

WAVES Report of lecture-program held at Sanskrit Bhawan

## Vedic Technologies for *Moksha*

A thought-provoking lecture on the topic ‘Vedic Technology: Accelerating the Path to *Moksha*’ by Dr. Anil Maheshwari was organized by WAVES on October 8<sup>th</sup>, 2016 at Sanskrit Bhawan of New Delhi. Invited speaker was **Dr. Anil Maheshwari**, a professor of computer science and management information systems at Maharishi University of Management; Fairfield Iowa, USA. Dr. Maheshwari has keen interest and expertise in the Vedic techniques of meditation. He has over 20 years of IT industry experience but side by side he has published many papers of Vedic knowledge and a book on *Moksha*. This special session was chaired by Hon’ble Justice **Dr. Mukundakam Sharma**, Chairman, Vanshadhara Water Dispute Tribunal, and Chancellor, SLBSR Sanskrit Vidyapeetha, New Delhi. On this occasion, **Shri Ramakant Goswami**, General Secretary, Akhila Bharatiya Sanskrit Sahitya Sammelan, New Delhi was the Chief Guest. Invocation was performed by Mrs. Sudha Verma and Ms. Geeta Rani. **Dr. Shashi Tiwari**, General Secretary, WAVES introduced the speaker and the distinguished scholars. Eminent scholars were present in the audience such as Prof. Bhu Dev Sharma, Prof. Lallan Prasad, Dr. Ved Pratap Vaidik, Shri R.N. Vats, Dr. Chand Bhardwaj, Dr. Ganesh Dutt Sharma, Dr. Anju Seth, Dr. R.S. Kaushal, Mr. Ish Narang, Shri Vidya Sagar Verma, Prof. Madan Mohan Bajaj, Dr. Saroj Gulati, Dr. Hanif Khan Shastri, Dr. Lalita Juneja, Mr. Y. K. Wadhwa and many research students. Dr. Shakuntala Punjani, Professor, Delhi University has rightly commented that ‘On seeing the eminent personalities seated in the hall, the picture of an *Ashram* of Aupanishadic sages appeared to the imagination where they sat together and discussed ‘the truth’ and shared their experiences obtained after the long meditation.’



**Dr. Anil Maheshwari**

Presenting his lecture Dr. Anil Maheshwari said that 40 branches of Vedas are cognized by Vedic sages. Great concepts of spirituality are generated from the Vedas. The most important is the concept of *Moksha*. It is total liberation, liberation from everything. Many seers and common

people have achieved *Moksha*. *Moksha* is the ultimate thing. It is liberation from the biggest falsehood – that we are the body or the mind. *Moksha* is the liberation of the soul from the confines of the mind and body. *Moksha* brings freedom from the afflictions of the mind and body. According to Vedic seers, liberation does not mean discarding the body or the mind; rather it means not to be confined or defined by them. A person who has achieved *Moksha* experiences total and eternal bliss. Such a person is not moved or agitated by anything in the relative world. Such a person is able to ‘see’ the soul in every other person and can connect with them. Such a person can communicate with their mere presence, without using any words or even raising a finger. *Moksha* is achieved by (a) a deep desire for it, and (b) the right way to transcend the relative world of mind and body. Patanjali’s *Yogasutra* is main text which describes the path and benefits of *Moksha*. Vedic Technologies such as Transcendental Meditation, TM-*Sidhis*, *Yagyas*, Ayur-veda, and many more can help to prepare the brain and human physiology towards faster accomplishment of *Moksha*. Dr. Anil Maheshwari explained following points through PPT:

- *Moksha* is total liberation, from everything.
- Enlightenment and *Moksha* is everyone’s birth-right.
- One may achieve a *Moksha* moment from witnessing an *Ati-Rudra-Abhishekam*; and that others too can achieve it relatively easily and quickly.
- There are many Vedic technologies to facilitate that development of the deep awareness of one’s true self.
- Among them are meditation techniques like transcendental meditation and *yagyas* like *Rudra Abhishekam*.
- There are over 700 scientific published studies that show the benefits of TM in human life.



**Audience**

Many people made supportive comments about the inclusive nature of research techniques today, which include objective and subjective ones. A new scientific paradigm is emerging. The combination of western scientific techniques, the sacred Vedic knowledge, and personal experience can all together help to discover and confirm the truth. That we are all divine beings, and can enjoy a blissful life. Dr. Maheshwari presented his findings as well as his experiences to which some of the scholars present there agreed whereas some disagreed. The major objection was that *Moksha* is extremely difficult to achieve:

- A major objection was a sense of disbelief that one can achieve *Moksha* without acquiring a full and detailed knowledge of Vedas.
- Another related objection was that there are scores of meditation techniques and they have become commercial businesses. So how is one to determine which meditation technique to use?
- Another question was about why waste time studying the whole of Vedas and thousands of mantras if the right mantra depends upon a person's nature.
- Another question was about the process of transcending to the unified field of the laws of nature.

Lecture followed with a powerful discussion. **Dr. Shakuntala Punjani** presented her views – ‘all these discussions cannot lead to Summum Bonum as it is not an easy job to achieve Transcendence. It is just like to walk on the sharpened edge of the blade. The Vedantic Text *Vedantasara* begins with the essential qualities of an *Adhikari* to follow the path of Salvation. It is made clear that for the seeker of truth, the purification of mind is required. It can come from previous births too. To share our experiences and views with others is beneficial. Even in the present life one can become *Jivanmukta*. This state is not a jugglery of words or the pride of knowledge but over and above all the technologies and worldly matters. It is certainly not the subject of marketing and business’. **Dr. Ved Pratap Vaidik** appreciated the work done by Maharshi Mahesh Yogi in India and abroad in the field of Vedic Studies. Absolute bliss is *Moksha* and Maharshi taught meditation as special means to acquire it. **Dr. Chand Bhardwaj** spoke about the significance of *Dhyana* and withdrawal of mind from worldly objects. **Dr. Ganesh Dutt Sharma** explained that *Moksha* is attained by the knowledge gathered in many births. **Prof. Bhudev Sharma** praised the scientific approach of Vedic seers in understanding spirituality. **Mr. R. N.Vats, advocate** emphasized the importance of Vedas for acquiring knowledge and *Moksha*. **Dr. Anju Seth** highlighted the concept of liberation through Upanishadic references.

Chief Guest Shri Ramakant Goswami appreciated the speaker and his interest. He presented his views in simple way saying one is liberated when he is liberated from the attachment of worldly objects or when he feels boundless bliss. Our consciousness plays an important role in it. Chairman Dr. Mukundakam Sharma very beautifully commented on the proceedings of the session and guided the discussion on right direction. His timely interventions and appropriate comments made the discussion very meaning full and the entire program very lively. The lecture program was most successful due to learned audience and a peaceful atmosphere of Sanskrit Bhawan.



On this occasion, WAVES fifth Publication entitled 'Health and Happiness in Indian Perspective' edited by Dr. Shashi Tiwari and published by Pratibha Prakashan was released by the renowned guests. This volume comprises forty four selected papers of well-known scholars presented at the ninth India Conference of WAVES held at Sanskrit University, Jaipur.

Two-minute silence was observed in the end of program by all participants in respect to departed soul of Late Prof. Shridhar Vasishtha, Former Vice-Chancellor, Shri LBS Rashtriya Sanskrit Vidyapeetha, New Delhi.

-Dr. Shashi Tiwari, General Secretary, WAVES