development. He did his B.Tech and M.Tech in Mechanical Engineering from Indian Institute of Technology (IIT) Kanpur in 1972 and 1974 respectively. He received his Ph.D. in Mech. Engg. from University of Florida, Gainesville, USA in 1979 under solar energy pioneer Dr. Eric Farber. He was on the faculty of University of Florida (Dept. of Mechanical Engineering) for 2 years before returning to India in 1981 to run his own rural NGO – [Nimbkar Agricultural Research Institute \(NARI\)](#) in Phaltan, Maharashtra.

NARI has done pioneering work in agriculture, renewable energy, and sustainable development areas specially those affecting rural population. Dr. Rajvanshi has devoted the last 40 years at NARI to [apply sophisticated science and technology to solve the problems faced by the rural people](#) in the areas of energy, water, pollution, and income generation; broadly based on use of renewable energy in environmentally sound ways.

Dr. Rajvanshi has written extensively on his work on rural self-sufficiency and has attracted the attention of the print and visual media worldwide. He has more than 250 publications; [five books and chapters in various books](#); and 7 patents to his credit. He has been inducted into several prominent committees of the government of India at the national and state level. He is the principal author of the Govt. of India national policy on [Energy Self Sufficient Talukas](#).

For his work, Dr. Rajvanshi has received a number of prestigious national and international awards, such as [Jamnalal Bajaj Award](#); induction to the [U.S. based Solar Hall of Fame](#); Austria based Energy Globe Award; Federation of Indian Chambers of Commerce and Industries [\(FICCI\) Annual Award](#); Sweden based [Globe Award](#); [Distinguished Alumnus Award from University of Florida](#) (he is the first Indian to receive this award); [Padma Shri](#) (one of the highest civil awards from GOI); [Legends of IIT Kanpur](#); among others. He has been a featured speaker at many prominent institutes, conferences, and forums, both in India and abroad and [lectures regularly on the issues of sustainability and rural development](#).

Besides his engineering work, he is also involved in studies of human consciousness and the interaction of spirituality and technology. His [writings](#) on these issues have appeared regularly in [Times of India](#); [Huffington Post](#) ; [Thrive Global](#); [South Asia Monitor](#), among others.

His other books are, [“Nature of Human Thought”](#); [1970s America-An Indian Student’s Journey](#); [Romance of Innovation](#); [Autobiography of an Ordinary Indian](#); and this is his fifth book.

## About the book

This book is an attempt to show how technology guided by spirituality can lead to happiness and in the process may lead to understanding the Universal Consciousness or the Mind of God.

[Dr. Anil K. Rajvanshi](#) has been writing on the issues of spirituality for more than 20 years. He has published many articles on this subject in [Times of India \(Speaking Tree\)](#), Huffington Post, [Thrive Global](#), [South Asia Monitor](#), and in various news lines as syndicated articles. He has now put together most of these articles in this book.

The book is divided into three sections. The first section is on how to make the mind powerful so that inner peace results. A happy and contented mind then sees the world accordingly.

The second section is on how to improve the environment through technology, so it becomes livable and sustainable. No matter how contented the mind is, its power is enhanced many times if it encounters a pleasant, healthy, and sustainable environment. And the last section is about exploring space - the last frontier which can help in joining the individual with the Universal Consciousness and understanding the mind of God.

Before the start of each section an introduction summarizes the contents of the articles contained in that section.

Dr. Rajvanshi believes that the Mantra of India's and world development should be spirituality with high technology. In this belief he has been inspired by Patanjali's Yoga Darshan where Sage Patanjali has shown that a Yogi by gaining supernatural powers to overcome the vagaries of nature can accelerate his path to liberation and achieving everlasting happiness.

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## **HOME**

## **Preface or Why I wrote the book?**

[Anil K Rajvanshi](#)

This is my 5<sup>th</sup> book, and I would like to explain what made me write it.

World is presently going through tremendous crisis. On one hand it must cope with ever increasing pandemics like COVID, flu, HIV etc. and on the other hand the earth-warming trend is creating large scale climate catastrophes with unseasonal heavy rains, flash flooding, heat waves, large scale forest fires, etc.

Both these issues have created an element of fear and have played havoc with the general well-being and happiness of mankind. They are also an [outcome of our unsustainable lifestyle.](#) I strongly believe that sustainable living produces happiness by improving the environment and simplifying our lives. I have written about this subject in [many essays](#) and quite a few times in [my podcasts.](#)

[Sustainable living and happiness should start with each one of us](#) and if we make them as central issues in our lives then we can make this world a better place for future generations. We should therefore continuously strive to develop systems and mechanisms to achieve these goals.

I believe that both happiness and sustainable living can be achieved by spirituality aided by judicious use of technology. Thus happiness, sustainable living and technology are related to spirituality. This is the [theme of this book.](#)

I started writing about how technology and spirituality are related almost 20 years ago. The articles were published mostly in Times of India and probably were first such articles on this subject anywhere. They seemed like a novel perspective, at that time, since science, spirituality, and technology were not supposed to mix.

Since then I have written [scores of articles on this subject.](#) This issue is in vogue now and hence I thought of revisiting the topic.

Also, the exploration of this combination has led me to the inquiry regarding the whole purpose of life and ultimately about Universal Consciousness or basically the mind of God. ***Thus, in essence this book is about exploring the larger issues of life and cosmos aided by spirituality and technology.***

Most of the articles I wrote on the subject were published in [Speaking Tree column](#) of Times of India, in [Huffington Post](#), [Thrive Global](#), [South Asia Monitor](#) and as syndicated articles in various news lines, papers, etc. Some of these articles were also published in 2004 in my first book entitled [Nature of Human Thought](#).

However all of them were standalone articles and well received by readers. Thus I thought of putting most of them together in one place. This book is an outcome of that desire and is a sequel to my earlier book Nature of Human thought.

The theme of this book also reflects my personal journey. My spiritual journey started at the age of 13. I have written about it in some detail in the section Better Body ([article 12](#)). The initial journey was about self-discovery and training of the mind through meditation which led to getting some interesting spiritual experiences.

As the mind became stronger and powerful through meditation the yearning for experience and knowledge started. This was the mind-expanding phase which was also helped by my [education as an engineer](#) in IIT Kanpur in late 1960s. Engineering opened new vistas and expanded my vision field.

The expansion of vision field continued when [I went to US in early 1970s to do my Ph.D. in solar energy](#). The learning of solar energy principles, its engineering and related development, gave me the knowledge about the environment and instilled in me the love of nature.

After I came back to India from the U.S. in 1981, I continued this journey of exploration and improving my immediate environment through technology. I

have written about this journey in my book [“Romance of Innovation - Human Interest story of doing R&D in rural setting”](#). Undertaking this rural development work also made me look at my spiritual yearnings in a new light.

During the [U.S. student days](#) as my mind expanded with new experiences and information, it started on the journey of learning about space, gravitation, and stars. I felt it was a natural progression of a curious and powerful brain.

Thus, what I have written in this book reflects my personal journey in the matters of spirituality, technology, happiness and ultimately understanding the mind of God. This theme also mirrors that in [Patanjali Yoga Sutras](#). I have been inspired by his spirit and the similarity between this book and his Yoga sutras must have been an outcome of that influence.

Since this book reflects my personal journey, I hope it inspires some bright and dedicated young students who want to do things differently and where the focus is not money but leading a fulfilling and happy life. I have made the book freely available on the internet and it is my fond hope that it can be made easily available in the libraries of schools and colleges throughout the country so that many young students can read it.

The book is divided into [three sections](#). The first section has 34 essays (maximum numbers) on how to make the mind powerful so that inner peace results. We are defined by our mind and thinking and a happy and contented mind then sees the world accordingly. A powerful mind can also help us solve problems effectively and create wholesome solutions.

The second section has 17 essays on how to improve the environment through technology, so it becomes livable and sustainable. Once the mind becomes powerful and creative it can help in creating novel technology solutions for sustainable and clean environment. I feel that no matter how contented the mind is, its power is enhanced many times if it encounters a pleasant, healthy, and sustainable environment.

And the last section which contains 15 essays is about exploring space - the last frontier which I believe can help in joining the individual with the Universal Consciousness and ultimately in understanding the mind of God.

I do hope the readers enjoy [reading this book](#) and hope that all of us can embark on the journey together of making this world a very happy and wholesome place to live.

*[Anil K Rajvanshi](#)*

*Phaltan, Maharashtra, India*

*January 2022.*

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[My talk on this book at Pune International Center](#) (Video); 2<sup>nd</sup> October 2022.

The book was released in Lucknow on [17 September 2022 and the event was carried nicely in Hindustan Times.](#)

## Acknowledgements

I am indebted to large number of people who have read the articles, commented on them, and offered valuable suggestions for their improvement.

But mostly I am grateful to my wife Nandini Nimbkar who has gone through every word with a critical eye and has done an excellent job in editing the whole book.

Thanks are also due to my younger daughter Madhura with whom I sat for innumerable hours discussing and fine tuning the book. Her valuable inputs helped me shape the book. Thanks are to my older daughter Noorie who suggested many changes and did excellent formatting for Kindle edition.

Thanks, are also due to several of my friends who have provided valuable suggestions on different essays. Among them I would like to single out Dr. K.S. Jayaraman, Mr. Rahul Bajaj, Dr. Subhash Lakhotia, Narayani Ganesh and Tarun Basu and his team at South Asia Monitor. Thanks are also to Kavita Majumdar, Anuradha Kedia and her team at Better India, Ashvina Vakil, Vishnu Makhijani, among others for editing some essays.

Thanks are to Rahul Pisharody for designing the cover and to T. Harishankar for making the promotional video and putting some of these [essays as podcasts](#). Thanks are to Shivam Patange who did an excellent job in formatting the book, creating endnotes, references, and index. Finally, thanks to Sanjay Aherrao for making my illegible long handwriting printable and typing innumerable drafts of the book.

## THEME



More than 18 years' ago I wrote my [first article on Spirituality for Times of India column 'Speaking Tree'](#). The subject was how technology and spirituality are related. I believe that was probably the first article on this subject anywhere and seemed like a novel perspective since science, spirituality, and technology were not supposed to mix.

Since then I have written [scores of articles on how spirituality and technology are related](#). This issue is in vogue now, hence I thought of revisiting the topic and presenting the point of view that both technology and spirituality are important in achieving happiness and sustainability and is the subject of this book. Also the exploration of this combination has led me to the inquiry regarding the whole purpose of life and ultimately about Universal Consciousness or basically the mind of God. ***Thus in essence this book is about exploring the larger issues of life and cosmos aided by spirituality and technology.***

This idea about the relationship of technology and spirituality is not new since our ancient rishis understood the importance of technology in a Yogi's life. One of the oldest books on *Yoga* is [Patanjali Yoga Darshan](#). Almost one fourth of the book is devoted to how a *Yogi* can achieve superhuman powers to free himself from the vagaries of nature. These powers do not come to a *Yogi* naturally, but he/she has to obtain them by the practice of *Sanyam* (combination of concentration, contemplation, and Samadhi) on different parts of the body.

A question can be asked as to why *Patanjali* devoted one fourth of the book on how to achieve these powers. And a simple answer is that by overcoming the challenges of the natural world, **something we do regularly with technology**, a *Yogi's* life was made easy so that he/she could devote his/her energies in pursuit of truth, happiness, and attainment of salvation from the cycle of birth and death. Besides, this section on attaining supernatural powers is placed in the later part of the book after *Patanjali* has described in detail how a *Yogi* can master the discipline of *Yoga*. Thus by mastering the art of meditation and *Sanyam*, a *Yogi* can **gain wisdom** to use these powers judiciously and not be swayed by them.

This book mirrors the strategy of Patanjali yoga darshan and follows the sequence of mind control and making it powerful; improving the environment with technology; and lastly exploring the possibility of space travel either with the body or without it. I have therefore been guided by the spirit of sage Patanjali and have been inspired by the [science in his yoga sutras](#).

### **Happiness as an Engine of Progress**

All of us aspire to have a [good life and happiness](#). It is what drives us in life. There are as many definitions of happiness as there are people. But generally people want a decent place to live; mobility; good and wholesome food; good education for their children; clean environment; a challenging

and pleasant workplace; good and wholesome entertainment; and enough money and resources to meet their usual daily requirements.

These are the issues around which the modern industrial societies have evolved though this has created the biggest problem of totally unsustainable lifestyles fueled by greed. Thus the climate change; food shortages; economic meltdown; increasing pandemics; and other subsequent social problems are direct result of our greed for resources and energy. Hence the control of greed or better yet the sublimation of greed emotions into higher ones like humility and simplicity can lead to sustainability, happiness, and a rewarding life.

Happiness is a state of mind. We feel happy and enjoy life through our senses and the mind. Brain processes the information from the senses and our level of happiness is dictated by its processing power. A powerful brain (the processor) which produces deep thought can therefore extract more information from the sensory signals and can give us more happiness as it is easily able to satisfy the mind. Besides, it can look at a greater number of eventualities and hence can resolve the issues amicably.

A smaller processor obviously needs many more inputs to reach the same enjoyment or satisfaction level. Thus weaker brains need more resources to occupy them, and this leads to greed and unsustainable lifestyle. **Therefore one of the prerequisites to having happiness and consequently a sustainable lifestyle is development of a powerful and smart brain.** Such a brain allows us to think deeply or concentrate on any subject during which we can get “lost” in processing the information about it.

Attainment of happiness is the goal of all religions and almost all spiritual writings are about how to achieve it. Most of the religions have focused on detachment, renunciation, and elimination of desire. Some use this to control others by promising happiness in afterlife. However **one can find happiness in this life and our world.** We will therefore try to explore how

one can lead a happy life by making our brain powerful through spirituality and then using it to solve our problems through technology. This can help in channeling our desires into fruitful avenues and by curbing or sublimating our greed impulses.

### **What is spirituality?**

Spirituality is concerned with the matters of spirit. When we think deeply and for a long time about anything whether it is an idea or an object then the brain has a tendency of focusing on it like a laser and in that process the object vanishes from the vision field and only its germ or the spirit remains. Then complete knowledge of that idea or object results and is called *Sanyam* by *Patanjali*. This is the [mechanism by which all great discoveries are made](#). It is this deep thinking on anything which makes us [spiritual and gives us a sense of peace and happiness](#).

***Spirituality is not religion.*** It is the state of mind that makes it understand that the Truth is beyond the barriers of worldliness, religion, caste, creed, race, or geographical boundaries. It connects us to marvels of nature in a deep way and subsequently to Universal Consciousness or the mind of God.

Spirituality also helps us to have a compassionate view of nature and as we evolve spiritually, we become more tuned to it which helps us in preserving it. Besides, it gives us a sense of connection to other living beings and thus helps us to live in harmony with each other and enables everybody to work together for the common good. ***This is the genesis of non-violence.*** In all religions the respect for nature and life and hence non-violence is preached, and the maxim of simple living and high thinking is ingrained in its teachings.

## **Technological progress**

Since time immemorial mankind has always strived to make their life easier. This has been the engine of technological innovation and growth. In this effort mankind has been guided mostly by the nature and its designs.

Thus technological progress unravels a lot of hidden areas of nature and shows us how it performs its miracles. In doing this, technology helps us understand the power and greatness of nature. For example humans felt that they had invented and developed fiber optics. However, scientists have found that the [root systems of plants are excellent optical fibers – something that has existed in nature for millions of years.](#) This knowledge could only come once we had enough technology for creating fiber optics, lasers etc.

Similarly a new science of biomimicry or “copy the nature”, is developing where we are finding that nature, which has billions of years of head start, has far better answers than we have in almost every aspect of life and hence realization has dawned that our technological progress will take a quantum leap by copying nature’s designs. In fact daily we discover that there is nothing new under the sun and all our inventions have been preceded by nature’s designs of millions of years ago.

Thus as we progress ahead in the technological area, we will discover the great laws of nature and ultimately God. ***For God is nothing else but this marvelous Universe which follows its own scientific laws.***

I also feel that it is the law of evolution that as we evolve spiritually, ***we will also become a technologically advanced civilization.*** This is because when we apply our sharpened brains to any problem, then solutions result. Also spiritual advancement gives us wisdom to utilize the technology judiciously for mankind’s benefits. This is also the reason why *Patanjali* put the conquest of physical nature by obtaining supernatural powers as third chapter in his four-chapter book.

The nature of brain is such that as we make it powerful and increase its processing power, it wants to increase its inputs and experiences. This includes the mind-expanding process of understanding the world, cosmos and ultimately the universe. This leads to the desire to explore and travel in space and intergalactically. That can however be achieved only by very advanced technological progress and is the ***genesis of conquest of space.***

Quite often technology and wisdom have gone hand in hand. Though we have developed weapons of mass destruction, the collective wisdom of mankind has not allowed us to annihilate each other. The fact also remains that many more people used to be killed in wars when technology was very rudimentary. In today's war fewer human lives are lost.

Most of the wars are resource related. As we advance spiritually and technologically, we will stop waging wars since the resources available will be converted more efficiently to provide creature comforts to all of mankind. I am sure that as ***the level of technological progress increases, we will use it judiciously to further raise our levels of consciousness and not use it to harm mankind.*** The power of technology for mass communication also teaches and spreads the message of moderation.

### **Putting it all together**

Our technological and spiritual progress can be explained by giving the example of the [path that particles and molecules take in water heated in a container](#). Each individual particle or molecule darts randomly in the water container depending upon the heat energy given to it but overall a stream is formed so that the warm water rises, and the cold water comes down to be heated. These are convection cells commonly seen when water is heated or boiled. Individual particles dart furiously in these streams but are restricted by the convection cell boundaries.

Similarly as individuals we create technologies for our own selfish needs and depending on our spiritual progress may or may not use them for the

betterment of mankind. But collectively the spiritual and technological progress follows the natural evolution of humans towards an advanced civilization just like the stream of heated water in a utensil. And all our individual shortcomings are swept away for general good by the stream of evolution.

We feel and enjoy this world through the sense organs of our bodies. Getting a human body is the pinnacle of evolution and the most important gift of nature. Almost all technological interventions are therefore to enhance this sense-world interaction.

In coming years technology will provide us tools to create a much more hospitable planet in which majority of mankind will be able to live comfortably. It will help us repair our bodies and produce designer drugs which will make us live longer with less disease and pain. In fact the whole basis of *Yoga* according to *Patanjali* is to make the human body fit for spiritual experience and happiness. Our future medicines will allow us to do this. ***This increased level of physical comfort will allow us a quantum jump in our quest of spirituality and happiness.***

Nevertheless the next biggest technological and spiritual challenge for mankind is to enable two billion people, who live in conditions of utter poverty, to improve their quality of life. They cannot think about spiritual matters since their basic needs are still unmet. Technology can help in improving their quality of life. It is not an easy task to achieve but I feel that mankind has enough ingenuity and resources to do this.

With better international cooperation in technological fields it will be possible to provide very efficient and economically viable technologies to the developing world. How many years it will take we do not know but I feel optimistic that it will eventually be done. Once the quality of life of bottom of pyramid population is improved then their progress to spirituality and

happiness will be rapid. I therefore think that the ***mantra for India's and world's development should be spirituality with high technology.***

How we as individuals can help in this development? To reduce our greed for resources and simplify our lives we need to make our minds very powerful. This process should start at young age. We need to inculcate in our children the merits of deep introspection and try to wean them away from instant reaction process of social media. It is a tall order but all of us have to pitch in.

For older people regular meditation helps in achieving calmness of mind and happiness. This together with the judicious use of modern technology will lead us to a happy and sustainable life.

Today far more people than ever before believe in life after death, in spiritual matters and in extrasensory perception. Popular poll after poll has shown this trend all over the world. I believe this has only come about because of the ability of human beings, through technological progress, to research these areas. For example, we can now map the brain with the latest tools of MRI and can even “see” what the brain is doing in a heightened state of spiritual experience. Similarly we can peer through extremely sophisticated telescopes to see the unfolding of the great drama of galaxy formation. It fills us with awe and amazement. ***Thus we are creating the building blocks of the laws of spirituality by poking deeper and deeper into nature with the help of technological tools.***

Through the compilation of articles in this book, I have tried to explore the connection between spirituality, technology, and happiness and in doing so have tried to understand the bigger picture of life and universe. I believe that if we can effectively blend technology with our spiritual pursuits, we will be on the path to happiness and understanding the mind of God.

Each of these articles have been published earlier as a standalone one. I have taken the liberty of revising some of them and putting them together in three sections so that they help provide some clarity on the subject. There will be some repetitions and I request the indulgence of the readers.

Before the start of each section I have included an introduction which gives in a nutshell what the section contains.

**[HOME](#)**

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