

Unraveling mysteries of life / Az élet rejtélyeinek feltárása

Indian Ambassador to Hungary H.E. Gauri Shankar Gupta is – just like his idol Mahatma Ghandi – not only a diplomat, but also a thinker blessed with prophetic endowment, a guardian of the secrets of life which he has chosen to reveal in his latest book ‘Unraveling Mysteries of Life’ by comparing ancient Eastern wisdom with discoveries of modern Western sciences. The writer, who has been traveling to over 70 countries, offers a practical manual to those seeking answers to how to find their way in these materialistic times of incertitude.

- *The spiritual heritage of India is rapidly spreading around the world. Hungary is also strongly affected. What tidings have you brought to the Hungarian people?*
- The whole of East Asia – even China – has been influenced by India over the centuries. Buddhism travelled from India to all these countries. Indo-European languages are of Sanskrit origin. The invention of numerals comes from India (Hindu-Arabic numeral system)”, But apart from these, Indian dances, ragas, gastronomy, ayurvedic science, the extremely developed ancient astronomy are all part of our heritage. Nevertheless, the largest export from India is spirituality: you find Indian gurus, yoga centers and ashrams around the world. The Vedic writings are not only spiritual but highly scientific. They contain much higher science than people can understand today. This is what I’ve tried to bring out in my book. Hungary and the Hungarian people have been instrumental in making me write them. When I came here, I was invited to deliver speeches on these issues, and people liked it very much. So they kept inviting me again and again. That’s how the process started. At the same time, I realized why not write a book.
- *What is the quintessence of ‘Unraveling Mysteries of Life’?*
- The main concept is to address the principal issues of life and existence using the knowledge that modern science has produced, as well as the wisdom left behind by our ancestors both in India and Greece. I have used both of these to answer questions like “What is the true nature of the universe? What is the nature of world

we live in? Who are we?, What is the purpose of life? How could we achieve happiness?

– *What was your goal?*

– Humanity is going in the wrong direction. We are looking for happiness in the materialistic world by utilizing more and more natural resources, by acquiring more and more wealth that has become the objective of life for both the society and the individual.

My profound view and honest assessment is that this particular direction will result in more unhappiness in the years to follow. Therefore, I have addressed the issues how we can rectify this direction collectively and individually in order to actually achieve durable and eternal happiness.

– *What is the meaning of life in your opinion? What are the true values we should embrace, cherish, and pass on to others?*

– The biggest truth is to understand your own self. If you can understand yourself, you are able to understand the entire universe, everything that is visible and invisible.

As human beings, we must understand the power of the insensible which is what you can't grasp through your senses. It is a law of nature that as the things become smaller, more refined and more subtle, they become more powerful. For example, food is essential for us to survive but water which is less gross than food is more essential. Air, that is still more subtle is even more essential. . How long can you survive without air? The empty space is even more subtle than air. We can't even exist without. Although we don't feel its presence, it's the most powerful part of the creation. Like the insensible time which controls the entire existence without existing. The non-existent time defines the very life of all that exists.

Everything that is physical is subject to decay. Therefore, the mysteries of the creation lies in understanding the insensible. Human soul is part of this insensible existence. As soon as it leaves the body, the body decays and becomes useless. The insensible sleep renders us helpless. Our body and senses helplessly collapse when the invincible sleep takes over.

– *Right now, where are you at on your road towards inner peace, fulfillment, and perfection?*

- Whatever I do in my life, I am very dedicated. Now, I am in search of eternal happiness. I have to overcome some of the challenges of my own. There are five enemies of the human being (anger, arrogance, greed, sexual desire and attachment). We all have them, they rule our lives, and keep us away from the supreme power.
- *The foreword of your book has been written by the most popular and authentic Hungarian source of spiritual literature, Péter Müller. How did you connect?*
- I was looking for some people to review my book before it went into print. I was given two-three names, one of them was Péter Müller. As soon as we met, we realized as if we knew each other for a long time. He asked me for the full manuscript, which he liked very much. Then he wrote his foreword and has supported this work in every possible way. He feels that it will help humanity to understand the world better. Since then we have become very good friends. On December 7th, at 1800 hrs, we will jointly present a programme at Urania Film Theatre, 1088 Budapest, Rokacsi Utca 21.

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