

CHATHUR VARNA

Wisdom attributed by nature to man places him as the crown of creation. The man only enjoys the capacity to elevate himself to the level of divinity. So Devas also gave for the human birth. Further birth in Bharata Punya Bhumi is an added fortune. Evolving as divine is very easy to conceive but the goal needs vigorous practice, for as time roles on practice become habit, part of ones' character.

For the betterment of life Sanatana Dharma has prescribed a number of norms. Basic one is getting up in the early morning when the weather is full of Ozone vital for the intellectual and spiritual pursuits. Early hours 4.30 to 6.00A.M. is considered as Brahma Muhurta suitable for Shravana. Manana and Nidhiyasana i.e., learning, contemplating and meditating.

Any action once repeated becomes easy to perform. Practice makes a man perfect. Any action good or bad leaves an impact that of aptitude to repeat the same known as Samskara, Vasana the effect of action is very strong. Once formed difficult to uproot it. One must guard oneself while performing an act to be away from the evil effect of the bad action. Geeta claims Uddared atmanatmanam Natmanamavasadayet

Let a man raise himself by his ownself. Thoughts are more powerful factor in life. The expression of thoughts are speech and the same converted into action is Karma. Since thoughts are the basis of all one should entertain only pure thoughts.

Vidura Neeti says that the right qualities of being born in good family being intelligent, Powerful, excellent scholarship of shastras, control of senses, less talk, charity according to one's own ability and gratitude make a man shine like a lamp.

The Dharma assigned to Brahmin is to learn perfectly and teach the same to his disciples. By leading an austere life performing the Karmas prescribed by the Shastras for the prosperity and plenty of the entire universe, Loka Kshemartham. In order to keep brahmin from the worries of the mundane necessities. The Kshatriya's Dharma is to take care of his well being besides protecting the kingdom. The economic activities had to be managed by the Vaisyas. The necessary service to society i.e., maintaining the infrastructure and basic needs of the people are the responsibilities of the Shudra. This social setup is known as Chaturvarna i.e., four Varnasramas. Everyone had different specific duties to perform to maintain the homogeneous society, enjoying equal social status in society and royal court. Kanchi Jagadguru Paramacharyal has stated that the Brahmins those who don't observe the prescribed rites by the Vedas the life force of Sanatana Dharma though born in Brahmin family aren't Brahmins. They are only Brahmana Bandhus. The Swadharmas whatever duty is prescribed by the Shastras. If one abstains from his swadharmas is wrong. So also performing other's Dharma is also not correct. But in changing world order one finds it impossible to adhere to the Swadharmas. At least Brahmins should do Trikala Sandhy, Deva Aradhana, Geeta path, Nama Japa, recital of Vedas and such possible things to keep the entire universe prosperous i.e. to realise the motto of Loka Samasta Sukhino Bhavantu.

Younger generation should learn some basic tenets of Sanatana Dharma during the long vacations free from the formal studies essential for the progressive scientific, competitive and modern social order.

- Meenakshi Seshan - from 1987 TBM Journal